

Salads/Specials

*All salads are served in a box to go with a large variety of fresh salad plus either Couscous/Rice or Pasta – any extra protein servings will be an additional £2.00

Chicken Breast - "No bun", freshly cooked Chicken Breast & Salad **£5.50**

Halloumi - chargrilled Halloumi, Salad and Honey & Mustard Dressing
£5.50

Vegetable Samosa/Chicken Tikka Samosa - Salad and mango chutney
£5.00

Lamb Kofta - grilled and served in a wrap with Mint & Yogurt Dressing
£5.00 or Go Large (Lamb Kofta x2) - **£6.50**

Protein Box - Chicken/Boiled Egg/Pasta/Spinach and dressing of your choice - **£6.50**

Geeky Salad - Feta Cheese, Pesto Pasta, Peppers, Olives, Tomatoes, Red Onion, lettuce and a dressing of your choice - **£5.50**

Hot Chicken Salad – Stir fried – red onion, peppers, tomatoes, shredded carrot, bean shoots, leaves, fresh chicken served on a bed of rice topped with hoisin or sweet chilli sauce - **£6.00**

Sausage Pasta - Stir-fried - red onion, tomatoes, radish, leeks, sausages, fresh pasta with wilted spinach served in a box and topped with cheddar cheese - **£5.00**

Chargrilled Halloumi - Wilted spinach, fried egg serviced on toast x 2 and drizzled with sweet chilli sauce - **£5.00**



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The Pop Inn

(Kings Rochester Sports Centre, 601 Maidstone Road, Rochester)

9.30am - 2pm Monday – Friday
9am - 12pm Saturday (Breakfast Only)

Catering and pre-made lunches available.

Outside sheltered dining area with tables and chairs.

Please phone to place an order for collection.

Allison

Breakfasts

Muffins - Double Chocolate, Chocolate, Blueberry, Raspberry - **£2.00 each**

Porridge Pot - Topped with Brown Sugar - **£3.00** Add chopped Banana - **£4.00**

Breakfast to go - Bacon x2, Sausage x1, Beans, Egg x1 Mushrooms - served in a box to go - **£6.00**

Porky Blanket - Bacon x2, Sausage x2, Lettuce and BBQ Sauce all served in a warm wrap - **£4.75**

Eggie Bun - "Omelette" Eggs x2 served in a warm bun with a sauce of your choice - **£3.50**

Toasted Teacakes x 2 - Served with butter - **£3.50**

Eye 'Pop Inn' Special - Healthy option – Potato Waffle in a tasty bap with rock salt, vinegar and a sauce of your choice - **£3.50**

Drinks

Latte/Cappuccino/Espresso/Americano - **£2.50** (Add Vanilla/Caramel 50p)

Old Fashioned Milky Coffee - **£2.50**

Hot Chocolate - **£2.75**

Fruit Tea/Green Tea - **£2.00**

Tea - **£1.20**

All cold drinks (Inc: bottled water) - **£1.00**

Fresh Milkshakes (Semi Skimmed Milk/Alt Milk) - Chocolate/Banana/
Strawberry - **£3.50**

Iced Double Espresso Cooler made with fresh coffee beans - **£3.50**

Something for afters...

Muffins or Sponge Pudding with hot custard served in a pot - **£3.00**

Variety of handmade cakes available - **from £2.00**

Flapjacks/Shortbread/Choc Chip Cookies (bite-sized) x 4 - **£1.20**

Sandwiches/Wraps/Rolls – from £4 each

Tuna/Mayo Chicken/Salad/Mayo Ham/Salad Cheese/Salad

Egg Mayo Halloumi/Salad Halloumi/Chicken/Salad

Chicken "Breast" in a bun - Succulent chicken breast, served with salad/
mayo served in a toasted bap - **£5.50**

Toasted Cheese/Marmite bap - **£4.00**

Jacket Potatoes

Butter only **£3.50**

Tuna/Mayo **£5.00**

Cheese **£4.50**

Baked Beans **£4.50**

Cheese/Beans **£5.00**

Hot Sandwiches/Rolls

Sausage **£4.00** Bacon & Egg **£4.50**

Bacon **£4.00** Sausage, Egg & Bacon **£4.75**

Sausage & Egg **£4.50** Vegetarian option **£4.00**

"POP" Pots

Vegetarian Pot - Couscous/Halloumi/Spinach/choice of dressing - **£4.00**

Eye 'Pop Inn' Waffle Pot - Healthier "Than Chips!" – Potato Waffle bites,
rock salt and vinegar in a pot! - **£3.00**

Extras

Fresh Fruit - **£1.00 Each**

Chocolate Bar/Crisps - **£1.00 Each**