## START YOUR DAY WITH A FREE BOWL OF PORRIDGE

Also available to staff with the purchase of any hot drink, or £1.00 without a drink

**ADDITIONAL TOPPINGS 35p** 



## DID YOU KNOW?

Proven to help lower high blood pressure and reduce bad cholesterol – not to mention a packed portfolio of vitamins, minerals, and fibre. Oats are the go-to fitness food for beginners and athletes alike, due to their slow-releasing, wholegrain goodness!