










menu

BREAKFAST SERVED UNTIL 12 NOON

AMERICAN BREAKFAST	6306kJ/1512kcal	£5.50
ULTIMATE BREAKFAST	4840kJ/1160kcal	£6
FULL ENGLISH BREAKFAST	3572kJ/856kcal	£5
LITTLE ENGLISH BREAKFAST	2491kJ/596kcal	£4
VEGETARIAN BREAKFAST 	2192kJ/526kcal	£4
PANCAKES	2238kJ/534kcal	£3
KIDS' BREAKFAST	1786kJ/428kcal	£3
BACON BAP	1119kJ/266kcal	£2.25
CUMBERLAND SAUSAGE BAP	1899kJ/454kcal	£2.25
QUORN® VEGETARIAN SAUSAGE BAP 	1509kJ/360kcal	£2.25
DOUBLE EGG ON TOAST 	2824kJ/679kcal	£2
BEANS ON TOAST 	1545kJ/367kcal	£2
2 CRUMPETS WITH BUTTER 	1261kJ/300kcal	£1.50
FRUIT TOAST WITH BUTTER 	1758kJ/418kcal	£1.50
2 SLICES OF TOAST WITH BUTTER 	1156kJ/276kcal	70P
EXTRA ITEMS		75P each



MAIN MEALS SERVED FROM 12 NOON

ALL-DAY BREAKFAST	4069kJ/974kcal	£6
BEEF LASAGNE	2857kJ/682kcal	£5
FISH & CHIPS	3402kJ/813kcal	£5.50
BREADED SCAMPI	2860kJ/682kcal	£5
STEAK & ALE PIE	3583kJ/856kcal	£5
SAUSAGE & MASH	2256kJ/539kcal	£4.50
VEGETARIAN SAUSAGE & MASH 	1953kJ/467kcal	£4.50
CHEESEBURGER	3568kJ/853kcal	£5
VEGETARIAN BURGER 	2198kJ/680kcal	£5
CHICKEN BURGER	2818kJ/671kcal	£5
CHICKEN TIKKA MASALA	3969kJ/945kcal	£5.50
HALF ROAST CHICKEN	4596kJ/1096kcal	£5

UNDER 600 CALORIES

BEEF CHILLI	2063kJ/491kcal	£5
THAI GREEN CHICKEN CURRY	1925kJ/457kcal	£5
MACARONI CHEESE 	2416kJ/574kcal	£4.75

LIGHT BITES

JACKET POTATO WITH BUTTER		£2.50
ADDITIONAL FILLING:		50P each
BAKED BEANS 	1287kJ/303kcal	
CHEESE 	2287kJ/546kcal	
QUORN® CHILLI 	1231kJ/290kcal	
REDUCED FAT COLESLAW 	1470kJ/349kcal	
FAT-FREE COTTAGE CHEESE 	1180kJ/227kcal	
TUNA & SWEETCORN	1528kJ/361kcal	
SOUP & ROLL		£3

SELECTION OF HOT AND COLD SANDWICHES, AND SALADS FROM OUR CHILLER **from £3**

KIDS MEALS

BATTERED CHICKEN CHUNKS	2097kJ/501kcal	£3
PIZZA PIE	2406kJ/576kcal	£3
PASTA BOLOGNESE	1756kJ/419kcal	£3
MINI ROLLOVER HOT DOG	2382kJ/570kcal	£3
ALL OF THE ABOVE COME WITH A CAPRI-SUN		
PICK AND MIX		£2.80

DRINKS

EXTRA SYRUP SHOT
(Caramel, Hazelnut or Vanilla)




EXTRA ESPRESSO SHOT



BRING YOUR REUSABLE CUP WITH A SECURE LID AND SAVE **25P** ON THE COST OF YOUR HOT DRINK

	SMALL	REGULAR
ESPRESSO 4OZ ONLY	£1.55	
AMERICANO	£1.95	£2.25
DECAF AMERICANO	£1.50	
LATTE	£2.25	£2.55
CAPPUCCINO	£2.25	£2.55
MOCHA	£2.55	£2.85
HOT CHOCOLATE	£2.25	£2.55
WHIPPED CREAM	40P	
TEA		ONE SIZE £1.20
SPECIALITY TEA		£1.30
DISPENSED SOFT DRINKS	REGULAR £1.50	LARGE £1.70

 = VEGETARIAN
SUBJECT TO AVAILABILITY. IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE, PLEASE SPEAK TO AN ASDA CAFÉ COLLEAGUE FOR DETAILS.