

• INSPIRED FOOD •

*Mint*

• FOR EDUCATION •

MENU BROCHURE





FOOD.

nt

ATION.

PANCAKE  
DAY!









# Menus

The menus that our executive chefs develop reflect the best of the high street, we include an increased number of healthy eating selections and wherever possible include local seasonal ingredients.

We hear the term 'captive audience' so many times that it would be easy to assume that students use the on-site catering services because it's convenient or because they have to due to time restraints. This is far from true and unless every aspect of the service is right, students will vote with their feet.

We are a fresh food company, preparing all food freshly on site - where possible. The best quality ingredients are turned into the best quality foods. The provenance and origin of the food we buy will continue to be a key consideration and we are committed to a policy of sustainable procurement working in partnership with local suppliers and main distributors to manage the impact of our business.

Competition from the high street is strong, which means that as your on-site caterer we have to provide a quality breakfast, break and lunch choice that appeals to all.

Our whole food offer will be freshly prepared for your students, on site, every day. We want to provide the Students and Staff with a fresh and modern variety of food offers across all services, incorporating modern high street trends, such as plant based dishes featuring as part of the daily offering.

Such is our belief in the many virtues of using the freshest produce we will make our own bread and produce our own natural yoghurt in special urns overnight. We strongly believe that this is the only way to achieve the level of quality that will really encourage your students to enjoy the service and drive a strong level of uptake.

The only products that will not be freshly produced on site would be frozen peas, sweetcorn, breaded fish, drinks and a proportion of the bread we use. Every other menu item will be made by our catering team from quality local ingredients.

It is our policy to never use Genetically Modified ingredients, under any circumstances. This policy is part of our contract with all suppliers, ensuring that such produce cannot be supplied to any of our kitchens.

We will actively support dietary requirements and ensure gluten free cakes are available each day (our gluten free chocolate brownie is one of our best sellers!). We know just how important having dietary information is and to help us support this requirement we use a software system called integrity which collates nutritional information for all our recipes, complying with FSA regulations. This ensures our Chef Managers follow strict recipe specifications and deliver consistency, excellent service standards and achieve our agreed financial gross profit margins.

On the following pages we have included our sample menus.









# Breakfast

All our ingredients are locally sourced and delivered fresh by local suppliers. Our eggs are free-range and Red Lion stamped, our fish is sustainably sourced and MSC approved and our meat is British Red Tractor accredited wherever possible.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

**PORRIDGE**  
80p

PORRIDGE

**DAILY POTS**  
75p

FRESH FRUIT  
YOGHURT  
GRANOLA / OATS

FRESH FRUIT  
YOGHURT  
GRANOLA / OATS

FRESH FRUIT  
YOGHURT  
GRANOLA / OATS

FRESH FRUIT  
YOGHURT  
GRANOLA / OATS

FRESH FRUIT  
YOGHURT  
GRANOLA / OATS

**PLANT BASED**  
£1.20

BANANA  
PANCAKES

SMOKY BBQ BEANS  
ON TOAST

WHOLE WHEAT  
BERRY MUFFIN

SWEET POTATO &  
BERRY FLATBREAD  
SERVED WITH MAPLE  
SYRUP

**TAKEAWAY  
TUBS**  
MEDIUM £1.00  
LARGE £1.30

BEANS,  
HASH BROWN,  
SAUSAGE OR  
VEGGIE SAUSAGE

SCRAMBLED EGG,  
BEANS,  
CHEESEY TOPPING

HASH BROWN,  
TOMATO, BACON  
OR CHEESE

CHEESEY OMELETTE  
AND BEANS

SAUTÉ POTATOES,  
BEANS, BACON  
OR CHEESE

**HOT WRAPS  
& ROLLS**  
FROM £1.40

BEANS,  
HASH BROWN,  
SAUSAGE OR  
VEGGIE SAUSAGE

SCRAMBLED EGG,  
BEANS,  
CHEESEY TOPPING

HASH BROWN,  
TOMATO, BACON  
OR CHEESE

CHEESEY OMELETTE  
AND TOMATO

SAUTÉ POTATOES,  
BEANS, BACON  
OR CHEESE

WHY NOT TRY OUR EXTRA TOPPINGS AT 20p PER ITEM

ADD A SLICE OF TOAST FOR 15p

**Simple Breakfast Bap**

Bacon, Sausage or Egg

Only £1.20

**Croissants  
& Pastries**

From 90p

**Smoothie  
of the day**

Only £1.00



**Fresh  
fruit**

Only 40p

**Cheese on  
Toast**

60p a slice

**Free  
Hydration  
Station**







# Break

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## THE BAKERY FROM 75p

PANCAKES

BAGEL

PRETZEL

CHEESE SCONE

WAFFLES

## PLANT BASED FROM £1.20

VEGETABLE  
SAMOSAS

VEGAN  
BANANA  
BREAD

CHEESY  
VEGAN  
SCONES

SPICY VEG  
PAKORAS

BEETROOT  
FALAFEL

## HOT BREADS & SLICES £1.30

MARGHERITA PIZZA

BREAKFAST PIZZA

BBQ CHICKEN PIZZA

BBQ CHICKEN PIZZA

HOT & FIERY PIZZA

CHEESE & BEAN  
WRAP

BEAN, HASH BROWN  
WRAP

EGG & CHEESE WRAP

ROASTED TOMATO &  
MUSHROOM WRAP

EGG, BACON &  
BEAN WRAP

CHOC AND BEETROOT  
BROWNIE

FRUITY SCONE

STRAWBERRY  
CHEESE CAKE

POPCORN ROCKY  
ROAD

WAFFLE

## THE CAKE SHOP FROM 80p

TOFFEE BANANA  
MUFFIN

ICED LEMON SLICE

OAT RAISIN COOKIES

LEMON DRIZZLE CAKE

COURGETTE MUFFIN

STRAWBERRY  
YOGHURT

TOFFEE MOUSSE

RASPBERRY JELLY

LAYERED FRUIT POT

LIME JELLY

## ON THE SIDE FROM 75p

LEMON MOUSSE

NATURAL GREEK  
YOGHURT

MINT SUNDAE

STRAWBERRY  
YOGHURT

SUMMER TRIFLE

## SALADS FROM £1.40

MEZZE SUNDRIED  
TOMATO AND  
MOZZARELLA POT

MARINATED EDAMAME &  
SOYA BEANS, ROASTED  
VEGETABLES &  
COUS COUS

CHAR CHICKEN  
CEASAR SALAD

BANG BANG  
VEGETABLES WITH  
NOODLES

SUPERFOOD SALAD  
WITH VIETNAMESE  
VEGGIE ROLLS

Hot Dogs,  
Burgers &  
Sausage Rolls £1.65

**Baguettes**  
From £1.85  
Different Breads with Different  
Spreads From £1.30

**Paninis**  
From £1.75



**Fresh  
fruit**  
Only 40p



**Smoothie  
of the day**  
Only £1.00







# Lunch week 1

All our ingredients are locally sourced and delivered fresh by local suppliers. Our eggs are free-range and Red Lion stamped, our fish is sustainably sourced and MSC approved and our meat is British Red Tractor accredited wherever possible.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## MAIN MEAL £2.15

HOMEMADE BEEF  
BURGER TOPPED  
WITH CHEESE

CHICKEN ENCHILADAS  
TOPPED WITH CHEESE  
AND SERVED WITH  
SOUR CREAM

SPAGHETTI  
BOLOGNESE

CHICKEN CURRY  
SERVED WITH  
PILAU RICE

BREADED  
FISH FINGERS,  
CHIPS WITH PEAS &  
TARTARE SAUCE

## PLANT BASED / VEGETARIAN £2.00

ONION BHAJI BURGER  
SERVED WITH MINT  
AND YOGHURT SAUCE

VEGETARIAN QUORN  
CHILLI SERVED WITH  
SAVOURY RICE

BROCCOLI  
PASTA BAKE

SPINACH AND LENTIL  
CURRY SERVED WITH  
PILAU RICE

CHEESE & TOMATO  
QUICHE

## STREET FOOD FROM £1.80

KOREAN CHICKEN BAO  
BUNS WITH SOUTH  
ASIAN 'SLAW

VEGETABLE KATHI  
WRAP LOADED WITH  
SPICY VEGGIES  
AND RICE

CHICKEN GYRO PITTAS  
WITH PEPPERS,  
TZATZIKI

LOADED HOT DOGS WITH A  
CHOICE OF CHILLI, MUSTARD  
& ONIONS OR PULLED PORK  
TOPPING

## TAKEAWAY TUBS

MEDIUM £1.45  
LARGE £1.65

MEATBALLS ITALIANO

SPICY CHICKEN WINGS

CHICKEN ALFREDO

BBQ CHICKEN WINGS

MEDIUM £1.45  
LARGE £1.65

PENNE ARRABIATA

ONION BHAJI WITH  
MINT SAUCE

SPAGHETTI POMODORO

MAC 'N' CHEESE

PATATAS BRAVAS

## PIZZA SLICE £1.30

MARGHERITA  
PEPPERONI

MOZZARELLA & PINEAPPLE  
HAWAIIAN

MARGHERITA  
SPICY CHICKEN

TOMATO, GREEN CHILLI,  
MOZZARELLA  
AMERICAN HOT

MARGHERITA  
BBQ CHICKEN

## JACKETS 85P

## DESSERTS 75P

HOT BANANA CAKE  
WITH CHOCOLATE  
SAUCE

DROP PANCAKES  
SERVED WITH CHERRY  
SAUCE & ICE CREAM

KEYLIME  
PIE

APPLE CRUMBLE &  
ICE CREAM

BAKEWELL  
TART

## Meal Deal

Main Meal with  
Vegetables, Dessert  
& Cuplet or Small Water



£2.60

All Of Our Main Meals,  
Sandwiches & Desserts Are  
Freshly Made On Site Every Day

## Meal Deal

Main Meal  
& Dessert



£2.45

All Of Our Main Meals,  
Sandwiches & Desserts Are  
Freshly Made On Site Every Day

TRY OUR DELICIOUS FILLINGS FOR 60P EACH



YOUR PLANT  
*Mint leaves*  
BASED BAR





# Lunch week 2

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## MAIN MEAL £2.15

HOMEMADE LAMB  
BURGER SERVED WITH  
MINT SAUCE

TUNA & SWEETCORN  
FISHCAKES SERVED  
WITH SWEET  
CHILLI SAUCE

## PLANT BASED / VEGETARIAN £2.00

VEGETABLE BURGER

VEGETABLE  
QUESADILLAS

MAC 'N' CHEESE

CAULIFLOWER &  
POTATO CURRY

ROAST BELL PEPPER  
FRITATTA

ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY

## STREET FOOD FROM £1.80

PERI-PERI CHICKEN  
POTS WITH CHOICE OF  
SIDES

CRISPY FISH TACOS  
WITH SALSA & SOUR  
CREAM

SHAMI KEBAB LAMB  
PATTY IN A BRIOCHE  
BUN WITH LETTUCE &  
MANGO CHUTNEY

HALLOUMI & QUINOA  
FLATBREADS SERVED  
WITH SALAD

KATSU CHICKEN BURGER  
WITH RED CABBAGE 'SLAW

## TAKEAWAY TUBS FROM £1.65

MEATBALLS ITALIANO

SPICY CHICKEN WINGS

CHICKEN ALFREDO

CHILL BEEF  
CON CARNE

BBQ CHICKEN WINGS

PENNE ARRABIATA

ONION BHAJI WITH  
MINT SAUCE

SPAGHETTI POMODORO

MAC 'N' CHEESE

PATATAS BRAVAS

## PIZZA SLICE £1.30

MARGHERITA  
PEPPERONI

MOZZARELLA & PINEAPPLE  
HAWAIIAN

MARGHERITA  
SPICY CHICKEN

TOMATO, GREEN CHILLI,  
MOZZARELLA  
AMERICAN HOT

MARGHERITA  
BBQ CHICKEN

## JACKETS 85P

JAM & COCONUT  
SPONGE WITH ICE  
CREAM

STICKY TOFFEE APPLE

STRAWBERRY  
CHEESECAKE

LEMON DRIZZLE CAKE  
WITH ICE CREAM

CHOCOLATE  
BROWNIE WITH  
CHOCOLATE SAUCE

## Meal Deal

Main Meal with  
Vegetables, Dessert  
& Cuplet or Small Water



+



+



£2.60

All Of Our Main Meals,  
Sandwiches & Desserts Are  
Freshly Made On Site Every Day

## Meal Deal

Main Meal  
& Dessert



+



£2.45

All Of Our Main Meals,  
Sandwiches & Desserts Are  
Freshly Made On Site Every Day

TRY OUR DELICIOUS FILLINGS FOR 60P EACH



# STREET Food





# Lunch week 3

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b> £2.15	TURKEY BURGER	CHILLI CON CARNE WITH SALSA & SOUP CREAM	CHICKEN & MUSHROOM PIE	SWEET & SOUR CHICKEN	BATTERED FISH WITH PEAS & TARTARE SAUCE
<b>PLANT BASED / VEGETARIAN</b> £2.00	STUFFED PEPPER WITH SAVOURY RICE	QUORN CHILLI BURRITO WITH SALSA & SOUR CREAM	VEGETABLE LASAGNE	VEGETABLE STIR FRIED NOODLES	MUSHROOM STROGANOFF
<b>STREET FOOD</b> FROM £1.80	CHICKEN SHAWARMA FLATBREAD WITH SPICY VEGGIES AND RICE	SPICY BEEF BURRITOS WITH FRESH SALSA AND SPICY RICE	LAMB KOFTA FLATBREAD, SERVED WITH TZATZIKI AND SALAD	THAI GREEN CHICKEN CURRY TORTILLA BOWLS	ONION BHAJI FLATBREAD WITH SWEET CHILLI 'SLAW
<b>TAKEAWAY TUBS</b> MEDIUM £1.45 LARGE £1.65	MEATBALLS ITALIANO	SPICY CHICKEN WINGS	CHICKEN ALFREDO	CHILL BEEF CON CARNE	BBQ CHICKEN WINGS
<b>PIZZA SLICE</b> £1.30	PENNE ARRABIATA	ONION BHAJI WITH MINT SAUCE	SPAGHETTI POMODORO	MAC 'N' CHEESE	PATATAS BRAVAS
<b>JACKETS 85P</b>	MARGHERITA PEPPERONI	MOZZARELLA & PINEAPPLE HAWAIIAN	MARGHERITA SPICY CHICKEN	TOMATO, GREEN CHILLI, MOZZARELLA AMERICAN HOT	MARGHERITA BBQ CHICKEN

TRY OUR DELICIOUS FILLINGS FOR 60P EACH

<b>DESSERTS</b> 75P	STEAMED TREACLE SPONGE & CUSTARD	PANCAKE BAR	BANOFFEE PIE	APPLE TURNOVER WITH CUSTARD	ICE CREAM VAN
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## Meal Deal

Main Meal with  
Vegetables, Dessert  
& Cuplet or Small Water



£2.60

All Of Our Main Meals,  
Sandwiches & Desserts Are  
Freshly Made On Site Every Day

## Meal Deal

Main Meal  
& Dessert



£2.45

All Of Our Main Meals,  
Sandwiches & Desserts Are  
Freshly Made On Site Every Day





INSPIRED FOOD  
*mint*

*mint*  
Tomato

*mint*  
Chestnut

*mint*  
Mixed  
Leaves

*mint*  
Puy Lentil  
& Quinoa

*mint*  
Carrot &  
Sultana

*mint*  
Beetroot

*mint*  
Onion

Salad Bar





*A selection of...*

**CARROT & SULTANA**

**SWEETCORN**

**ORZO**

**BEETROOT**

**SAVOY SLAW**

**COUS COUS**

**TOMATOES**

**MIXED LEAVES**

**CUCUMBER**

**PUY LENTIL &  
QUINOA**

**SMALL - £1.40 / LARGE £1.95**



# GRABN' GO

**PINEAPPLE /  
MELON / GRAPE**

**£0.75**

**PULLED PORK  
BRIOCHE BUN**

**£1.85**

**NATURAL  
YOGHURT WITH  
COMPOTE**

**£0.75**

**CHICKEN  
NOODLE  
POT**

**£1.85**

**CHICKEN  
KATHI ROLLS**

**£1.85**

**CHICKEN  
KATSU CURRY**

**£1.85**







# Sandwich Selection

**Premium Sandwich Selection  
from £1.85 per person**

**Choose from the following fillings:**

**ROAST BEEF**  
with Horseradish & Rocket

**BRIE &  
CRANBERRY**

**CORONATION  
CHICKEN**  
with Baby Spinach

**EGG  
MAYONNAISE**  
with Mixed Leaf Salad

**PRAWN  
MAYONNAISE**  
with Mixed Leaves

**HONEY ROAST  
GAMMON**  
with Wholegrain Mustard

Sandwiches from our premium selection contain one round per serving and are priced per person. If you would like alternative fillings, please contact us directly. Prices are subject to the addition of VAT at the current rate and are valid at time of print.



£1.85  
Eat on day of purchase

£1.85  
Eat on day of purchase

Tuna Mayonnaise  
Sandwich on White  
(Gluten)  
£1.65  
Eat on day of purchase

Tuna Mayonnaise  
Sandwich on White  
(Gluten)  
£1.65  
Eat on day of purchase

Tuna Mayonnaise  
Sandwich  
on Malted Brown Bread  
(Gluten)  
£1.65  
Eat on day of purchase

Cheese & Onion  
Sandwich on White  
(Gluten)  
£1.10  
Eat on day of purchase

INSPIRED FOOD.  
*Mint*  
FOR EDUCATION

INSPIRED FOOD.  
*Mint*  
FOR EDUCATION

INSPIRED FOOD.  
*Mint*  
Meal Deal  
Sandwich,  
Biscuit & Drink  
£2.30

INSPIRED FOOD.  
*Mint*  
FOR EDUCATION

INSPIRED FOOD.  
*Mint*  
FOR EDUCATION





# General Tariff

**MEAL DEAL (MEAL & DESSERT) £2.60**

**MAIN MEAL £2.15**

**VEGETARIAN MAIN MEAL £2.00**

**LIGHTER BITES FROM £1.50**

**JACKET POTATO £1.45**  
(WITH 1 TOPPING)

**SMALL SALADS £1.40**

**LARGE SALADS £1.95**

**HOT DESSERT £0.75**

**VALUE SANDWICH FROM £0.99**

**STANDARD SANDWICH FROM £1.30**

**PREMIUM SANDWICH FROM £1.85**

**BAGUETTE £1.85**





Roasted

Mediterranean



# Value Deals

## **BREAK TIME SPECIAL £0.59**

**1/2 Hot Chicken Wrap**

**1/2 Beef Burrito**

**Small Sausage Roll**

## **LUNCH TIME SPECIAL £0.99**

**Hot Wrap**

**Ham Sandwich**

**Cheese Sandwich**





Dess  
£1





# Staff Room Service Tariff

CHEESE SANDWICH	£1.20
HAM SALAD SANDWICH	£1.50
TUNA MAYONNAISE SANDWICH	£1.60
CHEESE PLOUGHMAN'S BAGUETTE	£1.95
CORONATION CHICKEN BAGUETTE	£2.00
NEW YORKER CIABATTA	£2.25
VEGGIE CIABATTA	£2.00
CHOCOLATE BROWNIE	£1.00
LEMON DRIZZLE	£1.00
SHORT BREAD COOKIE	£0.80
SELECTION OF COLD DRINKS	FROM £1.00











# Nutritional Awareness

Healthy options will be available throughout the day together with special dietary information. We understand the importance of this for an increasing number of our customers.

We will actively support mainstream dietary requirements and have gluten free cakes available each day for instance (our gluten free chocolate brownie is one of our best sellers!).

We know just how important having dietary information is and to help us support this requirement we use a software system called integrity.

We follow strict recipe specifications to drive consistency, service standards and to control margin.

Our nutritional analysis is based on these exact recipe specifications to ensure we comply with the FSA regulations on GDA labelling.

In conjunction with our ongoing marketing plan we have introduced a healthy eating calendar, this generates a real interest in healthy eating and encourages our customers to get involved in a number of great healthy eating initiatives throughout the year.





**abm**  
catering solutions

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