



Name:

Please **choose 1** item from each section in the menu below, any unwanted sections should be left unmarked.

**Please circle your choices and hand to your trainer**

**Choose Your Roll:** Brown / White

**Choose Your Filling:** Ham/ Roast Beef/ Corned Beef/ Cheese/ Cheese Spring Onion Mayo/ Sweet Chilli Chicken Mayo/ Chicken Tikka Mayo/ Egg Mayo/ Tuna Sweetcorn Mayo

**Choose Extra's:** Salad/ Coleslaw

**Dressings:** Mayonnaise/ Horseradish/ Mustard

**Choose Drink:** Coke/ Diet Coke/ Irn Bru/ Still water/ Orange Juice

**Choose Crisps:** Cheese & Onion/ Salt & Vinegar/ Chicken / Ready Salted/ Smokey Bacon

**Choose Sweet:** Mars/ Snickers/ Dairy Milk/ Iced Doughnut/ Paradise Slice

**Healthy Option (\*No Crisps, No Sweet, No Fizzy)**

**Salads:** Cheese Salad/ Chicken Salad/Ham & Cheese Salad/ Tuna & Sweetcorn Salad

**Fruit:** Apple/ Orange

**Choose Drink:** Still Water/ Orange Juice

