

FRESH FOOD

Our food is fresh and healthy using only the finest local ingredients.

PANINIS

Fresh white bread served with salad and crisp garnish.

Ham + cheese 496 Kcal 4.50

Tuna melt 590 Kcal 4.50

Tomato + mozzarella + basil (V) 433 Kcal 4.50

Sausage 659 Kcal 4.50

TOASTIES

Fresh white bread served with salad and crisp garnish.

Cheese + tomato (V) 452 Kcal 3.95

Cheese + ham 472 Kcal 4.45

Sausage 557 Kcal 4.45

Beans on toast (Ve) 451 Kcal 3.50

SANDWICHES

Fresh white bread served with salad and crisp garnish.

Chicken mayo 384 Kcal 3.45

Tuna mayo 377 Kcal 3.45

Cheese + tomato (V) 452 Kcal 3.45

Cheese + ham 472 Kcal 3.45

Menu subject to availability. Calorie content of menu items is correct at time of going to print. Calorie content has been calculated by working with our food service suppliers and using their recommended ingredients. Where there is an option of choice of filling or topping, calories have been calculated using the highest calorie option available. Should you wish to change or request additional menu items please note that the calorie count may differ. The calorie count is subject to cooking methods and ingredients available at time of ordering.

JACKET POTATOES

Choice of filling.

Cheese (V) 509 Kcal 4.95

Baked beans (Ve) 352 Kcal 4.95

Tuna mayo 370 Kcal 5.75

Add cheese 0.50

KIDS FAVOURITES

Served with chips and peas or beans.

Chicken nuggets 367 Kcal 4.95

Fish fingers 295 Kcal 4.95

Veggie nuggets (V) 273 Kcal 4.95

Pasta + tomato sauce (Ve) 166 Kcal 3.25

SIDES

Chips (Ve) 244 Kcal 2.95

Cheesy chips 400 Kcal 3.45

SWEET TREATS

We have a wide selection of snacks and sweets available on the counter.



DRINKS

HOT DRINKS

An experience by
Paddy & Scott's.

	REGULAR		LARGE	
Cappuccino	145Kcal	2.95	197Kcal	3.40
Latte	145Kcal	2.95	197Kcal	3.40
Flat white	86Kcal	2.95	-	-
Americano	0Kcal	2.75	0Kcal	2.95
Espresso	0Kcal	1.90	0Kcal	2.20
Mocha	197Kcal	3.50	246Kcal	3.80
Hot chocolate	173Kcal	3.30	231Kcal	3.60
Babyccino	95Kcal	1.20	-	-
Tea	0Kcal	1.90	-	-
Speciality tea	0Kcal	2.20	-	-

Extras

Espresso shot	0Kcal	0.70
Extra syrup	52Kcal	0.70

SMOOTHIES

Strawberry Split: Strawberry + banana 188 Kcal

Kale Kick: Mango + spinach + kale 155 Kcal

Big 5: Strawberry + mango + kiwi + passionfruit + apple 154 Kcal



InspireAll Leisure & Family Support Services manages these facilities in partnership with Milton Keynes Council. InspireAll is a registered charity. Charity no. 1099653.

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