

# HOMEBAKED & SWEET TREATS

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## CAKES & MUFFINS

Chocolate Fudge Cake <b>V</b>	£1.00
Lemon Drizzle Cake <b>V</b>	£1.00
Chocolate Crispie Cake <b>V</b>	£1.00
Carrot Cake Muffin <b>V</b>	£1.00
Chocolate Muffin <b>V</b>	£1.00

## FLAPJACK

Plain <b>Ve</b>	75p
Fruit <b>Ve</b>	75p
Mini <b>Ve</b>	25p

## SHORTBREAD

Plain <b>Ve</b>	75p
Mini <b>Ve</b>	25p

## COOKIES

Chocolate <b>V</b>	75p
Fruity <b>V</b>	75p
Oaty <b>V</b>	75p
Plain <b>V</b>	75p

## CHEESECAKE

Chocolate <b>V</b>	£1.40
Vanilla <b>V</b>	£1.40

## OTHER

Iced Buns <b>V</b>	75p
Chocolate Brownie <b>Ve/GF</b>	£1.00
Pancakes <b>V</b>	£1.70

## JELLY POTS

Orange <b>V</b>	50p
Strawberry <b>V</b>	50p

## JELLY SQUEEZE

Orange <b>V</b>	95p
Strawberry <b>V</b>	95p

## MIX YOUR OWN MESS

Berry <b>V</b>	£1.10
Chocolate <b>V</b>	£1.10



NOT ALL MENU ITEMS WILL BE AVAILABLE ALL OF THE TIME.

[www.innovatefood.co.uk](http://www.innovatefood.co.uk)

# HEALTHY OPTIONS

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## PASTA POTS

Tuna Mayonnaise	£1.05
Tomato, Basil & Cheese <b>V</b>	£1.05

## SELF-SERVE SALAD

Small	£1.45
Large	£1.80

## READY MADE SALADS

Spiced Chicken Noodle	£1.80
Feta & Olive <b>V</b>	£1.80
Tuna Pesto	£1.80
Chicken Tikka	£1.80
Vegan Superfood <b>Ve</b>	£1.95
Layered Pasta & Prawn	£2.00

## PROTEIN POT

Egg <b>V</b>	£1.15
Feta <b>V</b>	£1.15

## VEGETABLE BAGS **Ve**

Carrot Sticks	50p
Mixed Stick Pot	60p

Crudite & Houmous Pot <b>Ve</b>	£1.35
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## JACKET POTATOES

Plain	£1.20
Add one filling	£1.75
Add two fillings	£2.00

## DIPS

Light Mayo <b>V</b>	25p
Tomato Ketchup <b>Ve</b>	25p
BBQ Sauce <b>Ve</b>	25p
Houmous <b>Ve</b>	40p

## FRUIT **Ve**

Apple; Orange; Banana (per piece)	40p
Fruit Salad	90p
Pineapple Pot	90p
Melon Pot	90p
Watermelon Pot	90p
Grape Pot	90p
Grape Bag	50p
Apple & Grape Bag	50p
Pineapple Bag	50p
Sultana Bag	50p
Orange Bag	50p



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# GRAB & GO

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## COLD OPTIONS

### BAGUETTES

Egg Mayo & Salad V	£1.90
Cheese Salad V	£1.90
Houmous & Roasted Vegetable Ve	£2.00
Tuna Cucumber	£2.00
Chicken Mayo	£2.10
Chicken Tikka	£2.10
Caribbean Chicken & Mango	£2.60
Prawn Marie Rose Salad	£2.80
All flavours also available as mini baguettes	From £1.00

### ROLLS

Ham	£1.30
Cheese V	£1.30
Chicken Mayo	£1.30
Tuna	£1.30

### WRAPS

Southern Spiced Chicken	£2.00
Chicken Tikka	£2.00
Tuna, Cucumber & Sweet Pepper	£2.00
Chicken & Sweet Pepper Fajita	£2.10
Avocado & Spicy Bean Ve	£2.10
Falafel & Mint V	£2.10
Jerk Chicken & Pineapple Salsa	£2.60
Falafel Market Wrap Ve	£2.00

### BLOOMERS

BLT	£1.85
Cheese Ploughmans V	£1.85
Egg Mayo & Crispy Bacon	£1.85
Houmous & Sundried Tomato Ve	£1.85
Chicken Bacon Club	£2.00
Mexican Chicken & Guacamole	£2.20
Prawn Mayo & Cucumber	£2.50

## HOT OPTIONS

### PANINI

Just Cheese V	£1.90
Chana Masala V	£2.00
Veggie Sausage V	£2.00
Chicken Tikka	£2.15
Ham & Cheese	£2.15
Chicken Katsu	£2.15
Tuna Melt	£2.15
Hot Meatball	£2.15

### HOT WRAPS

Vegetarian Twister V	£1.60
Margherita Pizza Wrap V	£1.90
Ham & Cheese Pizza Wrap	£2.00
Chicken Tikka Pizza Wrap	£2.00
BBQ Chicken Pizza Wrap	£2.00
Chicken Mayo Twister	£2.10
BBQ Chicken Twister	£2.10

### BURRITOS

Chicken OR Beef	£2.20
Vegetable V	£2.20

### BURGERS

Chicken Burger	£2.10
V Burger Ve	£2.00
Cheese Burger	£2.20
Beef Burger	£2.00

### PASTA POTS

Massala V	£2.20
Arrabbiata V	£2.20
Carbonara	£2.20
Toscana V	£2.20
Chicken Katsu	£2.20
Meatballs	£2.20
Basilico V	£2.20
Florentine V	£2.20
Mac 'n Cheese	£2.20

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## COLD DRINKS

### RADNOR FIZZ

Apple	£1.00
Forest Fruit	£1.00
Cherry	£1.00
Peach	£1.00
Citrus Blend	£1.00

### RADNOR FRUITS

Tropical	85p
Orange	85p
Apple	85p
Raspberry & Cherry	85p
Forest Fruits	85p

### JUICE BURST

Orange & Passionfruit	£1.40
Apple	£1.40
Raspberry Lemonade	£1.40
Tropical	£1.40
Berry Burst	£1.40
Apple & Blackcurrant	£1.40
Lemon & Lime	£1.40

### MILK CARTONS

Chocolate	85p
Strawberry	85p
Banana	85p
Fresh Milk	65p

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### CUPLETS

Orange	45p
Apple	45p

### SUSO

Orange & Manadrin	£1.40
Forest Fruits	£1.40
Lemon & Lime	£1.40
Mango & Passionfruit	£1.40
Apple & Elderflower	£1.40

### OTHER

Still Water	80p
Fruit Slush - Sml	90p
Fruit Slush - Lrg	£1.30

## HOT DRINKS

Tea	85p
Black Coffee	£1.00
Cappuccino	£1.00
Latte	£1.00
Mocha	£1.00
Hot Chocolate	£1.00
Flavoured Tea	£1.00
Espresso	£1.00
Double Espresso	£1.25

### EXTRAS

Syrup	35p
Marshmallows	35p

