

FRESHLY PREPARED
SOUPS AND SANDWICHES

Wholemeal baguette, British chicken, caesar dressing, cos leaves
Tortilla wrap, roasted vegetables, houmous
Homemade vegetable & lentil soup

COLOURFUL SALADS

Smoked Hampshire trout salad, watercress, cucumber, tomato
Wholewheat cous cous salad, butternut squash, chestnuts

HEALTHY & HEARTY

Mini British chicken & ham pie
Quorn fajitas, guacamole, soured cream

A LITTLE TREAT

Banana & toffee shot
Sliced fruits

BREAKS
MORNING PICK - ME UP

Bircher muesli
Freshly baked cheese twists

AFTERNOON REVIVER

Homemade fruity flapjack
Oven baked churros

HELP YOURSELF ALL DAY TO:

Fruit, freshly baked cookies, nuts, seeds, dried fruits

WORKING LUNCH
& BREAKS

SAMPLE
MENU

