



# THE DRINKS MENU

## HOT

 available on request

	Small	Regular	Large
<b>Espresso</b> 2 kcal- 4 kcal	£1.90	£2.10	
<b>Americano</b> 2 kcal- 4 kcal	£2.20	£2.60	£2.95
<b>Macchiato</b> 16 kcal- 18 kcal	£2.20	£2.60	
<b>Mocha</b> 113 kcal- 155 kcal	£2.70	£3.00	£3.25
<b>Flat White</b> 67 kcal		£3.00	
<b>Cappuccino</b> 88 kcal- 104 kcal	£2.70	£3.00	£3.25
<b>Latte</b> 85 kcal- 101 kcal	£2.70	£3.00	£3.25
<b>Hot Chocolate</b> 140 kcal-204 kcal	£2.70	£3.00	£3.25
<b>Babyccino</b> 90 kcal- 212 kcal	£0.80	£1.00	
<b>Chai Latte</b> 212 kcal		£3.00	
<b>English Breakfast tea</b> 1 kcal		£1.70	
<b>Speciality Tea</b>		£2.10	

## EXTRAS

<b>Espresso Shot</b>  2 kcal	£0.70
<b>Alternative Milk</b>	£0.30
Soya  Coconut  Oat  	
<b>Add Syrup</b>	£0.30
Vanilla Caramel Hazelnut	
<b>Whipped Cream</b>	£0.70



Vegetarian



Vegan



Gluten Free













Lampton  
Café

## ICED

 available on request

	Small	Regular
<b>Iced Latte</b>  65 kcal		£3.00
<b>Coffee Frappe &amp; Cream</b>  192 kcal		£3.80
<b>Mocha Frappuccino</b>  407 kcal		£4.00
<b>Polar Krush</b>   46 kcal - 63 kcal	£2.20	£2.90

## SMOOTHIES

<b>Pash 'n' Shoot</b>   170 kcal	£3.00
Passion fruit, Pineapple, Mango	
<b>Berry go Round</b>   150 kcal	£3.00
Raspberry, Strawberry, Blackberry	
<b>Coco Loco</b>   194 kcal	£3.00
Coconut, Pineapple, Mango, Mint, Lime	
<b>Cherry Poppins</b>   177 kcal	£3.00
Cherry, Strawberry, Mango, Banana, Blackcurrant, Raspberry	
<b>Strawberry Split</b>   177 kcal	£3.00
Strawberry, Banana	
<b>Big 5</b>   167 kcal	£3.00
Pineapple, Mango, Strawberry, Kiwi, Apple Juice	

## MILKSHAKES & PROTEIN SHAKES

<b>Milkshakes</b> 	£3.70
<b>Protein Shakes</b>	£2.80







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HOT MEALS

VG available on request

Soup of the day & Roll	£3.30
Jacket Potato with one standard filling 450 kcal	£3.60
Extra Standard Filling	£1.20
Lasagne & Salad	£5.20
Beef 467 kcal or Vegetables V 392 kcal	
Mac 'n' Cheese & Salad 592 kcal	£5.20
Portion of Chips 320 kcal	£2.00



KIDS MEALS

VG available on request

Snack Box V VG	£3.50
Kids Sandwich, Drink, Crisps and Fruit	
Jacket Potato with Cheese with Salad and Drink 319 kcal	£4.40
Or Tuna 287 kcal or Beans 316 kcal	
Small Sandwich 200 kcal	£1.70
Fish Fingers & Chips 310 kcal	£3.20
Nuggets & Chips	£3.20
Chicken H 460 kcal or Vegan VG 451 kcal	
American Pancakes V 556 kcal	£4.00
With Jam or Maple Syrup	

COLD SANDWICHES

Tuna & Cucumber 341 kcal	£3.40
Chicken Salad 396 kcal	£3.40
Ham Salad 298 kcal	£2.90
Cheese Salad VG 418 kcal	£2.90



PANINI'S

Ham & Cheese 471 kcal	£4.00
Tuna Melt 554 kcal	£4.00
Roast Vegetables & Halloumi 501 kcal	£4.00



TOASTIES

Ham & Cheese 361 kcal	£3.70
Cheese available on request VG 331 kcal	£3.70
Mozzarella & Pesto gluten free V VG 301 kcal	£3.70



WRAPS

Falafel Spinach VG 461 kcal	£3.40
Chicken Caesar 443 kcal	£3.40





## MEALS

Chicken Biryani Meal Pot 243 kcal	£4.00
Mini Vegetable Platter  360 kcal	£2.00
Garlic Bread (2) 216 kcal	£0.70
Fish Fingers and Chips 280 kcal	£3.20
Apple and Blueberry Porridge 214 kcal	£2.00
Golden Syrup Porridge 214 kcal	£2.00
Sweet Potato Wedges 133 kcal	£2.50

## HALAL OPTIONS

Halal Hot Chicken Wings 556 kcal	£3.00
Halal Chicken Burger and Chips 424 kcal	£3.50

## DRINK

Passion Fruit Frappe 525 kcal	£4.00
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Vegetarian



Vegan

# OFFER OF THE MONTH





# HANWORTH'S SPECIALS MENU



## MEALS

Chicken and Bacon Panini	581 kcal	£4.00
Chicken and Cheese Panini	661 kcal	£4.00
Jumbo Sausage Roll	398 kcal	£1.30

## DESSERT

Ice Cream	See Individual Prices
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# OFFER OF THE MONTH





## MEALS

**Vegan Sausage** 446 kcal

with Green peas and Mashed Potato

£5.90

**Vegan Meatball** 256 kcal

with Beans and Mashed Potato

£5.90

**Large Onion Bhaji** with a Dip 640 kcal

£4.00

## DESSERT

**Ice Cream**

See Individual Prices

# OFFER OF THE MONTH

