

Any starred item can be purchased individually or upgraded to a Meal Deal at £2.85 and includes an item from our homemade bakery OR an item of fruit & a bottle of chilled Welsh water

## Breakfast

See breakfast menu boards.  
Where available.

## Meal Of The Day - £2.85

A homemade, freshly prepared meal of the day. Served with side orders & a bottle of chilled Welsh water.

\*See posters for today's options.

## Grab Bag

### Option A: £2.85

½ baguette, fruit & homemade bakery item & a bottle of chilled Welsh water

### Option B: £2.30

\*Where available

½ baguette, fruit & a bottle of chilled Welsh water.

## FFre2Go/Street Food

A street food themed Grab & Go option.

Boxed meal **£2.40**

\*See posters for today's option

## Salads

- Pasta layered salad **£2.30**
- Premium chicken salad **£2.50**
- See seasonal promotional posters

## Pasta Pot - £2.00

A healthy and filling range of pasta & sauce.

- Add garlic bread **£0.26**

(Garlic bread is included in meal deal)

Non students will be charged VAT.

## Jacket Potato

Oven baked & full of goodness & served with a salad garnish.

- Plain jacket potato **£1.00**
- Filled potato **£2.30**
- Beans & cheese
- Cheese & coleslaw
- Tuna mayo & cheese

## Soup (Seasonal)

Fresh, hot, wholesome & healthy.

- Bowl of soup **£1.30**
- Freshly baked bread roll **£0.26**
- Flora butter portion **£0.21**

(Bread roll is included in meal deal)

## Sandwiches, Baguettes & Wraps

- Standard sandwich **£1.90**
- Premium sandwich **£2.00**
- Toasted sandwich **£2.00**
- ½ a filled baguette **£1.25**
- Filled baguette **£2.50**
- Filled wrap **£2.30**
- Deli sub **£2.50**
- ½ panini **£1.25**
- Panini **£2.50**

## Savouries

- Toast slice **£0.36**
- Toasted bagel **£0.75**
- Bacon OR sausage bap **£1.40**
- Bacon OR sausage bagel **£1.60**
- Cheese & onion pasty **£1.40**
- Bacon & cheese turnover **£1.45**
- SUB 350 **£1.55**
- Pizza slice/calzone **£1.40**
- Chicken/Quorn burger **£1.40**
- Chicken/Quorn burger with cheese **£1.55**
- Cheese on toast **£1.00**

## Sides

- Sauce portion **£0.10**
- Jam portion **£0.15**
- Grated cheese (30g) **£0.75**
- Baked beans **£0.75**
- Curry sauce **£0.40**
- Pasta/rice **£1.00**
- Vegetables of the day **£0.52**
- Potato portion **£1.70**
- Side salad **£0.90**

## Bakery

- Homemade cookie **£0.90**
- Homemade cakes, muffins & flapjacks **£1.00**
- Homemade dessert & custard **£0.85**
- Branded mini muffins **£0.50**
- Branded cookies, muffins & flapjacks **£1.10**

## Fruit & Yogurts

- Fresh fruit item **£0.40**
- Fresh fruit bag **£0.45**
- Fresh fruit salad **£1.00**
- Fruit & yogurt crunch **£1.20**
- Muller yogurt **£0.60**
- Frozen yogurt pot **£0.80**
- Frozen yogurt cone **£0.60**

## Hot Drinks £1.10

Made with our own blend of Fairtrade coffee. (where available)

- Americano
  - Café latte
  - Cappuccino
  - Tea
  - Mocha
  - Hot chocolate
- £0.75**

## Cold Drinks

- Frozen jubbly **£0.50**
- Milk carton **£0.65**
- Fairtrade juice 200ml **£0.65**
- Fairtrade juice 500ml **£1.20**
- Aqua 67 **£0.75**
- Welsh bottled water **£0.75**
- Radnor Fizz **£0.85**
- Mambo **£0.85**
- Yazoo milkshake **£1.30**
- Smoothie/frappe **£1.15**
- 50% fruit squash **£0.40**

