Cold food

▼ Sandwiches served in a white, wholemeal, vegan or gluten free batch. Choose from: Ham (gf), Cheese/onion, Tuna Mayo, Chicken & bacon, Egg Mayo or Humus and Beetroot (ve) with lettuce/tomato on request. £2.50

Hot drinks Semi skimmed or vegan friendly milk available (ve) (gf)		Cold drinks			
Yorkshire Tea	Reg £1.00 Lrg £1.20	Bottled water	£0.60	Lucozade Sport	£1.50
 Filter coffee 	Reg £1.20 Lrg £1.40	Cans	£1.00	Slush reg	£1.00
▼ Boyril (ve)(af)	Rea £1.00 Lra £1.20	Juice Box	£0.80	Lra	£1.30

Snacks & Treats

▼ Seabrook Crisps (ve)(gf)	£0.70
Muffin selection	£1.00
 Cookie selection 	£0.90
▼ Flap Jack (gf)	£1.10
Rocky Road (gf)	£1.10
▼ Tiffin (gf)	£1.10
Ve option (varies)	£1.10





GIFT Stands for Getting Involved, Finding Talent and is the brand name operated on a Not for Profit basis by Retain Wellbeing CIC; helping people to live well, for longer.

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