

# AFRICA OUTPOST

<b>HOT DRINKS</b> 	REG	LARGE
Americano 1kcal	£3.00	£3.30
Cappuccino 134kcal	£3.20	£3.70
Latte 130kcal	£3.20	£3.70
Flat White 70kcal	£3.20	
Espresso 1kcal	£2.50	
Double Espresso 2kcal	£3.00	£3.00
Tea 1kcal	£2.60	
Hot Chocolate 224kcal	£3.35	£3.85
Mocha 226kcal	£3.50	£3.95

<b>COLD DRINKS</b> 	
Still & Sparkling	
Water 0kcal	£1.60
Fizzy Can Avg 66kcal	£1.90
Slush 265kcal	£3.95

<b>BAKERY</b> 	
Pastries Avg 301kcal	£2.95
Scone Avg 497kcal	£3.00
Muffin Avg 452kcal	£3.00
Mocha	
Brownie Avg 409kcal	£2.95
Caramel	
Shortbread 293kcal	£2.95
Victoria Sponge	
NCGI 500kcal	£2.95
Cookie Avg 254kcal	£2.25

<b>SNACKS</b> 	
Tyrrell's Crisps Avg 123kcal	£1.50
Proper corn	
Popcorn 135kcal	£1.95
Eat Natural	
Cereal Bar Avg 229kcal	£2.50
Dry Roasted	
Peanuts Avg 123kcal	£2.75
Granola Yoghurt Pot 329kcal	£2.95
Fruit Salad Pot 77kcal	£2.95
Fruit Avg 89kcal	£1.00

<b>HOT FOOD</b> 	
Soup Avg 131kcal	£4.95
Sausage Roll 545kcal	£5.95
Spicy Bean & Cheese Roll 531kcal	£5.95
Ham Hock & Cheddar Tart 691kcal	£5.50
Pea, Mint & Red Leicester Tart 686kcal	£5.50
	FROM
Panini Avg 653kcal	£6.95

<b>LUNCH</b> 	FROM
Sandwiches Avg 530kcal	£4.50
Baguettes Avg 547kcal	£6.25
Salads Avg 508kcal	£7.25

<b>CHILDREN'S MEAL BAGS</b>	
Any 5 items Avg 530kcal	£5.95

<b>ICE-CREAM</b> 	
Magnum Avg 230kcal	£2.80
Cometto Avg 230kcal	£2.20
Solero Avg 178kcal	£3.20
Feast 245kcal	£1.70
Calippo Avg 178kcal	£1.70
Twister 70kcal	£1.70
Mini Milk Avg 178kcal	£1.10

1 scoop Avg 164kcal	£3.50
2 scoops Avg 270 kcal	£4.75
3 scoops Avg 416 kcal	£7.50
Includes Flake, Sauce & sprinkles	

<b>EXTRAS</b> 	
Add Sauce Avg 28kcal	£0.40
Add Flake 43kcal	£0.40
Add Flake & Sauce Avg 71kcal	£0.60