

GRAB & GO MENU

WRAPS

Chicken Wraptor	15
Chicken Shawarma	15
Eggs & Hashbrown Wrap	12

PASTRIES & BREAD

Mexican Corn Fritters	8
Assorted Manakesh	7
Cinnamon Swirl	7
Tomato & Cheese Twist	5
Ginger & Treacle Bread	5
Muffin (Fruit)	5
Apple Pie Biscuit	5
Baked Chicken Tenders	6
Baked Chicken Nuggets	5
Weekly Specials (every Monday, Wednesday & Friday)	7- 10

SANDWICHES

Chicken Steakhouse	15
Meatball Sub	20
Greek chicken pita pockets	14
Roast chicken w/ stuffing	15
Chicken Katsu Brioche	14
Wholemeal Zaatar Croissant, Grated Halloumi	15
Cheddar Cheese & Chutney	14
Double Cheese Delight	8

SALADS

Chicken Caesar Salad	15
Taco Salad	15
Chicken Satay Salad	15
Apple, Beet. Carrot	5
Fresh Fruit Salad	12
Hummus w/ bread	5
Berry & Lemon Granola	13
Honey, Banana, Yoghurt Granola	12

FN's RICE BOWL

Rice bowl with crispy chicken tenders - choice of Butter chicken or BBQ sauce - 13