

DAILY

BAGUETTES

Spicy Tuna and baby leaf	£2.25
Tuna Nicoise	£2.25
Ham and Salad	£2.20
Bacon and Brie	£2.30
Chicken and Bacon Mayo	£2.30
French Brie and Grapes	£2.30

MULTI SEED GRANARY BAGUETTES

Tuna and Red Pepper Houmous & Spinach	£2.30
Goats Cheese, Fruit Chutney & Watercress	£2.30

WHOLEMEAL BAGUETTE

Chargrilled Chicken, Low fat mayo & salad	£2.30
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ITALIAN BAGUETTES

Egg Mayo & Bacon	£2.20
Chorizo & Cheddar	£2.35
Salami & Smoked Cheese	£2.35
Chicken Mayo & Sweetcorn & Baby Leaf	£2.35
Chicken Piri Piri & Coriander	£2.30
Crayfish, Crispy Bacon, Cos Lettuce & Mayo	£2.45
Mozzarella, Avocado, Tomato & Rocket	£2.40

GRANARY BAPS

Ham Salad	£2.10
Cheese Salad	£1.90
Egg & Cress Mayo	£1.80

SUNFLOWER SEED BAP

Crayfish, Lemon Mayo & Rocket	£2.55
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THICK GRANARY BLOOMERS

Smoked Salmon, Cream Cheese & Chives	£2.60
Chicken and Bacon Royale with Cos Lettuce	£2.25
Wensleydale, Baby Leaf,	
Carrot & Tomato Chutney	£2.30
Chicken Piri Piri & Coriander	£2.30
Roast Beef, Mustard & Watercress & Egg & cress	£2.45
NEW! Chicken & Tarragon, & Ham,	
Cheese & Chutney	£2.45

CIABATTA

Chicken Mayo, Avocado & Rocket	£2.40
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CIABATTA SUN DRIED TOMATO

Chicken Mayo, Toasted Almonds & Rocket	£2.30
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PUMPKIN SEED ROLL

Houmous, Falafel, Grated Carrot & Spinach	£2.40
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SLICED GRANARY MULTISEED

Cheddar, Apple & Damson Chutney,	
Beetroot & Rocket	£2.10

BAGELS

Smoked Salmon & Cream Cheese	£2.10
Emmenthal & Jalapeno Peppers	£1.90

CROISSANT

Large Ham & Emmental	£2.20
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HEAT ME ROLLS

Sausage Roll	£1.40
Bacon Roll	£1.40
100% Beef Cheeseburger	£1.45
Fish Finger, Cheese & Tartar Sauce	£1.45

SMALL ROLLS

Egg Mayo & Cress	£1.20
Tuna Mayo & Cucumber	£1.20
Ham & Cheddar	£1.30
Ham & Tomato	£1.30
Cheddar & Tomato	£1.30
Cheddar & Pickle	£1.20
Cheddar & Onion	£1.20
Ham & English Mustard	£1.40

SALADS

Tuna Italiano Pasta Salad	£2.95
Classic Chicken Cesear Salad	£2.70
Soy Chicken Noodle Salad	£2.95
Indian Roast Chicken Biryani Salad	£2.95
Superfood Healthy Cous Cous Salad	£2.95
Posh Green Healthy Salad	£2.95
NEW! No Carb Falafel and Houmous Salad	£3.20
NEW! Chorizo & Halloumi Salad	
with Brown Rice	£3.20
NEW! Halloumi & Cherry Tomato Salad	
with Brown Rice	£3.20
NEW! Ginger & Soy Crayfish Noodle Salad	£3.20

HOT FOOD

Penne Arrabbiata	£2.95
Thai Red Vegetable Curry w. Rice	£2.95
Thai Green Chicken Curry	£2.95

SAMOSA

Vegetable Samosa	£0.95
Lamb Samosa	£0.95
Chicken Samosa	£0.95

PASTRY

Spinach and Ricotta Slice	£1.50
Chicken and Mushroom Pasty	£1.50
Steak Pasty	£1.50

FRUIT/YOGHURT

Fresh Fruit Salad	£2.10
Fresh Pineapple Chunks	£2.05
Greek Yoghurt w. Granola & Honey	£1.70
Whole Fruit - Banana	£0.50
Whole Fruit - Apple	£0.50

CAKES

Homemade Chocolate Brownie	£1.20
Homemade Oatmeal Flapjack	£1.10
Luxury Muffin	£1.00
Danish Pastry	£0.90
Cake Slice	£1.35

DRINKS/SNACKS

Fresh Orange Juice	£1.10
Cans - Coke, Diet Coke, Fanta, Sprite	£0.55
Walkers Crisps	£0.55
Posh Crisps: Salty Dogs/Monster Munch/Grab Bags	£0.70
Chocolate	£0.65

SPECIALS**MONDAY****WRAPS**

Tuna Mayo, Spring Onion & Raddichio	£2.45
Chicken, Watercress, Spinach, Sweet Chilli & Honey Lime Mayo	£2.40
Chunky Houmous with Crunchy Vegetables	£2.35

THICK WHITE BLOOMER

Ham, Sliced Egg, Tomato, Lettuce & Mustard Mayo	£2.30
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SCANDANAVIAN BREAD

Roast Beef, Rhubarb Chutney & Rocket	£2.30
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MEDITERRANEAN LOAF

Bacon, Mozzarella, Tomato Chutney & Baby Leaf	£2.35
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POPPYSEED ROLL

Smoked Cheese, Tomato & Cress	£2.30
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CARAWAY PLAIT

Salt Beef, Mustard Mayo, Emmental & Cos Lettuce	£2.40
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SUNFLOWER SEED BAP

French Brie, Tomato & Basil	£2.30
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HOT FOOD

Spaghetti Bolognese	£2.95
Chicken and Mushroom Pasta	£2.95

TUESDAY**WRAPS**

Chicken, Watercress, Spinach, Sweet Chilli & Honey Lime Mayo	£2.40
Hoi-Sin Duck, Shredded Iceberg, Cucumber & Spring Onion	£2.40
Houmous, Falafel, Grated Carrot & Baby Spinach	£2.45

SUNFLOWER SEED ROLL

Chicken Tikka and Coriander	£2.40
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WHOLEMEAL BAGUETTE

Mozzarella, Cheddar, Spring Onion & Celery with Salad	£2.20
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SCANDANAVIAN BREAD

French Brie, Rhubarb Chutney & Baby Leaf	£2.30
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MULTISEED BAGUETTE

Feta & Roasted Vegetables	£2.30
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HOT FOOD

Penne with Meatballs	£2.95
Chicken and Mushroom Pasta	£2.95
Beef Bourginon	£2.95

WEDNESDAY**WRAPS**

Chicken, Watercress, Spinach, Sweet Chilli & Honey Lime Mayo	£2.40
Chunky Houmous with Crunchy Vegetables	£2.35
Vegetable Balti Wrap	£2.40

ONION ROLL

Ploughmans & Salad	£2.30
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SCANDANAVIAN BREAD

Roast Beef, Rhubarb Chutney & Rocket	£2.30
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OLIVE FOCCACIA

Tuna, Pesto, Mayo, Sun Dried Tomato, Parmesan & Rocket	£2.35
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CARAWAY PLAIT

Salt Beef, Mustard Mayo, Emmental & Cos Lettuce	£2.40
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SUNFLOWER SEED BAP

French Brie, Tomato & Basil	£2.30
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HOT FOOD

Spaghetti Bolognese	£2.95
Penne w. Meatballs	£2.95
Beef Bourginon	£2.95

THURSDAY**WRAPS**

Tuna Mayo, Spring Onion & Raddichio	£2.45
Vegetable Balti Wrap	£2.40
Falafel, Tabouleh, Mint Yoghurt & Spinach	£2.35

WHOLEMEAL BAGUETTE

Mozzarella, Cheddar, Spring Onion & Celery w. Salad	£2.20
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SCANDANAVIAN BREAD

French Brie, Rhubarb Chutney & Baby Leaf	£2.30
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MEDITERRANEAN LOAF

Bacon, Mozzarella, Tomato Chutney & Baby Leaf	£2.35
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MULTISEED BAGUETTE

Feta & Roasted Vegetables	£2.30
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HOT FOOD

Spaghetti Bolognese	£2.95
Chicken and Mushroom Pasta	£2.95
Beef Bourginon	£2.95

FRIDAY**WRAPS**

Chicken, Watercress, Spinach, Sweet Chilli & Honey Lime Mayo	£2.40
Chunky Houmous w. Crunchy Vegetables	£2.35
Hoi-Sin Duck, Shredded Iceberg, Cucumber & Spring Onion	£2.40

WHOLEMEAL BAGUETTE

Mexican Cheese & Rocket	£2.25
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SCANDANAVIAN BREAD

Roast Beef, Rhubarb Chutney & Rocket	£2.30
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SUNFLOWER SEED BAP

French Brie, Tomato & Basil	£2.30
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HOT FOOD

Penne w. Meatballs	£2.95
Spaghetti Bolognese	£2.95
Chicken and Mushroom Pasta	£2.95