

NUDGE OR SLUDGE GAME



NUDGE OR SLUDGE?

What is a 'Nudge'?

- are small prompts that deliberately leave a choice
- are transparent and never misleading
- are easy to opt out of
- are designed to benefit the people being nudged

What is a 'Sludge'?

- often direct you strongly to one option
 - can be hidden and often deliberately misleading
 - can be easy to opt into and hard to opt out of
 - are designed to benefit the organisation doing the sludging
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HIGH STREET SOCIAL CF42

- Social Army
Two Welsh free range eggs – boiled – with Marmite soldiers **£2.50**
- Social Field Mushroom
On sourdough toast with Parmesan shavings – with the option of a Welsh free range egg – poached – for 95p **£3.50**
- Social Toast
Sourdough, Welsh salted butter, jams and preserves **£2.75**
- Smoked salmon and scrambled egg **£4.20**

Half Portions:
Wherever possible – half portion, half price – simple!

Social Extras:

Welsh free range egg – any way you like it	95p
Welsh bacon (2 slices)	£1.95
Welsh sausage (2 pieces)	£1.95
Smoked Salmon	£1.65
Welsh Black Pudding (2 pieces)	95p
Slow roasted tomatoes	95p
Homemade baked beans	£1.20
Doorstop toast	

Please speak to your High Street Social Worker if you have any allergies or require any information with regard to allergens that are within our food. Gluten free options are often available.

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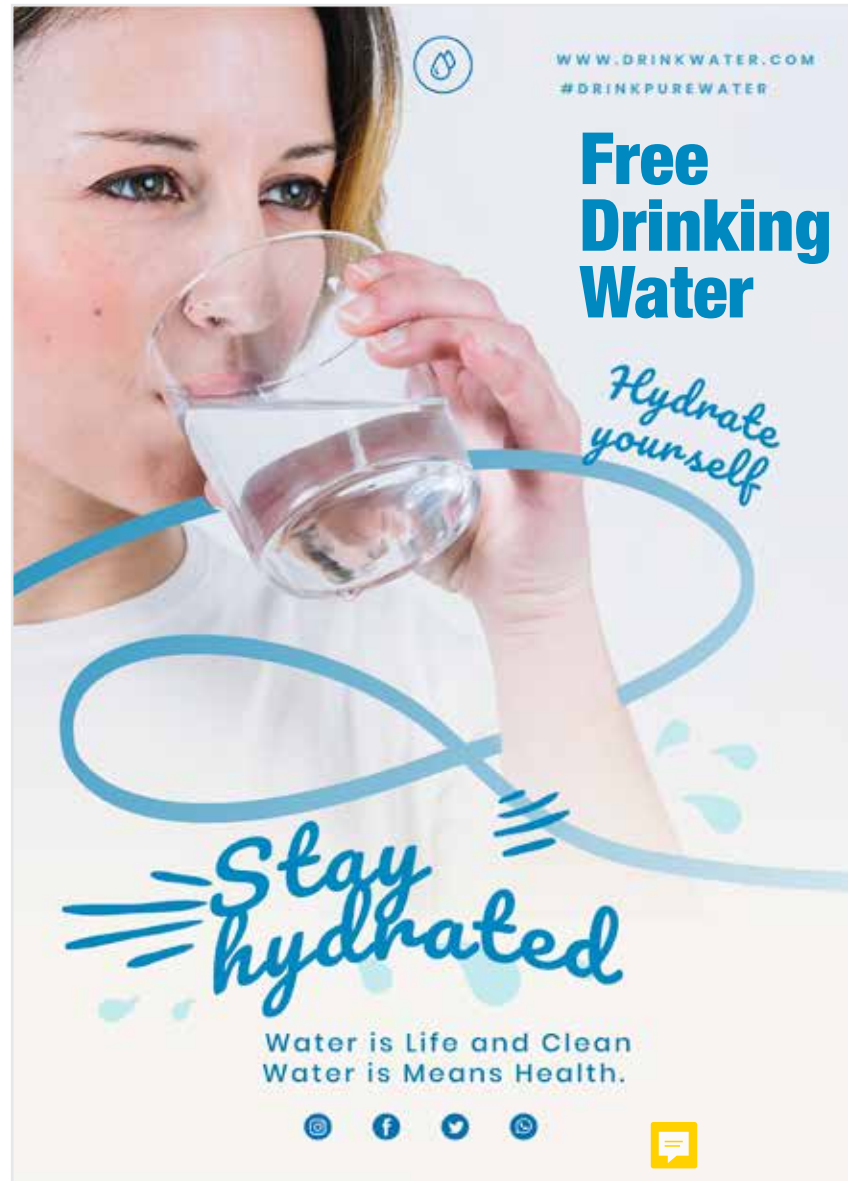
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Goodness in a glass.



2 of your five a day.

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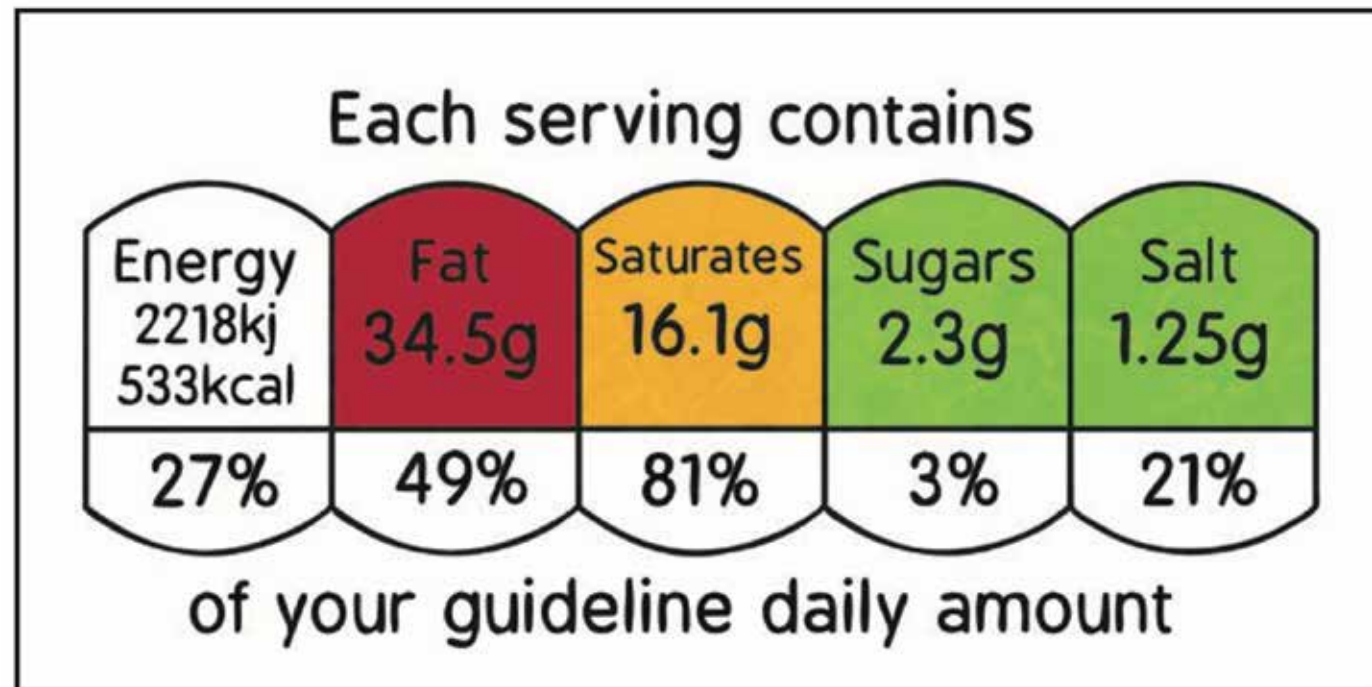
COFFEE DEALS

BUY COFFEE OR
HOT CHOCOLATE
& ADD A COOKIE
FOR JUST...

€6.00



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**HEALTHY
LUNCH
OPTIONS
50% OFF**



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