

**THE SANDWICHMAN**

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# SPREADING GOOD FILLINGS SINCE 1984

VALID FROM 16/10/2017

Smoked Salmon Cream Cheese Granary Multi Cereal Bagel	£3.25
Bacon, Avocado, Cream Cheese, Tomato & Red Onion in a Plain Bagel	£3.05
<b>CRUSTY BAGUETTES</b>	
Ham & Cheddar Cheese with Butter	£3.05
BLT Bacon Lettuce Tomato & Mayonnaise	£3.05
Bacon & Brie	£3.05
Chicken & Bacon / Classic Chicken & Mayo Salad	£3.05
Chicken Escalope, Chive Aioli & B/Leaf	£3.15
Classic Cheddar Cheese & Salad	£2.85
Cheddar Cheese & Pickle in a French Baguette	£2.85
<b>MULTICEREAL GRANARY BAGUETTE</b>	
Tuna Mayo & Cucumber	£3.05
Tuna, Black Olives, Sliced Egg & Leaves	£3.15
Roast Beef, Horseradish Mayo, Red Onion & Rocket	£3.25
Brie, Cranberry, Pine Nuts & Rocket (v)	£3.15
Goats Cheese, Fruit Chutney, Chilli & Spinach (v)	£3.15
Mozzarella, Pesto, Tomato & Basil (v)	£3.05
Houmus, Falafel, Grated Carrot & Spinach (v)	£3.05
<b>OTHER BAGUETTES</b>	
Smoked Ham, Egg Mayo & Spinach - Heritage Stone-baked	£3.20
4C's Cheddar, Chipotle, Chilli Jam & Coriander(v) in a Heritage S/baked Baguette	£3.20
Home Cooked Ham & Salad in a Rustic Baguette	£3.45
Char Grilled Chicken, Low Fat Mayo, Salad Wholemeal Bag	£3.05
<b>ASSORTED BAPS</b>	
Big Breakfast Bap in a Millar Flaguette Brown Bap	£3.30
Pulled Pork, BBQ Sauce, Chilli Slaw & B/Leaf in a Ciabatta Bap	£3.35
Chunky Egg Mayo, Tomato & Rocket in a Flaguette Bap (v)	£2.75
<b>ITALIAN BAGUETTES</b>	
Egg Mayo & Bacon / Chorizo & Cheddar / Salami & Smoked Cheese	£3.05
Chicken Mayo, Sweetcorn & B Leaf / Chicken Piri Piri Coriander	£3.05
Coronation Chicken & Mixed Leaf (in a Seeded Roll)	£3.05
Chicken Mayo & Avocado	£3.15
Free Range Egg Mayo & Cress in a Italian Baguette (v)	£3.05
<b>DOORSTEP BLOOMERS</b>	
Chicken & Bacon Royale w. Cos Granary Bloomer	£3.15
Chicken Escalopes, Italian Coleslaw, Roast Tom, Mayo	£3.15
Ham, Egg, Mustard & Salad White Bloomer	£3.15
<b>OTHER SPECIALITY BREADS</b>	
Tuna, Pesto, Mayo, Sun Dried Tom, Parmesan & Rocket Olive Focaccia	£3.15
Prawn Piri-Piri & Rocket in a Rustic Brown Ciabatta	£3.30
Chicken, Coriander Mayo, Avocado & Baby Leaf in a Ciabatta	£3.25
Chicken Mayo, Toasted Almonds & Rocket Sun Dried Tom Ciabatta	£3.20
Turkey, 3 Mustard Mayo & Salad in a Deli Sub Roll	£2.95
Parma Ham, Mozzarella & Tomato on Filoncino Roll	£2.75
Pan Fried Halloumi, Houmus & Rocket Square Ciabatta (v)	£3.10
Houmus Crumbled Feta Jalapeno Pepper in a Sun Dried Tom Ciabatta	£3.20
Roast Chicken Mayo Tomato & Baby Leaf in a Square Focaccia	£3.05
Ham & Emmental in a Large French Butter Croissant	£3.15
Cheddar & Tomato in a Large French Butter Croissant (v)	£2.95
Large French Butter Croissant (No Filling) (v)	£1.75
<b>FAB CRUSTY AND SOFT ROLLS</b>	
Cheddar & Branston Pickle (v) / Cheddar & Onion (v)	£1.50
Egg Mayo & Cress (v)	£1.50
Cheddar & Tomato (v) / Tuna Mayo & Cucumber	£1.55
Ham & Cheddar / Ham & Tomato / Ham & Mustard	£1.55
Chicken Mayo Sweetcorn Crusty	£1.60
<b>HEAT ME ROLLS</b>	
Fish Fingers, Cheese & Tartar Sauce/Bacon/ Sausage/ Double Fried egg	£1.90
Bacon & Egg / Sausage & Egg	£2.10
<b>STACKED WRAPS</b>	
Chicken, Spinach, Sweet Chilli & Honey Lime Mayo	£3.35
Cajun Chicken, Yoghurt & Mint Dressing & Coriander	£3.35
Hoi-Sin Duck, Red Onion, Cucumber & Iceberg	£3.25

Falafel, Tabbouleh, Mint Yoghurt & Spinach Wrap (v)	£3.25
Chicken Fajita in an Original Paninette Wrap	£3.25
Houmus, Falafel & Grated Carrot Wrap (v)	£3.15
Houmus, Aubergines, Roasted Tom, Cori,B/Leaf in W/Meal Paninette (v)	£3.15
<b>HEALTHY SALADS</b>	
Small Salad –Feta Couscous, Chickpea Salsa (v) / Little Veggie Cowboy (v)	£2.80
Roast Salmon, Wild Rice, Cranberry & Edamame Salad	£4.80
Pasta Nicoise Tuna Bowl	£4.40
Mango Chicken Bowl	£4.40
Big Cowboy Chicken & Beans	£4.40
Hail Chicken Caesar & Egg Salad	£4.40
Tandoori Chicken Salad Bowl	£4.40
Iron Man Protein Salad (v)	£4.40
Kale & Co (v)	£4.40
Egg & Spinach Protein Pot (v)	£1.10
<b>FRESH FRUIT &amp; YOGHURTS</b>	
Fresh Whole Fruit – Apples / Bananas	£0.55
Fresh Fruit Salad Pots Large	£2.70
Fresh Pineapple Pots	£2.00
Freshly Cut Orange Slices	£2.20
Greek Yoghurt with Granola, Banana & Honey	£2.20
<b>HOMEMADE HOT MEALS (PRODUCTS MAY NOT BE AVAILABLE EVERY WEEK)</b>	
Malaysian Fish Curry – Week 1	£4.15
Chicken Escalope with Potatoes & Peas – Week 1	£4.15
Shepherd's Pie – Week 1	£4.15
Ricotta & Spinach Cannelloni (v) – Week 1	£4.15
Salmon with Watercress, Peas and Potatoes – Week 2	£4.15
Beef Lasagne – Week 2	£4.15
Moroccan Chicken Couscous – Week 2	£4.15
Red Thai Vegetable Curry (v) – Week 2	£4.15
Tuna Pasta Olives & Capers – Week 3	£4.15
Creamy Chicken Mushroom Pasta – Week 3	£4.15
Thai Green Chicken Curry and Rice – Week 3	£4.15
Mixed Bean Vegetable Chilli & Rice (v) – Week 3	£4.15
<b>JACKET POT VARIOUS FILLINGS PRICES FROM</b>	
	£3.40
<b>FRESH HOT SOUP – Wide selection</b>	
	£1.80
<b>SAVOURY PASTRIES</b>	
Samosas – Veg (v), Chicken or Lamb	£1.10
Large Sausage Roll	£1.80
Spinach & Ricotta Slice (v)	£1.90
Chicken Mushroom Slice	£2.10
<b>TREAT YOURSELF CAKES</b>	
Homemade Chocolate Brownie & Flapjacks	£1.50
Luxury Muffins – Cherry, Blueberry or Chocolate	£1.40
Danish Pastries	£1.30
Lizzies Flapjacks, Slices & Cookies	£1.20
Family Cake Slices	£1.60
<b>THIRST QUENCHING DRINKS</b>	
Cans - Coke, Diet Coke, Coke Life, Ginger Beer, Fanta, Sprite, Rio	£0.70
Coke Zero, Fanta Zero, Sprite Zero, Sparkling Water	£0.70
Still Water	£0.55
Alibi Lemon & Lime, Pomegranate, Blueberry	£1.45
Lucozade Original & Orange	£1.15
Ribena	£0.75
Red Bull, Red Bull Sugar Free	£1.45
San Pellegrino 330ml Can	£0.85
Bene Natural Juices	£1.30
Daymer Bay Iced Green Tea	£1.30
<b>FILL THE GAP LETS HAVE A SNACK</b>	
Salty Dogs, Pipers, M/Munch, Wotsits, S-a-Jacks, Doritos	£0.85
Walkers Crisps, Quavers	£0.70
Pop-Chips	£0.90
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 & DELIVERED DIRECT TO YOUR DESK!**  
**FOR THE BEST SANDWICH DEALS DELIVERED ON 2 WHEELS! WE ALSO DO PLATTERS!**  
**The Sandwich Man, 23-24 Easton Street, London, WC1X 0DS. Tel: 020 7833 9001**