

# Light Bites



**i** Take-away available, please ask colleague when placing your order

## Jacket potato

Choice of topping, served with side salad & honey mustard dressing

- Beans
- Cheese
- Cheese & beans
- Tuna & sweetcorn

**£4.00**

334kcal / 1411kJ / 17% RI

352kcal / 1474kJ / 18% RI

375kcal / 1578kJ / 19% RI

310kcal / 1300kJ / 15% RI

## Fish finger sandwich

3 fish fingers and mixed leaf in white bread

**£4.00**

402kcal/1699kJ/20%RI

## Tomato & basil soup

- Add a white plait roll & butter

+£0.70

**£4.00**

119kcal/501kJ/6%RI

314kcal / 1324kJ / 16% RI

## Chips

**£1.90**

383kcal/1608kJ/19%RI

# Sweet Treats

## Nutella pancakes

2 pancakes served with Nutella

**£2.50**

374kcal/1568kJ/19%RI

## Lemon & sugar pancakes

2 pancakes served with lemon and sugar

**£2.50**

328kcal/1380kJ/16%RI

Adults need around 2000kcal a day. Reference Intake (RI) of an average adult 2000kcal / 8400kJ.

**\*Allergy information:** Products from our cafes are not suitable for those with an allergy to Fish, Molluscs, Crustaceans, Milk, Egg, Cereals containing gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut), Peanut, Soya, Nuts, Celery, Mustard, Sesame or Sulphites. Additionally, our 'Vegan and Plant Based Recipe' products are made using shared equipment with non-vegan products.

# Great for the Kids

Kids' meals come with a drink (blackcurrant water, apple juice, Happy Monkey chocolate milkshake or milk) and a piece of fruit.

## Mains:

### Choose a main and 3 sides:

**£3.25**

- |                        |                 |                         |                  |
|------------------------|-----------------|-------------------------|------------------|
| • Shroomdog            | 68kcal / 286kJ  | • Chicken nuggets       | 160kcal / 667kJ  |
| • Sausage              | 122kcal / 508kJ | • Cheese & tomato pizza | 309kcal / 1304kJ |
| • Omega-3 fish fingers | 98kcal / 413kJ  |                         |                  |

## Sides:

- |                 |                |                      |                 |
|-----------------|----------------|----------------------|-----------------|
| • Carrot sticks | 15kcal / 62kJ  | • Mashed potato      | 52kcal / 216kJ  |
| • Broccoli      | 18kcal / 73kJ  | • Half jacket potato | 94kcal / 395kJ  |
| • Peas          | 42kcal / 175kJ | • Chips              | 104kcal / 439kJ |
| • Baked beans   | 86kcal / 366kJ |                      |                 |

## Children's lunch bag

**£3.25**

Choose a Just Cheese or Just Ham sandwich, ready salted crisps or cheese puffs, jelly pot, piece of fruit & a kid's drink (blackcurrant water, apple juice, Happy Monkey chocolate milkshake or milk)

Switch drink to a kids' Innocent Smoothie for an extra +£0.30

## Special offer, Kids eat for £1! <sup>①</sup>

Enjoy one children's hot main meal or lunch bag for £1 with the purchase of an adult hot main meal from £5.20 in the Sainsburys café. T&Cs Apply. <sup>①</sup>

<sup>①</sup>Kids £1 meal terms: Children's £1 meal to be made in the same transaction as adult hot main meal from £5.20 - Available everyday from 11:30 until Café closure - Extra portions or trade ups not included - Subject to availability