

Lunches

Knead Food Club Sandwich	£7.95
Cajun Chicken, Iceberg Lettuce, Bacon, Tomato & Mayonnaise served with a side salad.	
BBQ Chicken Ciabatta	£7.95
With Mayonnaise & Cheddar served hot.	
Knead Chicken Burger	£8.95
Breaded Chicken Breast with Mayonnaise, Lettuce & Tomato in a Fresh Bun served With Chips.	
Individual Quiche of the Day	£7.45
Served with Green Salad & a Side.	
Quiche of the Day	£7.15
Served with Green Salad & a Side.	
Sausage Roll	£5.95
Served with Green Salad & either Baked Beans or Coleslaw.	
Special Wraps	
Knead Food Chicken Wrap	£7.95
Breaded Chicken Breast served hot with Mayonnaise, BBQ Sauce, Iceberg & Tomato	
Roast Vegetable & Halloumi Wrap	£7.95
Onion Marmalade, Warm Mediterranean Vegetables & Grilled Halloumi	
Fish Goujon Wrap	£7.95
Breaded Fish, Tartar Sauce, Iceberg & Tomato	
Summer Salads	
Warm Goats Cheese, Beetroot, Onion Marmalade & Caramelised Nuts (G/F)	£8.50
Curried Chick Pea, Spinach, Sweet Potato & Grilled Halloumi (G/F)	£8.50
Chicken & Bacon Ceaser Salad with Croutons & Anchovies	£8.50
Soup of the day (G/F) served with our home Made Bread or Gluten Free Bread	£5.50



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Lunches

Sandwiches served in our home-made white or granary bread, Jacket Potatoes, Wraps, Gluten Free Bread or Wraps.

Roasted Mediterranean Vegetable & Brie (G/F)	£5.95
Bacon, Lettuce & Tomato (G/F)	£5.95
Prawn & Marie Rose (G/F)	£5.95
Egg Mayonnaise (G/F)	£4.95
Brie & Bacon (G/F)	£5.95
Chicken, Bacon & Avocado (G/F)	£5.95
Tuna, Mayo & Sweetcorn (G/F)	£5.95
Ham, Cheese & Pickle (G/F)	£5.95
Coronation Chicken (G/F)	£5.95
Smoked Salmon & Cream Cheese (G/F)	£6.25
Cheese (G/F)	£4.50
Ham (G/F)	£4.95
Cheese & Beans (G/F)	£5.50
Bacon (G/F)	£4.95
Sausage	£4.95

Childs Menu

We offer all Sandwiches & Jacket potatoes as Half portions for Children.

Spaghetti Bolognese	£4.95
Sausage, Chips & Beans	£4.95
Chicken, Chips & Beans	£4.95
Fish Goujons, Chips & Beans	£4.95

See the Specials Board for Daily Specials.

If you suffer from a food allergy or intolerance, please inform a member of staff who will be happy to help you. We take every care when processing an allergen free order however work in a kitchen that processes allergenic ingredients.



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