



WRAPS £3.50

Vegan cheese available on request

served with side salad (35kal) & kettle crisps (160kal)

Cheese Salad Wrap ✓

Cheddar cheese, mayonnaise, lettuce, cucumber & tomato

Allergens: milk, gluten, eggs, mustard.

348 kcal

Tuna Mayo Salad Wrap

Tuna, mayonnaise, lettuce, cucumber & tomato

Allergens: fish, eggs, mustard, gluten.

345 kcal

Chicken Tikka Wrap

Chicken tikka, mint sauce, lettuce, cucumber & tomato

Allergens: gluten, milk, eggs

334 kcal

POSH TOASTIES £4.00

Gluten free bread available on request

served with side salad (35kal) & kettle crisps (160kal)

Brie & Cranberry ✓

Brie & cranberry sauce, toasted in tiger loaf

Allergens: milk, gluten, soya, cranberry sauce may contain sulphites

548 kcal

Brie, Ham & Cranberry

Brie, ham & cranberry sauce, toasted in tiger loaf

Allergens: milk, gluten, soya, cranberry sauce may contain sulphites.

575 kcal

Caramelised Onion & Cheese ✓

Caramelised onion chutney & cheddar cheese, toasted in tiger loaf

Allergens: milk, gluten, soya

504 kcal

SOUP £4.00 ✓

warming, simple & made for the season

Soup of the Day

Served with a bread cob & butter

**Ask staff for individual allergens. Cob contains gluten and soya*

GLOW & GROW

TRAINING CAFÉ • FOOD MENU • AUTUMN / WINTER



PANINIS £4.50

served with side salad (35kal) & kettle crisps (160kal)

Pizza The Action v

Pizza-style sauce, cheddar cheese & mozzarella

Allergens: gluten, sesame, milk. 555 kcal

Pizza The Action Pepperoni

Pizza-style sauce, cheddar cheese, mozzarella & pepperoni

Allergens: gluten, sesame, milk.

657 kcal

Tuna Twist

Tuna, mayonnaise, cheddar cheese & red onion

Allergens: gluten, sesame, milk, fish, eggs, mustard

636 kcal

MINI G £2.50

a lighter bite or the ideal size for children

½ Portion

Any half portion of the meals above. Cucumber & carrot sticks available alongside children's meals.

**Ask staff for individual allergens*

JACKET POTATOES £4.50 GF v

served with side salad (35kal) & homemade coleslaw (100kal)

Choose your topping

Cheese • Beans • Tuna mayo

164 kcal potato • cheese 125 kcal (milk) • beans 80 kcal • tuna mayo (fish, eggs, mustard) 140kcal

HOTDOGS £3.50

Served with kettle crisps (160kal) & homemade coleslaw (100kal)

Bockwurst Style

Sausage in a bun with dried onions, mustard & ketchup.

Allergens: wheat, soya, celery, milk, mustard, egg, may contain sesame

246 kcal

‘Glow up’ MEAL DEAL
Any meal & any hot drink:

£6.00

All calories are approximate. Please ask staff about allergens, intolerances or special requirements.