

Eating out doesn't have to mean that you have to sacrifice your diet. Keep this handy guide with you so that you have a meal option for unexpected dining out occasions.

(V) - represents vegetarian

Breakfast: Phase 1

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| <u>Eat®</u> |
| Plain Porridge (Big) (V) |
| Plan Porridge (Small) & Small Skimmed Cappuccino |
| Yoghurt & Mango Passion Fruit |
| Yoghurt & Mixed Red Berries |
| <u>McDonalds®</u> |
| Oatso® Simple Porridge (V) |
| Toasted Bagel (V) & Latte |
| <u>Starbucks®</u> |
| Creamy Natural Yoghurt with Very Berry Compote (V) |
| Porridge (V) |
| <u>Weatherspoons®</u> |
| Baked Beans & Fried Egg (V) (GF) |
| Flat Mushroom with Butter and Egg (GF) (V) |

Breakfast: Phase 2

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| <u>Burger King®</u> |
| Bacon Butty with Heinz Ketchup |
| Mini Pancakes and Syrup (V) |
| Sausage Butty with Heinz Ketchup |
| <u>Costa Coffee®</u> |
| Apple Breakfast Bun (V) |
| Bacon Muffin |
| Blueberry Breakfast Pot (V) |
| Butter Croissant (V) |
| Honey and Granola Yoghurt (V) |

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| Strawberry Granola Yoghurt (V) |
| EAT® |
| American Buttermilk Pancakes with Maple (V) & Iced Latte (Big) |
| American Buttermilk Pancakes with Maple and Bacon |
| American Buttermilk Pancakes with Maple and Banana (V) |
| Cheese and Tomato Toast (V) |
| Croissant (V) |
| Plain Porridge with Banana and Maple Syrup (Big) (V) |
| Porridge with Berry Compote (big) (V) |
| Swiss Bircher Muesli (V) & Small Skimmed Cappuccino |
| Tomato and Jarlsberg Croissant (Scotland Only) |
| Yoghurt and Granola (V) |
| Yoghurt and Granola and Mixed Red Berries (V) |
| Gregs® |
| Original Plain Oats Porridge with a Fruit Pot (V) |
| Pret a Manger® |
| Honey and Granola Snack Pot (V) |
| Pain au Raisin (V) |
| Porridge with Compote (V) |
| Porridge with Honey (V) |
| Starbuck's® |
| Butter Croissant (V) |
| Buttermilk Pancakes (V) |
| Porridge with Dried Fruit (V) |
| Porridge with Maple and Honey Granola (V) |
| Subway® |
| Bacon Flat Bread or Sub |
| Egg and Cheese Flatbread or Sub (V) |

Lunch & Dinner: Phase 1 & 2

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| <u>Burger King®</u> |
| Cheeseburger & Garden Salad |
| Chicken Nuggets (6) Including Dip |
| Chilli Cheese Bites (6) |
| Grilled Chicken Salad |
| Hamburger & Garden Salad |
| Sweet Chilli Chicken Wrap |
| Whopper® Junior |
| <u>Costa ®</u> |
| Bacon Muffin |
| BLT |
| British Chicken & Roast Pepper Panini |
| British Ham & Cheese Toastie |
| British Road Chicken & Pesto Mezzaluna |
| Egg & Mushroom Muffin (V) |
| Free Range Egg Mayonnaise Sandwich (V) |
| Goats Cheese & Mediterranean Vegetable Sourdough Panini (V) |
| Prawn Mayo Sandwich |
| Roast British Chicken Salad Sandwich |
| Smoked Ham & Free Range Farmhouse Sandwich |
| Tomato and Feta Salad (V) |
| <u>EAT®</u> |
| Beef and Barley (Very Big) |
| Bold Houmous & Falafel Mezze without Dressing (V) |
| Bold Mediterranean Serrano Ham Salad without Dressing |
| Chicken and Chorizo Sandwich |
| Chicken Harira (Big) |
| Chicken Laksa (Big) |
| Chicken Pot Pie (Big) |

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| Crayfish and Rocket Sandwich |
| Duck Gyoza Dumpling & Egg Noodles Pho |
| Ham and Tomato Baguette |
| Harissa Houmous Sandwich (V) |
| Houmous Detox Box without Dressing |
| Hungarian Goulash (Big) |
| Italian Meatball (Big) |
| Jerk Chicken without Garnish (Big) |
| Lentil and Smokey Bacon Soup (Big) |
| Lobster Bisque (Big) |
| Mexican Chicken Wrap |
| Old Fashioned Chicken and Egg noodles (Very Big) |
| Omega Booster Salmon Box |
| Prawn Cocktail Side Salad |
| Prawn Tom Yum Pho |
| Roast Chicken Salad Sandwich |
| Simple Chicken Salad without Dressing |
| Simple Free Range Egg Mayonnaise & Cress Sandwich (V) |
| Simple Ham and Pickle Sandwich |
| Simple Mature Cheddar Salad Sandwich (V) |
| Simple Roast Chicken salad |
| Simple Skipjack Tuna Mayonnaise and Cucumber Sandwich |
| Simple Tuna Salad |
| Smoked Scottish Salmon & Soft Cheese Sandwich |
| Soup Pot: Chicken and Rice Noodles Pho |
| Spicy Chicken Noodles Salad |
| Spicy Crayfish Noodles Salad |
| Squash & Maple (Very Big) (V) |
| Sweet Potato & Spinach Dal Hot Pot (V) |
| Texan Chilli Hot Pot |
| Thai Butternut Squash (Very Big) (V) |
| Thai Green Chicken Curry (Big) |
| Toulouse Sausage & Bean Cassoulet without Garnish (Big) |
| Turkey and Cranberry |
| Vegetable Gyoza Dumpling & Egg Noodles Pho |

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| Wild Mushroom and Chestnut (Big) |
| <u>Gregs®</u> |
| Chargrill Chicken Wrap |
| Chargrilled Chicken & Salsa on Oatmeal |
| Chicken & Sweetcorn in Reduced Fat Mayonnaise on Oatmeal |
| Chicken Mayonnaise on White Sub Roll |
| Free Range Egg Mayonnaise on Oatmeal |
| Honey Roast Ham and Egg Salad on White Sub Roll |
| HOT SELECTION: Chicken Fajita |
| HOT SELECTION: Meatball Melt |
| Mexican Chilli Oval Bite |
| North Atlantic Prawns in Reduced Fat Mayonnaise on Oatmeal |
| Sweet Chilli & Red Pepper Tuna on Oatmeal |
| Tuna & Sweetcorn in Reduced Fat Mayonnaise on Oatmeal |
| Tuna Mayonnaise & Cucumber on Oatmeal |
| Tuna Mayonnaise on Seeded White |
| <u>KFC®</u> |
| 2 Hot Wings and a Corn Corbette |
| 3 Mini Breast Fillets with Garden Salad |
| 4 Hot Wings ® |
| 5 HBBQ Hot Wings™ with Garden Salad |
| BBQ Wrap |
| Extra Crispy™ Tenders (3) with Garden Salad |
| Flamin' Wrap® |
| Grilled BBQ Rancher Burger |
| Grilled BBQ Rancher Salad |
| Mini Fillet Burger with Garden Salad |
| Original Recipe® Bites (10) with Garden Salad |
| Original Recipe® Salad |
| Zinger® Salad |
| <u>Marks & Spencers®</u> |
| <u>Count on Us™</u> |
| Chargrilled British Chicken with Basil Dressing & Roasted Tomatoes with any Count on |

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| Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| British Chicken with a mayo free dressing on soft wholemeal & any Count on us fat free Yoghurt & 1 fruit exchange of your choice. |
| British Smoked Ham salad & Mustard Dressing on Oatmeal with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| Nacho Chicken Wrap with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| Prawn with a lemon dressing on Malted Brown Bread with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| Free Range Egg salad with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| Tuna, Cucumber and salad cream dressing on Oatmeal Bread with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| Turkey and Ham on whole white bread with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| Tuna with Oriental Style bread with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| Hoisin Duck Wrap with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| British Chicken & Bacon and Salad with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| Thai King Prawn Wrap with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| Tuna and 3 bean Salad with any fruit exchange of your choice |
| Chargrilled Chicken, Boccolla & Spelt Salad with any fruit exchange of your choice |
| Lemongrass Chicken and Noodle Salad with any Nut Exchange of your choice. |
| Super Wholegrain and beetroot salad with Houmous Drizzle and any count on Us Fat Free Yoghurt |
| Oak Smoked Salmon and & King Prawns with any Count on Us Fat Free Yoghurt |
| <u>Delicious and Nutrition</u>™ |
| Harissa Spiced Chicken, Mixed Beans & Bulgar Wheat Salad |
| Chickpea, Apples and Edamame Soya Bean Salad with any Fruit Exchange of your choice |
| Falafel & Herby Bulgar Wheat Salad |
| Moroccan Spiced Butternut & Cous Cous Salad & Any fruit Exchange of your choice |
| Falafel & roasted Vegetables with Butternut Squash Houmous |
| Spiced Lochmuir Hot smoked Salmon and Cous Cous |
| Roasted Harissa Spiced Vegetables, Feta & Caramelised Onion Dip |
| Aromatic Lamb & Chicken Kofta with fresh mango and Pomegranate seeds |

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| Marinated Chicken and Cous cous salad |
| Fuller for Longer™ |
| Italian style Chicken & Pesto with any Nut Exchange of your choice |
| Asian Style King Prawn & Rice salad with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| Jerk Style Chicken & Mango Salsa |
| Super Wholefood salad |
| Harissa Chicken & Cous Cous Salad & any fruit exchange of your choice |
| King Prawn, egg & poached salmon Seeded Flatbreads |
| Turkey, Pastrami & cheese with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| Smokey Chilli Beef and Cheese Wrap with any fruit exchange of your choice |
| Spanish Style Chicken, Butterbeans and Rice salad with any Count on Us Fat free Yoghurt & 1 Fruit Exchange of your choice |
| King Prawns, Lochmuir Hot smoked Salmon & Cous Cous & Any fruit exchange of your choice |
| Crayfish with noodles, Asian style vegetables & Edamame soya beans and a soy & ginger dressing and a fruit exchange of your choice |
| Superbean & Grain Salad with Spicy Cannellini Dip |
| Mediterranean Chicken with Roasted vegetables and toasted almonds |
| <u>McDonalds®</u> |
| 6 Chicken McNuggets® & Garden Salad |
| Barbeque Chicken Snack Wrap® & Garden Salad |
| Cheese Burger & Garden Side Salad |
| Chicken Select® 3 pieces |
| Crispy Chicken & Bacon Salad |
| Crispy Chicken Salad (No Bacon) |
| Crispy Coronation Chicken Snack Wrap® & Garden Salad |
| Double Cheeseburger & Garden Salad |
| Fillet-o-fish® |
| Fish Fingers (3) |
| Grilled Chicken and Bacon Salad |
| Grilled Chicken Salad (No Bacon) |
| Grilled Chicken Salad Wrap |
| Hamburger & Garden Side Salad |
| Mayo Chicken® & Garden Salad |

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| McChicken® Sandwich & Garden Salad |
| Spicy Veggie Wrap (V) |
| Nandos® |
| ¼ Chicken Breast & Spicy Rice |
| ¼ Chicken Leg & Macho Peas |
| ½ Chicken & Corn on the Cob |
| 3 Chicken Wings & Large Corn on the Cob |
| 5 Chicken Wings & Corn on the Cob |
| 6 Chicken Wings & Leaf Salad |
| Avocado and Green Bean Salad & Corn on the Cob |
| Caesar Salad & Corn on the Cob |
| Chicken Breast Fillet Burger & Corn on the Cob |
| Chicken Breast Fillet Pitta & Corn on the Cob |
| Chicken Butterfly & Corn on the Cob or Macho Peas |
| Mediterranean Salad & Large Corn on the Cob |
| Pizza Hut® |
| Italian: BBQ Americano* 11" – 2 Slices |
| Italian: BBQ Cajun Chicken *11" – 2 Slices |
| Italian: BBQ Meat Feast* 11" – 2 Slices |
| Italian: Best Ever supreme* 11" – 2 Slices |
| Italian: Blazin Inferno* 11" – 2 Slices |
| Italian: Cajun Chicken* Sizzler 11" – 2 Slices |
| Italian: Chicken Supreme* 11" – 2 Slices |
| Italian: Double Pepperoni* 11" – 2 Slices |
| Italian: Farmhouse* 11" – 2 Slices |
| Italian: Hawaiian* 14" – 2 Slices |
| Italian: Margherita* 11" – 2 Slices (V) |
| Italian: Meat Feast* 11" – 2 Slices |
| Italian: Spicy Chicken* 11" – 2 Slices |
| Italian: Veggie Hot One* 14" – 2 Slices (V) |
| Italian: Veggie Supreme* 14" – 2 Slices (V) |
| Pan: BBQ Americano 9" – 2 Slices |
| Pan: BBQ Cajun Chicken 9" – 2 Slices |
| Pan: BBQ Meat Feast 9" – 2 Slices |
| Pan: Best Ever Supreme 9" – 2 Slices |

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| Pan: Blazin Inferno 9" – 2 Slices |
| Pan: Cajun Chicken Sizzler 13" – 1 Slice |
| Pan: Chicken Supreme 9" – 2 Slices |
| Pan: Double Pepperoni 9" – 2 Slices |
| Pan: Farmhouse 9" – 2 Slices |
| Pan: Hawaiian 9" – 2 Slices |
| Pan: Margherita 9" – 2 Slices (V) |
| Pan: Meat Feast 9" – 2 Slices |
| Pan: Spicy Chicken 9" – 2 Slices |
| Pan: Veggie Hot One 9" – 2 Slices (V) |
| Pan: Veggie Supreme 9" – 2 Slices (V) |
| *All available in Gluten Free options |
| Pizza Express® |
| ½ Warm Vegetable & Goats Cheese Salad (without chicken) |
| Warm Vegetable & Goats Cheese Salad (without dressing & dough sticks) |
| Warm Vegetable & Goats Cheese Salad (without dough sticks) and ½ Coleslaw or Tartufo al Cioccolato Dolcetti |
| ½ Pollo Pancetta Salad (without Goats cheese) |
| Pollo Pancetta Salad (without dressing & dough sticks) and ½ Coleslaw or Tartufo al Cioccolato Dolcetti |
| ½ Grand Chicken Caesar with dressing |
| ½ Bosco with Honey & Mustard Dressing |
| ½ Lasagne Verde |
| ½ Lasagne Classica |
| 1/3 Pollo Pesto |
| ½ Cannelloni |
| 1/3 Cavatappi Formaggi |
| ½ Melanzane Parmagiana and ½ Coleslaw or Tartufo al Cioccolato Dolcetti |
| Leggera Superfood Salad and ½ Coleslaw or Tartufo al Cioccolato Dolcetti |
| Leggera Superfood Salad with Chicken and Raspberry Sorbet with fruit coulis and cone |
| ½ Classic American |
| ½ Classic American Hot |
| ½ Classic Bianca Formaggi |
| ½ Classic Diavolo with Jalapenos |
| ½ Classic Fiorentina |
| ½ Giardiniera Classic |
| 2/3 Classic Four Seasons |
| ½ Classic La Reine |

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| 2/3 Classic Margherita |
| 1/2 Classic Pollo ad Astra |
| 1/2 Classic Veneziana |
| 1/3 Calabrese Romana |
| 1/2 Diavolo Romana |
| 1/3 Etna Romama & Mixed side salad |
| 1/2 Padana Romana |
| 1/2 Pomodoro Pesto Romana |
| 1/2 Quattro Formaggi Romana |
| 1/3 Rustichella Romana and Mixed Side salad |
| 1/3 Toscana Romana |
| 1/3 Popette Bolognese Romana & Mixed Side Salad |
| 1/2 Pollo Ad Astra Romana |
| 1/2 Veneziana Romana |
| 1/2 Calzone Prosciutto Pesto and Mixed Side Salad |
| 2/3 Leggera Pomodoro Pesto & Caesar Salad (without dressing) or Tartufo al Cioccolato |
| 2/3 Leggera Padana & Caesar Salad (without dressing) or Tartufo al Cioccolato |
| 2/3 Leggera Pollo Ad Astra & Caesar Salad (without dressing) or Tartufo al Cioccolato |
| 2/3 Leggera American Hot & Caesar Salad (without dressing) or Tartufo al Cioccolato |
| 2/3 Leggera Gorgonzola and Pancetta & Caesar Salad (without dressing) or Tartufo al Cioccolato |
| <u>Pret A Manger®</u> |
| Asian Beef and Noodle Salad with 1/2 Pot Dressing |
| Brie, Tomato & Basil Baguette |
| Broccoli and Italian Cheese Soup with Artisan Soup Bread (V) (Soup is GF) |
| Cashew Butternut and Spice Soup with Artisan Soup Bread (V) (soup is GF) |
| Chefs Italian Chicken Salad with 1/2 Pot Dressing (GF) |
| Chicken and Roasted Corn Chowder Soup with Artisan Soup Bread (Soup is GF) |
| Chicken Raita Salad Wrap |
| Chicken Sesame Sushi Wrap |
| Crayfish and Avacado – No Bread with 1 Pot of Dressing (GF) |
| Cream of Mushroom Soup with Artisan Soup Bread (V) (soup is GF) |
| Deluxe Bento Box |
| Deluxe Sushi |
| Free Range Egg Mayo (V) |
| Green and Grains – No Bread with 1 Pot of Dressing (V) |
| Hoisin Duck Salad Wrap |

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| Italian Meatballs Soup |
| Jambon-Beurre |
| Lentil and Coconut Curry Soup (V) (GF) |
| Mexican Chilli Soup (With a Hint of Chocolate) (GF) (V) |
| Moroccan Chicken Soup (GF) |
| Pea and Ham Soup with Artisan Soup Bread (Soup is GF) |
| Prosciutto, Egg & Asparagus Salad and ½ Pot Dressing |
| Sausage Hot Pot Soup with Artsan Soup Bread |
| Scottish Smoked Salmon |
| Sesame Chicken and Noodle Salad an ½ Pot Dressing |
| Superfood Salad and 2tsp Dressing |
| Tuna Nicoise Salad (GF) |
| Wild Crayfish and Rocket |
| Wiltshire-Cured Ham and Pret Pickle |
| Prezzo® |
| Al Forno- 1/2 Goats Cheese Al Forno (V) |
| Al Forno- 1/2 Pollo Mariano |
| Al Forno- 1/2 Traditional Lasagne |
| Filled Pastas- 1/2 Chicken Ravioli with 1 Mixed Salad, OR 1 Tomato & Red Onion Salad |
| Filled Pastas- 1/2 Lobster & Crab Tortelelli with 1 Mixed Salad, OR 1 Tomato & Red Onion Salad |
| Filled Pastas- 1/2 Wild Mushroom Girasole (V) |
| Grills- 1 Chargrilled Chicken Breast- Calabrese |
| Grills- 1 Chargrilled Chicken Breast- Funghi |
| Grills- 1 Chargrilled Chicken Breast- Siciliana |
| Grills- 1/2 Charargrilled Chicken Breast- Gorgonzola with Mixed Salad OR Caesar Salad, OR, Rocket and Gran Padano Cheese Salad OR 1/2 Tricolore Salad OR 1/2 Mushroom Crostini |
| Grills- 1/2 Crab Cakes |
| Grills- 1/2 Fillet of Salmon with 1 Mixed Salad, OR 1 Tomato & Red Onion Salad |
| Grills- 1/2 Italian Burger with 1 Mixed Salad OR, 1 Tomato and Red Onion Salad |
| Pasta- 1 Penne Arrabbiata- Half Classic with 1 Mixed Salad, OR 1 Tomato & Red Onion Salad (V) |
| Pasta- 1 Penne Arrabbiata- Light (V) |
| Pasta- 1 Spagetti Bolognese- Half Classic |
| Pasta- 1 Spagetti Bolognese- Light |

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| Pasta- 1 Spagetti with King Prawns- Light |
| Pasta- 1/2 Frusilli Alla Rusticana- Classic |
| Pasta- 1/2 Frusilli Alla Rusticana- Half Classic with 1 Mixed Salad, OR 1 Tomato & Red Onion Salad |
| Pasta- 1/2 Frusilli Alla Rusticana- Light with 1 Tomato & Red Onion Salad |
| Pasta- 1/2 Fusilli Gorgonzola – Light |
| Pasta- 1/2 Fusilli Gorgonzola- Classic |
| Pasta- 1/2 Penne Al Pollo Zafferano- Classic |
| Pasta- 1/2 Penne Al Pollo Zafferano- Half Classic with 1 Mixed Salad, OR 1 Tomato & Red Onion Salad |
| Pasta- 1/2 Penne Al Pollo Zafferano- Light with 1 Mixed Salad OR 1 Tomato & Red Onion Salad |
| Pasta- 1/2 Penne Arrabbiata- Classic with 1/2 Tricolore Salad, OR 1/2 Mushroom Crostini, OR 1/2 House Fries, OR 1/2 Gratinated Potatoes or 1 Mixed Salad |
| Pasta- 1/2 Penne Con Salmone- Half Classic |
| Pasta- 1/2 Penne Con Salmone- Light |
| Pasta- 1/2 Spagetti Bolognese- Classic with 1 Tomato & Red Onion Salad |
| Pasta- 1/2 Spagetti Carbonara- Classic |
| Pasta- 1/2 Spagetti Carbonara- Half Classic with 1 Tomato & Red Onion Salad |
| Pasta- 1/2 Spagetti Carbonara- Light |
| Pasta- 1/2 Spagetti with King Prawns- Classic with 1 Mixed Salad |
| Pasta- 1/2 Spagetti with King Prawns- Half Classic with 1/2 Gratinated Potato's, OR 1/2 House Fries |
| Pasta- 1/2 Spagetti with Meatballs- Half Classic with 1 Mix Salad OR, 1 Tomato Red Onion Salad |
| Pasta- 1/2 Spagetti with Meatballs- Light with 1 Mix Salad, OR 1 Tomato Red Onion Salad |
| Pizza- 1 Margherita Light (V) |
| Pizza- 1 Tropicana- Light |
| Pizza- 1/2 Bianca- Light with 1 Mixed Salad, OR Ceasor Salad, OR 1 Rocket and Gran Padano Cheese Salad, OR 1/2 Tricolore Salad, OR 1/2 Mushroom Crostini (V) |
| Pizza- 1/2 Fiorentina- Light with 1 Mixed Salad, OR 1 Caesar Salad (side), OR 1 Rocket and Gran Padano Cheese Salad (V) |
| Pizza- 1/2 Fughi- Classic (V) |
| Pizza- 1/2 Gamberetti- Classic |
| Pizza- 1/2 Margherita Classic (V) |
| Pizza- 1/2 Prosciutto E Funghi- Classic |
| Pizza- 1/2 Prosciutto E Funghi- Light with 1/2 Gratinated Potatoes, OR 1/2 House Fries, |

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| OR 1/2 Tricolore Salad, OR Mushroom Crostini |
| Pizza- 1/2 Quattro Stagioni- Light with 1 Mixed Salad OR 1 Caesar Salad (side), OR 1 Rocket and Gran Padano Cheese Salad |
| Pizza- 1/2 Tre Gusti- Light with 1 Mixed Salad, OR Tomato & Red Onion Salad |
| Pizza- 1/2 Vegetarian- Light with 1 Mixed Salad ,OR Caesar Salad, OR 1 Rocket and Gran Padano Cheese Salad (V) |
| Pizza- 1/2 Vesuvio- Light with 1 Mixed Salad, OR 1 Tomato & Red Onion Salad |
| Risotto- 1/2 Chicken & Asparagus with 1 Mixed Salad, OR 1 Tomato & Red Onion Salad |
| Risotto- 1/2 Field Mushrooms with 1 Mixed Salad, OR 1 Tomato & Red Onion Salad (V) |
| Risotto- 1/2 King Prawns |
| Salads- 1 Baby Gem Caprese |
| Salads- 1 Classic Caesar (V) |
| Salads- 1/2 Arrosto with 1 Mixed Salad ,OR 1/2 Gratinated Potatoes, OR 1/2 House Fries, OR 1/2 Rocket & Gran Pandano Cheese Salad, OR 1/2 Caesar Side Salad (V) |
| Salads- 1/2 Chicken, Bacon, & Avacado with 1 Mixed Salad, OR 1 Tomato & Red Onion Salad |
| Salads- 1/2 Classic Caesar with Grilled Chicken |
| Salads- 1/2 Classic Caesar with King Prawns with 1/2 Gratinated Potatoes OR 1/2 House Fries |
| Salads- 1/2 Salmon & Avacado with 1 Tomato & Red Onion Salad |
| Salads- 1/2 Pollo E Spinaci with 1/2 Tricolore Salad, OR 1/2 Mushroom Crostini, OR Gratinated Potatoes, OR 1/2 House Fries, OR, 1 Mixed Salad |
| Salads- Steak & Rocket |
| Small Plates- 1 Antipasto |
| Small Plates- 1 Arancini |
| Small Plates- 1 Macaroni Florentine |
| Small Plates- 1 Mushroom Crostini with 1 Tomato & Red Onion Salad |
| Small Plates- 1 Prawn Bruschetta |
| Small Plates- 1 Risotto Carbonara |
| Small Plates- 1 Tricolore Salad |
| Starbucks® |
| Feta Compli Salad |
| Free Range Egg Mayo Sandwich(V) |
| Hail Cesar Salad |
| Holy Guacomole Salad |
| New York Deli Style Pastrami and Emmental |

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| Roasted Chicken and Tomato Panini |
| Roasted Chicken Salsa Wrap |
| Roasted Chicken with Herb Mayonnaise |
| Thai and Mighty Salad |
| Subway® |
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| 6-inch Beef on 9-Grain Wheat Bread Sub |
| 6-inch Chicken Breast on 9-Grain Wheat Bread Sub |
| 6-inch Chicken Temptation on 9-Grain Wheat Bread Sub |
| 6-inch Chicken Tikka on 9-Grain Wheat Bread Sub |
| 6-inch Flatbread Beef |
| 6-inch Flatbread Big Beef Melt |
| 6-inch Flatbread Chicken Breast |
| 6-inch Flatbread Chicken Temptation |
| 6-inch Flatbread Chicken Tikka |
| 6-inch Flatbread Ham |
| 6-inch Flatbread Italian B.M.T |
| 6-inch Flatbread Steak & Cheese |
| 6-inch Flatbread Subway Club |
| 6-inch Flatbread Subway Melt |
| 6-inch Flatbread Sweet Onion Chicken Teriyaki |
| 6-inch Flatbread Tuna |
| 6-inch Flatbread Turkey Breast |
| 6-inch Flatbread Turkey Breast and Ham |
| 6-inch Flatbread Veggie Delite |
| 6-inch Flatbread Veggie Patty |
| 6-inch Ham on 9-Grain Wheat Bread Sub |
| 6-inch Italian B.M.T on 9-Grain Wheat Bread Sub |
| 6-inch Steak & Cheese on 9-Grain Wheat Bread Sub |
| 6-inch Subway Club on 9-Grain Wheat Bread Sub |
| 6-inch Subway Melt on 9-Grain Wheat Bread Sub |
| 6-inch Sweet Onion Chicken Teriyaki on 9-Grain Wheat Bread Sub |
| 6-inch Tuna on 9-Grain Wheat Bread Sub |
| 6-inch Turkey Breast & Ham on 9-Grain Wheat Bread Sub |
| 6-inch Turkey Breast on 9-Grain Wheat Bread Sub |
| 6-inch Veggie Delite (V) on 9-Grain Wheat Bread Sub |

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| 6-inch Veggie Patty (V) on 9-Grain Wheat Bread Sub |
| Beef Salad (GF) |
| Beef Wrap |
| Chicken Salad (GF) |
| Chicken Tikka Salad |
| Ham Salad (GF) |
| Ham Wrap |
| Subway Club Salad (GF) |
| Sweet Onion Chicken Teriyaki Salad |
| Turkey Breast & Ham Salad (GF) |
| Turkey Breast Salad (GF) |
| Turkey Breast Wrap |
| Veggie Delite Wrap (V) |
| <u>WAGAMAMA'S</u> |
| ½ Chicken and Prawn Wagamama Pad Thai (Chefs favourite) |
| Mushroom Ramen (V) |
| Mini Grilled Chicken Katsu |
| ½ Mandarin & sesame Chicken Salad |
| Mini chicken Cha Han |
| Mini Chicken Katsu |
| Mini Chicken Ramen |
| Mini Chicken Yaki Soba |
| Mini Grilled Chicken Noodle |
| Mini Grilled Fish Noodle + root Juice |
| Mini Yasai Cha Han |
| Mini Yasai Katsu Curry (V) |
| Mini Yasai Raman & Miso Soup + Japanese style Pickles |
| Mini Yasai Yaki Soba |
| Chicken Yakitori & Miso Soup + Japanese Style Pickles |
| ½ Pork Ramen & Miso Soup + Japanese Style Pickles |
| ½ Prawn Chilli Men |
| ½ Teriyaki Beef Soba |
| ½ Teriyaki Salmon Soba |
| ½ Wagamama Ramen & Miso Soup + Japanese Style Pickles |
| ½ Yaki Soba & Miso Soup + Japanese Style Pickles |
| ½ Yaki Udon & Miso Soup + Japanese Style Pickles |

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| Yasai Gyoza (V) & Raw Salad (V) |
| ½ Yasai Itame (V) |
| ½ Yasai Wagamama Pad- Thai (V) |
| Yo! Sushi® |
| Beef & Garlic Teriyaki & Pumpkin Korroke |
| Beef & Japanese Mushroom Curry |
| Chicken Firecracker Rice |
| Chicken Gyoza & Pumpkin Korroke |
| Chicken Teriyaki & Vegetable Gyoza |
| Chicken Tsukune & Miso Soup & Vegetable Gyoza |
| Chicken Yakisoba & Miso Soup |
| Duck Gyoza & Moromo Miso & Vegetable Gyoza |
| Duck Katsu & Moromo Miso & Vegetable Gyoza |
| Hairy Prawns & Pumpkin Korroke |
| Kaisen Ramen |
| Katsu Selection & Vegetable Gyoza |
| Miso-Dare Chicken Ramen |
| Prawn Katsu & Pumpkin Korroke |
| Prawn Tempura & Takoyaki |
| Prawn Yakisoba & Vegetable Gyoza |
| Salmon Rice |
| Salmon Teriyaki & Pumpkin Korroke |
| Scallop Katsu & Vegetable Gyoza |
| Smoked Salmon & Crème Cheese ISO & Vegetable Gyoza |
| Soft Shell Crab Tempura & Pumpkin Korroke |
| Spicy Pepper Squid & Takoyaki |
| Spicy Seafood Udon |
| Takoyaki & Pumpkin Korroke |
| Tuna & Avruga Sashimi & Prawn Tempura |
| Vegetable Firecracker Rice (V) |
| Vegetable Tempura & Vegetable Gyoza & Miso Soup (V) |
| Vegetable Yakisoba (V) & Miso Soup |
| Zizzi™ |
| Antipasti Zizzi (for 1) |
| Antipasti Siciliana (for 1) and Rucola & Grana Padano Salad Side or Green beans |
| Garlic Bread ½ and ½ Pizzetta Formaggion Di Capra |

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| Insalata D'Anatra |
| ½ Insalata Di Pollo and ½ Pizzetta Formaggion Di Capra |
| ½ Insalata Bistecca E Funghi and ½ Pizzetta Formaggion Di Capra |
| ½ Insalata Super Zucca with Chicken |
| ½ Linguine Al Gamberi and Pandano Salad Side or Green beans |
| ½ Spaghetti Bolognese |
| ½ Bauletti Ricotta E Limone and Rucola & Grana Padano Salad Side and Green Beans |
| ½ Risotto Pesce and Rucola & Grana Padano Salad Side and Green Beans |
| ½ Risotto Pollo E Funghi (without chicken) and ½ Pizzetta Formaggion Di Capra |
| ½ Ravioli Di Capra and ½ Pizzetta Formaggion Di Capra |
| ½ Rigatoni Con Pollo E Funghi and ½ Zizzi Olives |
| ½ Spaghetti Pomodora E Bufala and Grana Padano Salad Side or Green Beans |
| ½ Rigatoni Melanzane and Grana Padano Salad Side or Green Beans |
| Zizzi Fish Stew |
| ½ Calamari Big |
| Pollo Prosciutto |
| 1/3 Classic Fiorentina & Grana Padano Salad Side or Green beans |
| ½ Classic Funghi |
| 1/3 Calozone Carne Piccante & Grana Padano Salad Side |
| 1/3 Calzone Pollo Spinaci |
| 1/3 Rustica Mezzo E Mezzo |
| 1/3 Rustica Mare E Monti |
| 1/3 Rustica Primavera |
| 1/3 Classic Margherita and Grana Padano Salad Side or green beans |
| 1/3 Classix Diavola and Grana Padano Salad Side or green beans |
| 1/3 Quatro Stagiono and Grana Padano Salad Side or green beans |
| 2/3 Skinny Rustica Primavera and Grana Padano Salad Side AND green beans |
| 2/3 Skinny Rustica Bufala and Grana Padano Salad Side AND green beans (if you take out the and Grana Padano Salad Side you could have a one scoop Gelato or Sobetto) |
| 2/3 Rustica Pollo Piccante and Grana Padano Salad Side AND green beans (if you take out the and Grana Padano Salad Side you could have a one scoop Gelato or Sobetto) |