



Soup

With Purpose

Student £1.80 Regular £2.20

MONDAY

Mossiel Cream of Mushroom

Project Knead Freshly Baked
Focaccia

TUESDAY

Butternut Squash & Chilli -

Project Knead Freshly
Baked Onion Soda Bread

WEDNESDAY

Waste Knot Potato, Pea & Watercress

Project Knead Freshly
Baked White Bloomer

THURSDAY

Chunky Waste Knot Leek & Potato

Project Knead Freshly Baked
Blackthorn Scottish Sea Salt &
QMU Allotment Rosemary Focaccia

FRIDAY

Lentil & Carrot

Project Knead Freshly
Baked Seeded Soda Bread

MUFFIN BAR Student £2.15 Regular £2.60

MONDAY

Blueberry
Chocolate Chip
Lemon & Chia Seed

TUESDAY

Raspberry
Apple Crumble
Strawberry Cheese Cake

WEDNESDAY

Double Chocolate
Carrot Cake
Vegan Apple & Cinnamon

THURSDAY

Gluten-Free Lemon
Drizzle
Banoffee
Chocolate Orange

FRIDAY

White Chocolate &
Raspberry
Vegan Rhubarb & Custard
Sticky Toffee Pudding

TREATTOGO

From: Student £1.80 Regular £2.20

MONDAY

Vegan Chocolate & Raspberry Brownie
Carrot Cake
Seeded Flapjack

TUESDAY

Vegan Lemon Slice
Gluten-Free Fruit Cake
Victoria Slice

WEDNESDAY

Chocolate Chip Cookie
Vegan Flapjack
Millionaire Shortbread

THURSDAY

Vegan Apple Crumble Cake
All-Butter Shortbread
Raspberry Oat Slice

FRIDAY

Vegan Banana Loaf
Raspberry Blondie
Treacle Tart

Artisan Deli

From Student £3.15 Regular £3.80

MONDAY

Chicken & Bacon Caesar Focaccia
Smoked Scottish Salmon, Yester Farm Cream Cheese &
Cucumber
Roast Red Pepper & Sundried Tomato
Smoked Ham, Lairds Chutney & Orkney Cheddar

TUESDAY

East-Coast Cured Chorizo, Emmental & Tomato
Roast Vegetable, Lemon Houmous & Rocket
Pole-and-line Caught Tuna & Sweetcorn
Roast Scotch Beef, Horseradish Mayo & Peppery
Watercress

WEDNESDAY

Roast Falafel, Sweet Chilli Dressing & Rocket
Pulled Chicken, Brie & Bacon
Orkney Cheddar & East Scotland Growers Cauliflower
Piccalilli
Sliced Turkey, Cranberry Sauce & Popeye Spinach

THURSDAY

East-Coast Cured Salami, Fife Buffalo
Mozzarella & Basil
Scottish Egg & Spinach Salad
Pole-and-line Caught Tuna & Sweetcorn
Roast Quality Meat Scotland (QMS*) Beef,
Tomato & Waste Knot Onion Chutney

FRIDAY

Chicken & Bacon Club
Spiced Tuna, Roast Pepper & Cucumber
Roast Red Pepper & Sundried Tomato
Smoked Ham, Lairds Chutney & Orkney
Cheddar

Scottish beef, Scottish lamb and Specially Selected pork from (QMS) Quality Meat Scotland Assured. This standard of 'Whole chain assurance' ensures that animals have the best possible quality of life on farms and throughout the live supply chain

Waste Knot - By purchasing imperfect or surplus veg we are reducing food waste & ensuring sustainability, by using seasonal produce from Red Tractor and LEAF assured farms.

Freshly Baked

Scone: Student £1.00 Regular £1.20
Croissant: Student £1.30 Regular £1.60
Danish Pastries: Student £1.30 Regular £1.60

MONDAY

Mungoswells Flour Plain Scone
Mungoswells Flour Fruit Scone
Mungoswells Flour Scottish Cheese &
Marmite Scone
All-Butter Croissant | Pain au Chocolat
Cinnamon Swirl

TUESDAY

Mungoswells Flour Plain Scone
Mungoswells Flour Cherry Scone
Mungoswells Flour & Waste Knot Apple &
Cinnamon Scone | All-Butter Croissant
Pain au Chocolat | Raspberry Crown

WEDNESDAY

Mungoswells Flour Plain Scone
Mungoswells Flour Apricot Scone
Mungoswells Flour Scottish Cheese & Bacon Scone
All-Butter Croissant
Pain au Chocolat | Vanilla Slice

THURSDAY

Mungoswells Flour Plain Scone
Mungoswells Flour Cranberry Scone
Mungoswells Flour Cherry & Coconut Scone
All-Butter Croissant
Pain Au Chocolate | Chocolate Twist

FRIDAY

Mungoswells Flour Plain Scone
Mungoswells Flour Fruit Scone
Mungoswells Flour Treacle Scone
All-Butter Croissant | Pain au Chocolat | Toffee Pecan