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| **Lunchtime Menu** |
| Pasta Bolognaise 3,413kJ, 806kcal | £2.20 | Curry Sauce 1,526kJ, 362kcal | £0.50 |
| Breaded Mushrooms & Dips 787kJ, 186kcal | £2.20 | Gravy 2,202kJ 527kcal | £0.50 |
| 1/4 Beef Burger 1,141kJ, 275kcal | £2.20 | Baked beans 248.8kJ, 59.2kcal | £0.50 |
| Spicy Bean Burger 729kJ, 174kcal | £2.20 |  |  |
| Cheese & Mushroom Sub 788kJ, 190kcal | £2.20 |  |  |
| Baked Quorn Dippers 800kJ, 192kcal | £1.20 |  |  |
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| **Sides** | **Filled jackets choice of fillings** |
| Fries 1,711kJ, 408kcal | £1.40 | Beans 989.2kj, 234.4kcal | £1.80 |
| Jacket potato 616kJ, 146kcal | £1.30 | Cheese 1822kJ, 437kcal | £2.00 |
| Side Salad134kJ, 37kcal | SmallMediumLarge | £0.90£1.90£2.50 | Coleslaw 2210.8kJ, 533.2kcal | £2.00 |
|  |  | Tuna in a light mayonnaise 1337.5kJ, 317.5kcal | £2.10 |
|  |  | Chicken Tikka 1954kJ, 468.4kcal | £2.60 |
|  |  | Chicken in light mayonnaise 1321.39kJ, 314.26kcal | £2.60 |
| Each item calculated per portion, recommended daily intake 2000 female, 2500 male |