

HEALTHIER EATING

3 Egg Omelette	£3.10
<small>(choose up to 3 fillings Ham, Spinach, Bacon, mushroom, cheese and onion - served with baked Beans or Salad)</small>	
Chilli Con-Carne & rice (5% fat mince)	£4.50
Caesar Salad	£2.60
<small>(Romaine lettuce with oven baked wholemeal croutons and parmesan with low fat Caesar dressing)</small>	
• with Chicken	£4.20
Cascades Club	£4.80
<small>(Triple slice wholemeal toasted bread with seasoned chicken, bacon, lettuce & tomato with low fat mayo)</small>	
Mediterranean Wrap	£3.50
<small>(Medley of roasted vegetables & red pesto served in a wholemeal wrap - with or without mozzarella)</small>	
• with Chicken	£5.10
Prawn Topper	£3.50
<small>(Prawns in marie-rose sauce, served with romaine lettuce, spring onion & cucumber on toasted wholemeal slice)</small>	
Salad	£4.20
<small>(choose 1 from - Prawn, Tuna Mayo, Ham or Cheese, extra topping £0.60)</small>	

SMOOTHIES

£2.60

(Made with choice of apple juice or coconut water)

Pash'n'Shoot

Pineapple, Mango & Passion Fruit

Melon Refresher

Melon, Strawberry & Mango

Berry Go Round

Strawberry, Blackberry & Raspberry

Broccoli & The Beast

Broccoli, Mango, Pineapple, Celery, Spinach & Banana

Doctor Beat

Mango, Beetroot & Carrot

Detox-Zing

Blueberry, Banana, Ginger, Carrot & Courgette

BRUNCH

Toast & Jam	£1.20
Egg on Toast (Scrambled or Fried)	£2.30
Beans on Toast	£2.30
English Breakfast	£4.20
<small>(Sausage, Bacon, Eggs, Beans, Griddled Tomatoes & Toast)</small>	

MAIN MEALS

Double Sausage, Chips & Beans	£4.70
*Quarter Pounder, Chips & Salad	£4.70
<small>(add Cheese + 20p)</small>	
8 Chicken Nuggets** & Chips salad or beans	£4.70
Scampi, Chips & Salad	£5.40
Chicken Breast, Chips & Salad	£5.40

Jacket Potato

Served with salad garnish

Naked Jacket	£3.00
Jacket Potato with Butter	£3.10
Cheese / Beans / Coleslaw	£4.20
Tuna	£4.20
Prawns	£4.50
Chilli Con-Carne (5% fat mince)	£4.50
Extra Filling	£0.60

Paninis

Served with salad garnish and tortillas

Cheese or Ham	£3.80
Tuna	£3.90
Extra Fillings	£0.60

Sandwiches & Baguettes

Served on wholemeal or white thick sliced bread, with salad garnish & tortillas

	<i>Sandwich</i>	<i>Baguette</i>
Cheese / Ham / Egg Mayo	£3.30	£3.70
Tuna Mayo	£3.40	£3.80
Sausage or Bacon	£3.40	£3.80
BLT	£3.40	£3.80
Prawn	£3.50	£3.90

EXTRAS

Cakes & Cookies	£1.90				
Packet of Biscuits	£0.90				
Chips	<table border="0"> <tr> <td><i>Regular</i></td> <td><i>Large</i></td> </tr> <tr> <td>£1.60</td> <td>£2.10</td> </tr> </table>	<i>Regular</i>	<i>Large</i>	£1.60	£2.10
<i>Regular</i>	<i>Large</i>				
£1.60	£2.10				
Cheesy Chips	£2.10				
Cheesy Nachos	£1.60				
Low Fat Yogurts	£0.70				
Packet of Raisins	£0.40				

Beverages

Tea / Herbal Tea	£1.60
Decaf Coffee / Decaf Tea	£1.60
Café Au Lait	£2.50
Cappuccino	£2.50
Latte Macchiato	£2.50
Espresso	£2.50
Hot Chocolate	£2.50

Cold Drinks

Pepsi / Diet Pepsi	£1.60
Sunkist Orange or Lemonade	£1.60
Fruit Shoot	£1.40
Fruit Juice (Orange or Apple)	£1.00
Bottle Water	£1.20
Blackcurrant or Orange Squash	£0.60

**Product made from refined and re-shaped chicken.

**Burger weights are estimated prior to cooking.

** For food allergies and intolerances please check with a member of staff or the available public manual prior to ordering.

PTO for **KIDS** Menu

KIDS FAVOURITES

- *Burger.....£3.85**
- *Cheeseburger.....£3.85**
- Cheese & Tomato Pizza.....£3.85**
- Sausage.....£3.85**
- Nuggets**£3.85**

All of the above will be served with
Chips, Salad Garnish or Baked Beans
and a Regular Drink

- Macaroni Cheese.....£4.00**
Served with ½ baguette and regular drink
- Pack-up.....£3.85**

Half Sandwich with choice of Ham, Cheese
or Tuna, Packet of Biscuits, Crisps
and Regular Drink

- Smoothies (See overleaf).....£2.60**

****Product made from refined and re-shaped chicken.**
****Burger weights are estimated prior to cooking.**
** For food allergies and intolerances please check with
 **a member of staff or the available public manual prior
 **to ordering.*

KIDS Menu

Healthier Eating

- Small Filled Jacket.....£3.85**
Cheese / Beans / Tuna Mayo, served with side salad & drink
- Ham Salad.....£3.60**
Served with a regular drink
- Spaghetti Bolognese.....£4.00**
Served with ½ baguette and regular drink

