

TRY OUR  
**HOME MADE SOUP**  
WITH *freshly baked* BREAD: £1

**FREE**  
SCHOOL MEALS  
CHOOSE ANY **2 items**  
(BUT NOT 2 CAKES!)  
AND PAY **NOTHING EXTRA**

*freshly made*  
**14 INCH PIZZA**  
TO SHARE OR TAKE HOME  
< ORDER NOW >

**TAKE HOME A TAKE AWAY**  
2 PORTIONS OF TODAY'S HOT SELECTIONS  
COLLECT BEFORE YOU GO HOME

LESS THAN  
**500**  
calories  
WHERE YOU SEE THIS LOGO

watch out for our  
**POP-UP PROMOTIONS**  
BRINGING YOUR FAVOURITE TAKE AWAY TO YOU!

ALL OF OUR  
**DELI RANGE**  
OF SANDWICHES, SALADS AND DESSERTS  
ARE FRESHLY MADE HERE DAILY

# WEEK ONE

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAINS £2.20

**ORGANIC BEEF LASAGNE**  
ROASTED GARLIC BREAD, ROCKET & PARMESAN SALAD

**ORGANIC CHICKEN TIKKA MASALA**  
SCENTED RICE, PICKLE TRAY

**RED TRACTOR ASSURED ROAST TURKEY**  
YORKSHIRE PUDDING, HONEY ROASTED VEGETABLES

**ORGANIC MINCE BEEF CHILLI CON CARNE**  
SOURD CREAM, SALSA, CHEESE, NACHOS

**MSC GINGER BEER BATTERED FILLET OF FISH**  
**MSC SALMON FISHPY**  
CHIP SHOP SPECIALS

### VEGETARIAN £2.20

**FREE RANGE OMELETTE BAR** v  
ROASTED GARLIC BREAD, ROCKET & PARMESAN SALAD

**REGGAE REGGAE SWEET POTATO CURRY** v  
SCENTED RICE, PICKLE TRAY

**SUNBLUSHED TOMATO, FETA, OLIVE & PESTO TART** v  
ROCKET SALAD

**QUORN & VEGETABLE CHILLI** v  
SOURD CREAM, SALSA, CHEESE, NACHOS

**QUORNISH PASTY** v  
CHIP SHOP CHIPS, PEAS

WHY NOT TOP IT OFF WITH CHEDDAR FOR ONLY 25p

### TUBS TO GO FROM £0.99

**CUCINA TOMATO PASTA** v  
**ORGANIC BEEF MEATBALL MARINARA PASTA**

**CUCINA TOMATO PASTA** v  
**MAC N CHEESE** v

**CUCINA TOMATO PASTA** v  
**SPICY SAUSAGE PASTA**

**CUCINA TOMATO PASTA** v  
**SINGAPORE NOODLES**

**CUCINA TOMATO PASTA** v  
**FREE RANGE SWEET CHILLI CHICKEN PASTA**

GO ON... TRY A SPLASH OF ONE OF OUR HOMEMADE OILS!

### SUBS AND BURRITOS SMALL £1.30 LARGE £2.20

**PEPPERONI BIG FOOT**

**FREE RANGE CHICKEN WRAP BAR**

**ORGANIC MINCE BEEF CHILLI BURRITO**

**FREE RANGE CHICKEN WRAP BAR**

**ORGANIC MINCE BEEF CHEESY CHILLI BURRITO**

### CUCINA VALUE FROM £0.49

**MINI SHORTBREAD SAVOURY POPCORN** v

**JAM STRAWS CHEESE STRAWS** v

**MINI FRUIT JELLY GARLIC BREAD** v

**MINI FLAPJACK BUTTERED CRUMPET** v

**MINI COOKIE BBQ BAGUETTE** v

### PUDS £1.00 HOT > COLD >

**PINEAPPLE UPSIDE DOWN PUDDING**  
CUSTARD USING ORGANIC MILK

**PANCAKE BAR TOPPINGS**

**PEAR & BLACKBERRY CRUMBLE**  
VANILLA ICE CREAM, CUSTARD USING ORGANIC MILK

**CHURROS**  
CHOCOLATE SAUCE

**WARM CHOCOLATE SPONGE CAKE**  
VANILLA ICE CREAM

**RASPBERRY TIRAMISU**

**LEMON CHEESECAKE**

**JAFFA MOUSSE POT**

**BANOFFEE TUB**

**CUCINA SUNDAE**

WE ONLY EVER SERVE FOOD WE WOULD BE HAPPY TO BE SERVED OURSELVES. MOST OF OUR MEAT IS RED TRACTOR ACCREDITED AND BRITISH, OUR EGGS AND MAYO ARE FREE RANGE, OUR FISH IS CAUGHT FROM SUSTAINABLE STOCKS, OUR COFFEE AND CHOCOLATE ARE FAIRTRADE. TO FURTHER REDUCE FOOD MILES, 90% OR MORE OF OUR FRUIT AND VEG IS GROWN IN THE UK AND WE VISIT THE FARMS WHERE THEY ARE GROWN REGULARLY. BUT SOURCING GREAT INGREDIENTS IS POINTLESS WITHOUT PROPERLY SKILLED CHEFS DETERMINED TO TURN IT INTO GREAT FOOD EVERY DAY, SO WE INVEST IN THAT RARE BREED AS WELL! ALL OF OUR FOODS ARE PREPARED IN AN ENVIRONMENT WHERE NUTS AND OTHER FOOD ALLERGENS ARE PRESENT. IF YOU HAVE SPECIAL DIETARY REQUIREMENTS, PLEASE SPEAK TO OUR EXECUTIVE CHEF WHO WILL BE HAPPY TO FIND SOMETHING SUITABLE.



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## WEEK TWO

**MAINS £2.20**

**VEGETARIAN £2.20**

**TUBS TO GO**  
FROM £0.99

**SUBS AND BURRITOS**  
SMALL £1.30 LARGE £2.20

**CUCINA VALUE**  
FROM £0.49

**PUDS £1.00**  
HOT >  
COLD >

**MONDAY**

**FOOD FOR LIFE SAUSAGE & MASH / SAUSAGE IN A BAGUETTE**  
ONION GRAVY, CUCINA BROWN SAUCE

**QUORN SAUSAGE & MASH v QUORN SAUSAGE IN A BAGUETTE**  
ONION GRAVY, CUCINA BROWN SAUCE

**CUCINA TOMATO PASTA v ORGANIC BEEF MEATBALL MARINARA PASTA**

**ORGANIC BBQ BEEF MEATBALL BIG FOOT**

**MINI SHORTBREAD SAVOURY POPCORN v**

**STICKY LEMON SPONGE**  
CUSTARD USING ORGANIC MILK

**ICE CREAM VAN**

**TUESDAY**

**ORGANIC SWEET N SOUR CHICKEN HONG KONG STYLE**  
FREE RANGE EGG FRIED RICE, PRAWN CRACKERS

**STIR FRY VEGETABLE SPRING ROLL v**  
FREE RANGE EGG FRIED RICE, PRAWN CRACKERS

**CUCINA TOMATO PASTA v MAC N CHEESE v**

**FREE RANGE CHICKEN WRAP BAR**

**JAM STRAWS CHEESE STRAWS v**

**PEAR & GINGER TURNOVER**  
VANILLA ICE CREAM, CUSTARD USING ORGANIC MILK

**TOFFEE APPLES**

**WEDNESDAY**

**RED TRACTOR BEEF & ONION PIE**  
MASHED POTATO, SEASONAL VEGETABLES

**SQUASH & SAGE PITHIVIER v**  
MASHED POTATO, SEASONAL VEGETABLES

**CUCINA TOMATO PASTA v SPICY SAUSAGE PASTA**

**SOUTHERN FRIED CHICKEN BURRITO**

**MINI FRUIT JELLY GARLIC BREAD v**

**APPLE PIE**  
CUSTARD USING ORGANIC MILK

**LEMON & STRAWBERRY POSSET**

**THURSDAY**

**ORGANIC BBQ STICKY CHICKEN & RIBS**  
SPICY WEDGES, BLACKENED CORN

**CAJUN GRILLED HALLOUMI & MUSHROOM BURGER v**  
SPICY WEDGES, BLACKENED CORN

**CUCINA TOMATO PASTA v SINGAPORE NOODLES**

**FREE RANGE CHICKEN WRAP BAR**

**MINI FLAPJACK BUTTERED CRUMPET v**

**WAFFLES**  
HOT CHERRY SAUCE

**CHOCOLATE BROWNIE TORTE**

**FRIDAY**

**MSC CHIP SHOP BATTERED FILLET OF FISH MSC SALMON FISHCAKE**  
CHIP SHOP SPECIALS

**CHICK PEA & CAULIFLOWER PAKORA v**  
CURRY SAUCE

**CUCINA TOMATO PASTA v FREE RANGE SWEET CHILLI CHICKEN PASTA**

**ORGANIC MINCE BEEF CHILLI BURRITO**

**MINI COOKIE BBQ BAGUETTE v**

**STEAMED TREACLE SPONGE**  
CUSTARD USING ORGANIC MILK

**CUCINA SUNDAE**

WHY NOT TOP IT OFF WITH CHEDDAR FOR ONLY 25p

GO ON... TRY A SPLASH OF ONE OF OUR HOMEMADE OILS!

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**WEEK THREE**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAINS £2.20**

**ORGANIC MINCE BEEF SPAGHETTI BOLOGNAISE**  
GARLIC PIZZA BREAD, SEASONAL VEGETABLES

**FREE RANGE CHICKEN KORMA**  
BASMATI RICE, POPPADOM, SANGATA

**RED TRACTOR ASSURED HONEY ROAST GAMMON**  
ROASTED ROOT VEGETABLES, ALL THE TRIMMINGS

**FERNANDO'S FREE RANGE CHICKEN IN A BUN**  
SPICY WEDGES, BLACKENED CORN

**MSC LEMONADE BATTERED FILLET OF FISH**  
**MSC SALMON FISHCAKE**  
CHIP SHOP SPECIALS

**VEGETARIAN £2.20**

**QUORN BOLOGNAISE v**  
GARLIC PIZZA BREAD, SEASONAL VEGETABLES

**GOAN VEGETABLE CURRY v**  
BASMATI RICE, POPPADOM, SANGATA

**MACARONI CHEESE BAKE v**  
ROASTED ROOT VEGETABLES

**THREE BEAN QUESADILLA v**  
SPICY WEDGES, BLACKENED CORN

**VEGGIE BURGER IN A HOMEMADE CHEESE BUN v**  
CUCINA ONION RELISH, SKINNY FRIES

**TUBS TO GO**  
FROM £0.99

**CUCINA TOMATO PASTA v**  
**ORGANIC BEEF MEATBALL MARINARA PASTA**

**CUCINA TOMATO PASTA v**  
**MAC N CHEESE v**

**CUCINA TOMATO PASTA v**  
**SPICY SAUSAGE PASTA**

**CUCINA TOMATO PASTA v**  
**SINGAPORE NOODLES**

**CUCINA TOMATO PASTA v**  
**FREE RANGE SWEET CHILLI CHICKEN PASTA**

**SUBS AND BURRITOS**  
SMALL £1.30 LARGE £2.20

**PEPPERONI BIG FOOT**

**FREE RANGE CHICKEN WRAP BAR**

**BRUNCH BURRITO**  
MADE WITH FREE RANGE EGGS & RED TRACTOR ASSURED BACON

**FREE RANGE CHICKEN WRAP BAR**

**ORGANIC MINCE BEEF CHILLI BURRITO**

**CUCINA VALUE**  
From £0.49

**MINI SHORTBREAD**  
**SAVOURY POPCORN v**

**JAM STRAWS**  
**CHEESE STRAWS v**

**MINI FRUIT JELLY**  
**GARLIC BREAD v**

**MINI FLAPJACK**  
**BUTTERED CRUMPET v**

**MINI COOKIE**  
**BBQ BAGUETTE v**

**PUDS £1.00**  
HOT >  
COLD >

**LEMON CURD & JAM ROLY POLY**  
CUSTARD USING ORGANIC MILK

**DROP CHERRY PANCAKE**  
VANILLA ICE CREAM, CHERRY SAUCE

**APPLE CRUMBLE TART**  
VANILLA ICE CREAM

**BAKED DOUGHNUT**  
CHOCOLATE SAUCE

**STICKY TOFFEE PUDDING**  
TOFFEE SAUCE

**ICE CREAM VAN**

**KEY LIME PIE**

**LEMON MERINGUE PIE**

**BANANA & TOFFEE CHEESECAKE**

**CUCINA SUNDAE**

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