

MENU AND PRICE LIST

*Vegetables or side salad available with each main meal *Vegetables are locally sourced where possible
*Desserts contain low sugar/salt *We are a nut-free company *Allergies are listed on the menu boards

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

LUNCH BREAK - Please note that all take away packs are 100% compostable

Daily specials 18

Non vegetarian/vegetarian – served with side salad or seasonal vegetables

Pasta VE/G with protein rich tomato sauce VE 16

Pasta VE/G with beef Bolognese 18

Baked potato VE – 20 pre-order first break

Cheddar cheese VE tuna mayo F/E/M/S baked beans VE/L chunky coleslaw V/E/M/S barbeque chicken G/M/S chicken mayo G/M/S sweetcorn VE

Soup with complementary soup roll V/G/D – 15

Chunky vegetable VE tomato & mozzarella V/D mushroom V/D chicken noodle G/E broccoli & cauliflower VE cauliflower cheese V/D carrot & coriander VE spiced pumpkin VE lentil VE/L minestrone VE/L and more

Salad pre-pack selection – 18

Mixed bean and date in olive oil and honey dressing VE/L Pesto pasta with salad in olive oil lemon dressing topped with parmesan V/G/D Tuna egg and sweetcorn with balsamic dressing F/E Moroccan chicken and couscous with dried apricots and olive oil dressing G Greek quinoa V/D Greek V/D Tandoori chicken and egg G/E Beetroot and feta V/D Chicken Caesar G/D/E Italian pasta V/G/D and more



MENU AND PRICE LIST

*Vegetables or side salad available with each main meal *Vegetables are locally sourced where possible
*Desserts contain low sugar/salt *We are a nut-free company * Allergies are listed on the menu boards

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

HOT SNACKS available 1st & 2nd break

Toasted Whole-wheat panini selection - 18

Cheese **V/G/D** cheese & tomato **V/G/D** cheese & onion **V/G/D** Roast vegetable, cheese **V/G/D** BBQ chicken **G/D/S/M** turkey cheese **G/D** tuna melt **F/G/D** Nando's chicken **G/D** chicken tikka **G/D** Sweet chili chicken **G/D**

Tuck-muffin selection – 15 - Served in an English muffin

Chicken patty, egg, cheese **G/E/D** double egg, cheese **V/G/D** hash-brown, egg, cheese **V/G/D**

Quesadilla selection – 8

Chicken **G/D** vegetable **V/G/D**

Pitta pizza with blended tomatoes, vegetables & lentils in the sauce – 8dhs

Margarita **V/G/D/L/C**

Potato rosti – 3

Croissant selection – 8

Plain, cheese, (staff chocolate) **V/G/D/E/S**

Cheese twist **V/G/D/E/S** – 10

Whole-wheat pancake with sauce – 8 **V/G/D/E**

Pre-packed

Popcorn – 6 **VE**

Sunbites – 4

Olive **V/D/G/S** Cheese **V/D/G/C**

Koala Picks organic range - 12

Baked healthy treats – cookies. Fruit rolls, balls, rainbow sticks



MENU AND PRICE LIST

*Vegetables or side salad available with each main meal *Vegetables are locally sourced where possible
*Desserts contain low sugar/salt *We are a nut-free company *Allergies are listed on the menu boards

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

COLD SNACKS - available 1st & 2nd break

Whole-wheat sandwich selection (with salad) – 15

Chicken mayo **G/E/M/S** coronation chicken **G/D/E/M/S** cheese **V/G/D/E/M/S** cheese & turkey **G/D**
chicken tikka **G/D/L/C** egg **V/G/E/S/M** tuna mayo **F/G/E/M/S** sweet chili chicken **G** Roast veg &
humus **VE** BBQ chicken **G/E/M/S** Nut free pesto chicken **G**

Whole-wheat wrap selection (with salad) – 17

Chicken mayo **G/E/M/S** coronation chicken **G/D/E/M/S** cheese **V/G/D/E/M/S** cheese & turkey **G/D**
chicken tikka **G/D/L/C** egg **V/G/E/S/M** tuna mayo **F/G/E/M/S** sweet chili chicken **G** Roast veg &
humus **VE** BBQ chicken **G/M/S** Nut free pesto chicken **G**

NEW Protein Pots/Pasta Pots – 12-15

Asian edamame **VE/L/S** Egg & baby spinach **V/E** chicken & tabbouleh **G** baked falafel & tabbouleh
G/L Feta & tabbouleh **V/G/D** humus & crudities **VE/L** edamame beans sea salt **VE/L** Chicken pasta **G**
Veggie pasta **VE/G** Tuna mayo pasta **G/F/M/S** Corn & veg

Fresh Fruit Pot – 6-12 VE

Mixed fruits, watermelon, pineapple, orange, sweet melon, kiwi, strawberry, apple, mandarin

Whole fruits – 3 VE

Apple, banana, mandarin

Banana bread (Refine sugar free) **V/E/D/G** – 8

Freshly made bakes (Refine sugar free) **V/E/D/G** – 8

Freshly made cookie selection **V/E/D/G** – 8

Cereal selection with fresh milk **V/D/G** – 9

Granola, fruit & yogurt **V/D/G** – 9

Chia overnight oats **VE/G** – 9

Apple & cinnamon, banana berry, strawberry & coconut, carrot cake,

House of Pops **VE/G** – 10

Strawberry, mango passionfruit, kiwi, acai banana, mandarin





MENU AND PRICE LIST

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

CHILLED DRINKS available 1st & 2nd break

Recycled PET plastic water bottle – 3

Organic Sunblast selection – 4 VE

Organic strawberry/chocolate milk – 10 V/D

Al rawabi selection – 5 VE

Essentially juice 20 VE

Essential green, Orange, Root reboot, Pomegranate, Pineapple powwow, Beet aid, Pink lemonaid, blulemonaid, Sunny days

Smoothie Bar

Fruit smoothies 22 - 16oz – VE 8oz option for primary - 11

Mango paradise, raspberry love, green machine, strawberry split, Caribbean kiss, acai kick, pink dragon, Tropica colada, Beet the heat, Refresh'mint

Coffee Shops/Events

Premium fruit smoothies VE

Black detox, Aloe-ha

Milkshakes 25

Vegan power shake VE Dark cherry chocolate V/D banana salted caramel V/D Oreo V/G/D Vanilla V/D

IPRO Sports pouch 10 VE

IPRO Sports bottle 20 VE

Berry mix, mango, orange & pineapple VE

