



V28

27/10/2025

MAIN MENU

Celery

Cereals Containing Gluten

Crustaceans

Egg

Fish

Lu

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Milk

Mollus

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Peanut

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Vegan Recipe *

THE BREAKFASTS

BREAKFAST PLATES

[illegible]

BREAKFAST PLATES (SCOTLAND ONLY)

[illegible]

BUILD YOUR OWN BREAKFAST

DAILY FOOD JOURNAL													
Food Item	Portion Size	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	Calories (kcal)	Notes	Prep Time (min)	Cook Time (min)	Storage	Refrigerator	Freezer
Bacon	2 slices	12	26	18	0	140	200						
Sausage	1 link	14	20	15	0	120	180						
Vegan Sausage	1 link	14	20	15	0	120	180						
Fried Egg	1 egg	6	0	5	0	160	70						



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MAIN MENU															Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites	Vegetarian	Vegan Recipe
Poached Egg				●																					✓					
Scrambled Egg				●			●																		✓					
Omelette				●			●																		✓					
Black Pudding	●	Barley, Oat, Wheat																												
Smashed Avocado																										✓				
Baked Beans																										✓				
Hash Brown																										✓				
Sliced Mushrooms																										✓				
Chopped Tomatoes																										✓				
Fried Bread		Wheat																								✓				
White Toast/Bread & Butter		Wheat					●																		✓					
Brown Toast/Bread & Butter		Barley, Rye, Wheat					●																		✓					
BUILD YOUR OWN BREAKFAST (SCOTLAND ONLY)																														
Lorne Sausage		Wheat																												
Haggis		Oat																												
Tattie Scone		Wheat																								✓				
LIGHTER BREAKFAST																														
Stacked Pancakes (with chocolate sauce)		Wheat		●			●																		✓					
Creamy Porridge		Oat					●																		✓					
Toasted Teacake		Wheat					●																		✓					
1 White Toast & Butter		Wheat					●																		✓					
1 Brown Toast & Butter		Barley, Rye, Wheat					●																		✓					
ADDITIONS																														
Strawberry Jam																										✓				
Marmalade																										✓				
Honey																								✓						
Chocolate Spread							●																		✓					
Butter							●																		✓					
Sunflower Spread																										✓				
ON TOAST																														
Fried Egg on Toast		Barley, Rye, Wheat		●			●																		✓					
Poached Egg on Toast		Barley, Rye, Wheat		●			●																		✓					
Scrambled Egg on Toast		Barley, Rye, Wheat		●			●																		✓					
Baked Beans on Toast		Barley, Rye, Wheat					●																		✓					
BREAKFAST SANDWICHES																														



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Vegan Recipe* - Although the recipe is suitable for vegans, it is prepared in an area where non vegan food is handled

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Bacon Sandwich		Wheat					●						●			
Sausage Sandwich		Wheat					●						●	●		
Vegan Sausage Sandwich		Wheat											●			✓
Fried Egg Sandwich		Wheat		●			●						●		✓	
Omelette Sandwich		Wheat		●			●						●		✓	
Add Chips																✓
Add Cheesy Slice							●								✓	

BREAKFAST SANDWICHES (SCOTLAND ONLY)

Lorne Sausage Sandwich		Wheat					●						●	●		
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THE CLASSICS

Fish & Chips		Wheat			●											
Mini Fish & Chips		Wheat			●											
Scampi & Chips		Wheat	●													
Mushy Peas																✓
Baked Beans																✓
Garden Peas																✓
White Bread & Butter		Wheat											●		✓	
Brown Bread & Butter		Barley, Rye, Wheat											●		✓	
Bread Roll & Butter		Wheat											●		✓	
Curry Sauce		Wheat														✓
Gravy		Wheat											●			✓
Ham, Egg & Chips				●												
Lasagne		Wheat		●			●		●				●	●		
Steak Pie & Mash		Barley, Wheat					●						●			
Chicken Tikka		Wheat					●									
Sausage, Egg, Chips & Beans		Wheat		●										●		
Veggie Sausage, Egg, Chips & Beans		Wheat		●									●		✓	
Bangers & Mash		Wheat					●						●	●		
Veggie Bangers & Mash		Wheat					●						●		✓	



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Yorkshire Pudding		Wheat		●			●								✓	
Omelette, Chips & Beans				●			●								✓	
Tomato & Basil Soup with roll & butter		Wheat					●								✓	
Steamfresh Pasta & Garlic Bread		Wheat					●								✓	
Falafel Burger		Wheat							●				●			✓
Chicken Shop Burger		Wheat							●				●			
EXTRAS																
Cheesy Slice							●								✓	
Bacon																
JACKET POTATOES																
Jacket Potato with Butter & Salad							●		●				●		✓	
Cheddar Cheese topping							●								✓	
Baked Beans topping																✓
Tikka Beans topping							●								✓	
Tuna Mayo topping				●	●				●							
THE LIGHT BITES																
SANDWICHES																
Ham & Cheese		Wheat					●									
Double Egg & Cress		Barley, Wheat		●					●						✓	
Prawn Mayo		Barley, Wheat	●	●					●							
TOASTIES																
Ham & Cheese Toastie		Wheat					●									
Three Cheese Toastie		Wheat					●		●						✓	
Tuna & Cheese Toastie		Wheat		●	●		●		●							
Heinz Cheese & Bean Toastie	●	Wheat					●								✓	
HEINZ SOUP & TOASTIE DEAL																
Heinz Soup & Heinz Toastie	●	Wheat					●								✓	
SALADS																
Tuna Salad				●	●				●				●			



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MAIN MENU

[illegible]

THE LIGHT BITES (GIBRALTAR ONLY)

Ham & Cheese Toastie		Wheat				●									
Cheese Toastie		Wheat				●								✓	
Ham Sandwich		Wheat				●									
Ham & Cheese Sandwich		Wheat				●									
Tuna & Cucumber Sandwich		Barley, Rye, Wheat		●		●		●							
Cheese Ploughmans Sandwich		Barley, Rye, Wheat				●							●	✓	
Kids Ham Sandwich		Wheat				●						●			
Kids Cheese Sandwich		Wheat				●						●		✓	
Tuna Mayo Jacket Topper				●				●							

BIRDS EYE CHICKEN SHOP

Salt & Pepper Chicken Goujon Meal		Wheat										●			
Salt & Pepper Chicken Goujon Sharing Meal		Wheat										●			
Chicken Burger Meal		Wheat						●				●			
Chicken Burger Meal (Scotland)		Wheat						●				●			

THE SIDES

THE SIDES														
Chips														
Curry Sauce		Wheat						●				●		
Gravy		Wheat										●		
White Bread & Butter		Wheat					●					●		
Brown Bread & Butter		Barley, Rye, Wheat					●					●		
Garlic Bread		Wheat					●					●		



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Celery

Cereals Containing
Gluten

Crustaceans

Egg

Fish

Lupin

Milk

Molluscs

Mustard

Nuts

Peanuts

Sesame
Seeds

Soya

Sulphites

Vegetarian

Vegan
Recipe *

Side Salad

●

●

✓

SAUCES

Heinz Tomato Ketchup

●

Barley, Rye

✓

HP Sauce

✓

Heinz Mayonnaise

●

●

✓

Heinz Tartare Sauce

●

✓

Heinz Salad Cream

●

●

✓

CAFE FOR KIDS

Steamfresh Pasta & Garlic Bread

Wheat

●

✓

BUILD YOUR OWN WAFFLES

Waffles

✓

Sausage

Wheat

●

✓

Veggie Sausage

Wheat

●

✓

Scrambled Egg

●

●

✓

Fried Egg

●

✓

Baked Beans

✓

BUILD YOUR OWN MAIN

MAIN

Chicken Dippers

Wheat

Fish Fingers

Wheat

●

Veggie Fingers

Wheat

✓

Mini Pizza

Wheat

●

✓

Sausage

Wheat

●

SIDE

Mini Waffles

✓

Waffle Fries

✓

Mash

●

✓

Yorkshire Pudding

Wheat

●

●

✓



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COUNTER LINES
AND DRINKS

Celery

Cereals Containing
Gluten

Crustaceans

Egg

Fish

Lupin

Milk

Molluscs

Mustard

Nuts

Peanuts

Sesame
Seeds

Soya

Sulphites

Vegetarian

*Vegan
Recipe

CAKES

AMBIENT

Strawberry Jam

Marmalade

Honey

Croissant

Fruit Scone

Blueberry Muffin

Lemon Muffin

Banoffee Muffin

Sticky Toffee Muffin

Salted Caramel Chocolate Brownie

Raspberry & Almond Slice

Gingerbread Muffin

Sticky Toffee & Pecan Cake

Iced Fruit Cake Slice

Mince Pie

Carrot & Walnut Cake

Victoria Sponge

Chocolate Fudge Cake

Rhubarb & Custard Cake

Kids Cupcakes

CHILLED

Biscoff Cheesecake

Chocolate Lumpy Bumpy

Toffee Apple Crumble Tart

Trillionaires Tart (contains Alcohol)

Lemon Meringue Pie

Cherry Meringue Pie

Scone, Cream & Jam

SNACKS

Oreo Twin Pack

Organix Raspberry & Apple

Americano

[illegible]



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Cawston Press Apple & Pear Water 200ml																✓
Cawston Press Apple & Summer Berry Water 200ml																✓
Kids Chocolate Milk 200ml							●								✓	
Kids Strawberry Milk 200ml							●								✓	
Robinsons Ready to Drink Apple & Raspberry																✓
Fruit Shoot Summer Fruit 275ml																✓
Jimmys Original 275ml							●								✓	
Jimmys Original Caramel 275ml							●								✓	
Jolly Rancher Blue Raspberry																✓
Jolly Rancher Cherry																✓
Hersheys Milk Chocolate							●						●		✓	
Reese's Freeze							●						●		✓	