

**THE SANDWICHMAN**

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# SPREADING GOOD FILLINGS SINCE 1984

VALID FROM 01/06/18

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>		Hummus, Falafel & Grated Carrot Wrap (v)	£3.15
Spicy Tuna Mexican Baguette	£3.05	Hummus, Aubergines, Roasted Tom, Cori,B/Leaf in W/Meal Paninette (v)	£3.15
Ham & Cheddar Cheese with Butter	£3.05	<b>HEALTHY SALADS</b>	
BLT Bacon Lettuce Tomato & Mayonnaise	£3.05	Small Salad –Feta Couscous, Chickpea Salsa (v) / Little Veggie Cowboy (v)	£2.80
Bacon & Brie	£3.05	Roast Salmon, Wild Rice, Cranberry & Edamame Salad	£4.80
Chicken & Bacon / Classic Chicken & Mayo Salad	£3.05	Pasta Nicoise Tuna Bowl	£4.40
Chicken Escalope, Chive Aioli & B/Leaf	£3.15	Mango Chicken Bowl	£4.40
Classic Cheddar Cheese & Salad	£2.85	Cajun Chicken & Raw Slaw Salad	£4.40
Cheddar Cheese & Pickle in a French Baguette	£2.85	Hail Chicken Caesar & Egg Salad	£4.40
<b>MULTICEREAL GRANARY BAGUETTE</b>		Tandoori Chicken Salad Bowl	£4.40
Tuna Mayo & Cucumber	£3.05	Iron Man Protein Salad (v)	£4.40
Tuna, Black Olives, Sliced Egg & Leaves	£3.15	Kale & Co (v)	£4.40
Roast Beef, Horseradish Mayo, Red Onion & Rocket	£3.25	Egg & Spinach Protein Pot (v)	£1.20
Brie, Cranberry, Pine Nuts & Rocket (v)	£3.15	<b>FRESH FRUIT &amp; YOGHURTS</b>	
Goats Cheese, Fruit Chutney, Chilli & Spinach (v)	£3.15	Fresh Whole Fruit – Apples / Bananas	£0.55
Mozzarella, Pesto, Tomato & Basil (v)	£3.05	Fresh Fruit Salad Pots Large	£2.70
Humus, Falafel, Grated Carrot & Spinach (v)	£3.05	Fresh Pineapple Pots	£2.00
<b>OTHER BAGUETTES</b>		Freshly Cut Orange Slices	£2.20
Smoked Ham, Egg Mayo & Spinach - Heritage Stone-baked	£3.20	Greek Yoghurt with Granola, Banana & Honey	£2.20
4C's Cheddar, Chipotle, Chilli Jam & Coriander(v) in a Heritage S/baked Baguette	£3.20	<b>HOMEMADE HOT MEALS (PRODUCTS MAY NOT BE AVAILABLE EVERY WEEK)</b>	
Home Cooked Ham & Salad in a Rustic Baguette	£3.45	Beef Stir Fried Noodles – Week 1	£4.15
Char Grilled Chicken, Low Fat Mayo, Salad Wholemeal Bag	£3.05	Chicken Tandoori with Spicy Potatoes – Week 1	£4.15
<b>ASSORTED BAPS</b>		Chicken Escalope, Spaghetti Napoli & Mozzarella Bocconcini – Week 1	£4.15
Big Breakfast Bap in a Millar Flaguette Brown Bap	£3.30	Chunky Vegetable Tagine, Chickpeas & Couscous (v) – Week 1	£4.15
Pulled Pork, BBQ Sauce, Chilli Slaw & B/Leaf in a Ciabatta Bap	£3.35	Salmon with Watercress, Peas and Potatoes – Week 2	£4.15
Chunky Egg Mayo, Tomato & Rocket in a Flaguette Bap (v)	£2.75	Chicken Noodle Stir Fry – Week 2	£4.15
<b>Spinach &amp; Kale Falafel, Harissa Hummus &amp; Coconut Yoghurt Sauce in a Brown Seeded Bap (v) - NEW</b>	£3.40	Lamb Rogan Josh & Rice – Week 2	£4.15
<b>ITALIAN BAGUETTES</b>		Vegetable Curry, Vegetable Samosa & Rice (v) – Week 2	£4.15
Egg Mayo & Bacon / Chorizo & Cheddar / Salami & Smoked Cheese	£3.05	Fish Fingers, Roast Potatoes, Peas & Tartare Sauce – Week 3	£4.15
Chicken Mayo, Sweetcorn & B Leaf / Chicken Piri Piri Coriander	£3.05	Penne Napoli Beef Meatballs & Mozzarella – Week 3	£4.15
Coronation Chicken & Mixed Leaf (in a Seeded Roll)	£3.05	Sweet Chilli Chicken with a Special Egg Fried Rice – Week 3	£4.15
Chicken Mayo & Avocado	£3.15	Lentil Ragu & Sweet Potato Mash (v) – Week 3	£4.15
<b>DOORSTEP BLOOMERS</b>		<b>JACKET POT VARIOUS FILLINGS PRICES FROM</b>	£3.40
Chicken & Bacon Royale w. Cos Granary Bloomer	£3.15	<b>FRESH HOT SOUP – Wide selection</b>	£2.00
Chicken Escalope, Italian Coleslaw, Roast Tom, Mayo	£3.15	<b>SAVOURY PASTRIES</b>	
<b>Pastrami, Swiss Cheese, Cornichon, Piccalilli, Must Mayo - NEW</b>	£3.40	Samosas – Veg (v), Chicken or Lamb	£1.10
Ham, Egg, Mustard & Salad White Bloomer	£3.15	Large Sausage Roll	£1.80
<b>OTHER SPECIALITY BREADS</b>		Spinach & Ricotta Slice (v)	£1.90
Tuna, Pesto, Mayo, Sun Dried Tom, Parmesan & Rocket Olive Focaccia	£3.15	Chicken Mushroom Slice	£2.10
Prawn Piri-Piri & Rocket in a Rustic Brown Ciabatta	£3.30	<b>TREAT YOURSELF CAKES</b>	
Chicken, Coriander Mayo, Avocado & Baby Leaf in a Ciabatta	£3.25	Homemade Chocolate Brownie & Flapjacks	£1.50
Chicken Mayo, Toasted Almonds & Rocket Sun Dried Tom Ciabatta	£3.20	Luxury Muffins – Cherry, Blueberry or Chocolate	£1.40
Parma Ham, Mozzarella & Tomato on Filoncino Roll	£2.75	Danish Pastries	£1.30
Pan Fried Halloumi, Hummus & Rocket Square Ciabatta (v)	£3.10	Lizzies Flapjacks, Slices & Cookies	£1.20
Hummus Crumbled Feta Jalapeno Pepper in a Sun Dried Tom Ciabatta	£3.20	Family Cake Slices	£1.60
Roast Chicken Mayo Tomato & Baby Leaf in a Square Focaccia	£3.05	<b>THIRST QUENCHING DRINKS</b>	
Ham & Emmental in a Large French Butter Croissant	£3.15	Cans - Coke,	£0.90
Cheddar & Tomato in a Large French Butter Croissant (v)	£2.95	Ginger Beer, Fanta, Sprite, Rio, Diet Coke, Coke Zero, Fanta Zero, Sprite Zero	£0.85
Large French Butter Croissant (No Filling) (v)	£1.75	Sparkling Water 0.70p / Still Water 0.55p	
<b>FAB CRUSTY AND SOFT ROLLS</b>		Alibi Lemon & Lime, Pomegranate, Blueberry	£1.45
Cheddar & Branston Pickle (v) / Cheddar & Onion (v)	£1.50	Lucozade Original & Orange	£1.15
Egg Mayo & Cress (v)	£1.50	Ribena	£0.75
Cheddar & Tomato (v) / Tuna Mayo & Cucumber	£1.55	Red Bull £1.60 / Red Bull Sugar Free £1.50	
Ham & Cheddar / Ham & Tomato / Ham & Mustard	£1.55	San Pellegrino / St Helier Soft Drinks 330ml Cans	£0.85
Chicken Mayo Sweetcorn Crusty	£1.60	Bene Natural Juices	£1.30
<b>HEAT ME ROLLS</b>		Daymer Bay Iced Green Tea	£1.30
Fish Fingers, Cheese & Tartar Sauce/Bacon/ Sausage/ Double Fried egg	£1.90	<b>FILL THE GAP LETS HAVE A SNACK</b>	
Bacon & Egg / Sausage & Egg	£2.10	Burts Crisps, Pipers, M/Munch, Wotsits, S-a-Jacks, Doritos	£0.85
<b>STACKED WRAPS</b>		Walkers Crisps, Quavers	£0.70
Chicken, Spinach, Sweet Chilli & Honey Lime Mayo	£3.35	Pop-Chips	£0.90
Cajun Chicken, Yoghurt & Mint Dressing & Coriander	£3.35	Bare Popcorn / Burts Lentil Waves	£0.80
Hoi-Sin Duck, Red Onion, Cucumber & Iceberg	£3.25	Olly's Healthy Bars	£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	
		Nudie Toasted Coconut Flakes £1.30	
		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**