

## The Rucksack

A picnic designed for one.

Contains a freshly made sandwich,
energy bites, seasonal fruit & a slice of tart

Sandwich filling choices include:

Roasted red pepper, hummus & red onion chutney v vg

Tomato, buffalo mozzarella, rocket  $\mathcal E$  basil pesto v

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Smoked salmon, cucumber, cream cheese & chives

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Honey roast ham, Mayfield cheese, mustard  $\operatorname{\mathcal{C}}$  watercress

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Royal Greenland prawn cocktail, Marie Rose sauce, gem lettuce

Pure Spring water Optional tea & coffee