



Early Morning Club- Breakfast Menu

Food options and allergens list

Wheat Biscuits (Weetabix) with Semi Skimmed Milk V

1, 7, 16

Multigrain Hoops V with Semi Skimmed Milk V

1, 7, 15, 16

Malt Wheats VG with Semi Skimmed Milk V

1, 7, 16

Rice Snaps V with Semi Skimmed Milk V

7, 16

Wholemeal Bread

1

Wholemeal Bagels VG

1, 16

English Breakfast Muffins V

1, 3

Crumpets VG

1 (may contain milk and soya)

Dairy free spread

Pure Honey

Strawberry Jam VG

Hot Chocolate V

7

Ribena (Sugar Free)

6

1 Wheat Gluten, **2** Crustaceans, **3** Soybean, **4** Mustard, **5** Sesame, **6** Sulphites/Sulphur Dioxide, **7** Milk, **8** Fish, **9** Egg, **10** Peanuts, **11** Molluscs, **12** Celeriac/Celery, **13** Nuts, **14** Lupins, **15** Oat Gluten, **16** Barley, **VG** Vegan, **V** Vegetarian