

**THE SANDWICHMAN**

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# SPREADING GOOD FILLINGS SINCE 1984

VALID FROM 08/08/2017

Smoked Salmon Cream Cheese Granary Multi Cereal Bagel	£3.25	Falafel, Tabbouleh, Mint Yoghurt & Spinach Wrap (v)	£3.25
Bacon, Avocado, Cream Cheese, Tomato & Red Onion in a Plain Bagel	£3.05	Chicken Fajita in an Original Paninette Wrap	£3.25
<b>CRUSTY BAGUETTES</b>		Houmus, Falafel & Grated Carrot Wrap (v)	£3.15
Ham & Cheddar Cheese with Butter	£3.05	Houmus, Aubergines, Roasted Tom, Cori,B/Leaf in W/Meal Paninette (v)	£3.15
BLT Bacon Lettuce Tomato & Mayonnaise	£3.05	<b>HEALTHY SALADS</b>	
Bacon & Brie	£3.05	Tuna Energy Large Pot Salad	£4.30
Chicken & Bacon / Classic Chicken & Mayo Salad	£3.05	Roast Salmon, Wild Rice, Cranberry & Edamame Salad	£4.80
Chicken Escalope, Chive Aioli & B/Leaf	£3.15	Summer Chicken Piri Piri	£4.40
Classic Cheddar Cheese & Salad	£2.85	Ultimate Protein Power Salad with Crispy Bacon	£4.30
Cheddar Cheese & Pickle in a French Baguette	£2.85	Black Rice Protein Bowl with Chicken	£4.40
<b>MULTICEREAL GRANARY BAGUETTE</b>		Tandoori Chicken Salad	£4.40
Tuna Mayo & Cucumber	£3.05	Quinoa Bliss Bowl (v)	£4.20
Tuna, Black Olives, Sliced Egg & Leaves	£3.15	Feta, Couscous & Chickpea Salsa – Small Salad (v)	£2.80
Roast Beef, Horseradish Mayo, Red Onion & Rocket	£3.25	Crunchy Vegetable Pasta Bowl (v)	£4.20
Brie, Cranberry, Pine Nuts & Rocket (v)	£3.15	Egg & Spinach Protein Pot (v)	£1.10
Goats Cheese, Fruit Chutney, Chilli & Spinach (v)	£3.15	<b>FRESH FRUIT &amp; YOGHURTS</b>	
Mozzarella, Pesto, Tomato & Basil (v)	£3.05	Fresh Whole Fruit – Apples / Bananas	£0.55
Houmus, Falafel, Grated Carrot & Spinach (v)	£3.05	Fresh Fruit Salad Pots Large	£2.70
<b>OTHER BAGUETTES</b>		Fresh Pineapple Pots	£2.00
Smoked Ham, Egg Mayo & Spinach - Heritage Stone-baked	£3.20	Freshly Cut Orange Slices	£2.20
4C's Cheddar, Chipotle, Chilli Jam & Coriander(v) in a Heritage S/baked Baguette	£3.20	Greek Yoghurt with Granola, Banana & Honey	£2.20
Home Cooked Ham & Salad in a Rustic Baguette	£3.45	<b>HOMEMADE HOT MEALS (PRODUCTS MAY NOT BE AVAILABLE EVERY WEEK)</b>	
Char Grilled Chicken, Low Fat Mayo, Salad Wholemeal Bag	£3.05	Malaysian Fish Curry – Week 1	£4.15
<b>ASSORTED BAPS</b>		Chicken Escalope with Potatoes & Peas – Week 1	£4.15
Big Breakfast Bap in a Millar Flaguette Brown Bap	£3.30	Shepherd's Pie – Week 1	£4.15
Pulled Pork, BBQ Sauce, Chilli Slaw & B/Leaf in a Ciabatta Bap	£3.35	Ricotta & Spinach Cannelloni (v) – Week 1	£4.15
Chunky Egg Mayo, Tomato & Rocket in a Flaguette Bap (v)	£2.75	Salmon with Watercress, Peas and Potatoes – Week 2	£4.15
<b>ITALIAN BAGUETTES</b>		Beef Lasagne – Week 2	£4.15
Egg Mayo & Bacon / Chorizo & Cheddar / Salami & Smoked Cheese	£3.05	Moroccan Chicken Couscous – Week 2	£4.15
Chicken Mayo, Sweetcorn & B Leaf / Chicken Piri Piri Coriander	£3.05	Red Thai Vegetable Curry (v) – Week 2	£4.15
Coronation Chicken & Mixed Leaf (in a Seeded Roll)	£3.05	Tuna Pasta Olives & Capers – Week 3	£4.15
Chicken Mayo & Avocado	£3.15	Creamy Chicken Mushroom Pasta – Week 3	£4.15
Free Range Egg Mayo & Cress in a Italian Baguette (v)	£3.05	Thai Green Chicken Curry and Rice – Week 3	£4.15
<b>DOORSTEP BLOOMERS</b>		Mixed Bean Vegetable Chilli & Rice (v) – Week 3	£4.15
Chicken & Bacon Royale w. Cos Granary Bloomer	£3.15	<b>JACKET POT VARIOUS FILLINGS PRICES FROM</b>	£3.40
Chicken Escalopes, Italian Coleslaw, Roast Tom, Mayo	£3.15	<b>FRESH HOT SOUP – Wide selection</b>	£1.80
Ham, Egg, Mustard & Salad White Bloomer	£3.15	<b>SAVOURY PASTRIES</b>	
<b>OTHER SPECIALITY BREADS</b>		Samosas – Veg (v), Chicken or Lamb	£1.10
Tuna, Pesto, Mayo, Sun Dried Tom, Parmesan & Rocket Olive Focaccia	£3.15	Large Sausage Roll	£1.80
Prawn Piri-Piri & Rocket in a Rustic Brown Ciabatta	£3.30	Spinach & Ricotta Slice (v)	£1.90
Chicken, Coriander Mayo, Avocado & Baby Leaf in a Ciabatta	£3.25	Chicken Mushroom Slice	£2.10
Chicken Mayo, Toasted Almonds & Rocket Sun Dried Tom Ciabatta	£3.20	<b>TREAT YOURSELF CAKES</b>	
Turkey, 3 Mustard Mayo & Salad in a Deli Sub Roll	£2.95	Homemade Chocolate Brownie & Flapjacks	£1.50
Parma Ham, Mozzarella & Tomato on Filoncino Roll	£2.75	Luxury Muffins – Cherry, Blueberry or Chocolate	£1.40
Pan Fried Halloumi, Houmus & Rocket Square Ciabatta (v)	£3.10	Danish Pastries	£1.30
Houmus Crumbled Feta Jalapeno Pepper in a Sun Dried Tom Ciabatta	£3.20	Lizzies Flapjacks, Slices & Cookies	£1.20
Roast Chicken Mayo Tomato & Baby Leaf in a Square Focaccia	£3.05	Family Cake Slices	£1.60
Ham & Emmental in a Large French Butter Croissant	£3.15	<b>THIRST QUENCHING DRINKS</b>	
Cheddar & Tomato in a Large French Butter Croissant (v)	£2.95	Cans - Coke, Diet Coke, Coke Life, Ginger Beer, Fanta, Sprite, Rio	£0.70
Large French Butter Croissant (No Filling) (v)	£1.75	Coke Zero, Fanta Zero, Sprite Zero, Sparkling Water	£0.70
<b>FAB CRUSTY AND SOFT ROLLS</b>		Still Water	£0.55
Cheddar & Branston Pickle (v) / Cheddar & Onion (v)	£1.50	Alibi Lemon & Lime, Pomegranate, Blueberry	£1.45
Egg Mayo & Cress (v)	£1.50	Lucozade Original & Orange	£1.15
Cheddar & Tomato (v) / Tuna Mayo & Cucumber	£1.55	Ribena	£0.75
Ham & Cheddar / Ham & Tomato / Ham & Mustard	£1.55	Red Bull, Red Bull Sugar Free	£1.45
Chicken Mayo Sweetcorn Crusty	£1.60	San Pellegrino 330ml Can	£0.85
<b>HEAT ME ROLLS</b>		Bene Natural Juices	£1.30
Fish Fingers, Cheese & Tartar Sauce/Bacon/ Sausage/ Double Fried egg	£1.90	Daymer Bay Iced Green Tea	£1.30
Bacon & Egg / Sausage & Egg	£2.10	<b>FILL THE GAP LETS HAVE A SNACK</b>	
<b>STACKED WRAPS</b>		Salty Dogs, Pipers, M/Munch, Wotsits, S-a-Jacks, Doritos	£0.85
Chicken, Spinach, Sweet Chilli & Honey Lime Mayo	£3.35	Walkers Crisps, Quavers	£0.70
Cajun Chicken, Yoghurt & Mint Dressing & Coriander	£3.35	Pop-Chips	£0.90
Hoi-Sin Duck, Red Onion, Cucumber & Iceberg	£3.25	Bare Popcorn	£0.80
		Pumpkin Tree Toasted Oat Crush	£1.99
		Chocolate, Snacks & Biscuit Bars	£0.75
		Nakd Bars £1.15 / Trek Protein & Energy Bars £1.25	
		N'eat & Healthy Bars £1.05 / Eat Natural Bars £1.15	
		Snacking Essentials £1.25 / Snacking Essential Nuts £1.85	

MADE TODAY AND SOLD TODAY &amp; DELIVERED DIRECT TO YOUR DESK!

FOR THE BEST SANDWICH DEALS DELIVERED ON 2 WHEELS! WE ALSO DO PLATTERS!

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