

EAT SMART

Fuel Your Day Your Way

| | Student | Staff |
|--------------------------------------|---------|-------|
| Fruit Pots | £1.00 | £1.25 |
| Melon Pots | £1.00 | £1.25 |
| Cereals & Milk | 90p | £1.15 |
| Overnight Oats & Mixed Fruits | £1.00 | £1.25 |
| Yoghurt Plain or Flavoured/Fruit | £1.00 | £1.25 |
| Chilled Rice Pots with Fruit Compote | £1.00 | £1.25 |
| Hummus Pots Pitta Crisp/Veg Sticks | £1.00 | £1.25 |
| Toasted Crumpet | 45p | 55p |
| Toast | 25p | 30p |
| Toasted Teacake | 60p | 75p |
| Breakfast Pizza Slice | £1.10 | £1.35 |
| Breakfast Pizza Wrap | £1.10 | £1.35 |
| Cheese on Toast | 85p | £1.05 |
| Toasted Bagel | 70p | 85p |
| Half Bagel | 40p | 50p |
| ½ Filled Bagel | 85p | £1.05 |
| Loaded Potato Skins | £1.10 | £1.35 |
| Cheese Pasty | £1.30 | £1.60 |
| Sausage Roll | £1.20 | £1.45 |
| ½ Bacon/Sausage Baguette (Friday) | £1.20 | £1.45 |
| Jam Portion | 15p | 20p |
| Sauce Portion | 10p | 15p |

Salads

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| Five Bean & Spiced Lentil Salad (VG) | £1.80 | £2.20 |
| Cheese or Tuna Salad/Meat Salad | £1.80 | £2.20 |
| Pasta Salad Large (VG) | £1.80 | £2.20 |
| Pasta Salad Small (VG) | £1.50 | £1.85 |

Lunch

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|---------------------------------|-------|-------|
| Pizza Slice | £1.10 | £1.35 |
| Meal Deals | £2.24 | £2.70 |
| Jacket Potato & Side Salad | £1.00 | £1.20 |
| Jacket Potato +1 Filling+ Salad | £1.60 | £1.95 |
| Jacket Potato Cheese & Beans | £1.80 | £2.20 |
| Extra Jacket Fillings | 60p | 75p |
| Hot Pasta Pots | £1.85 | £2.25 |
| Chipped Potatoes | £1.10 | £1.35 |
| Jacket Wedges | £1.10 | £1.35 |
| Portion Veg/Baked Beans | 50p | 60p |
| Chip Butty | £1.60 | £1.95 |
| Large Pizza Slice | £1.70 | £2.05 |

Sandwiches

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|--------------------------|-------|-------|
| Bread | £1.30 | £1.60 |
| Rolls | £1.50 | £1.85 |
| Wraps | £1.80 | £2.20 |
| Baguettes | £1.80 | £2.20 |
| Panini | £2.00 | £2.45 |
| Hot Sandwich / Hot Wraps | £1.90 | £2.30 |

Puddings & Treats

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| Hot Sweet of the Day | 75p | 95p |
| Cookies | 60p | 75p |
| Muffins/ Traybakes | 85p | £1.05 |
| Skinny Popcorn | £1.00 | £1.25 |
| Cheesecake | 85p | £1.05 |
| Instant Delight | 85p | £1.25 |
| Jelly | 60p | 75p |
| Fresh Fruit | 60p | 75p |
| Yoghurt Pots | £1.00 | £1.25 |
| Fruit Pots | £1.00 | £1.25 |
| Baked Doughnuts | 90p | £1.10 |
| Iced Fingers | 85p | £1.10 |
| Homemade Cake Slices | 80p | £1.00 |

Hydration

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| Radnor Fizz | 90p | £1.10 |
| Radnor Still 45% Fruit Juice | 95p | £1.15 |
| 100% Fruit Juice Cartons | 85p | £1.00 |
| Harrogate Water 330ml | 50p | 60p |
| Harrogate Water 500ml | 90p | £1.10 |
| Radnor 125ml | 50p | 60p |
| Suso Cans | £1.10 | £1.35 |
| Aqua juice / Splash | 95p | £1.15 |
| Calypso / Capri Sun | 95p | £1.15 |
| Hot Chocolate | 80p | £1.00 |
| Fresh Ice-Cold Milk 250ml | 50p | 60p |

Meal Deals

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| Main Meal & Hot Dessert | £2.24 | £2.70 |
| Hot Pasta Pot + 1 Filling & Salad | £2.24 | £2.70 |
| Baguette & Traybake | £2.24 | £2.70 |
| Panini & Piece of Fruit | £2.24 | £2.70 |