



## Menu 2014

### Baguettes

Homemade Tuna Mayo  
Roast Beef & Caramelised Onions  
French Brie & Bacon  
Cajun Chicken Mayo  
Chicken Bacon & Sweetcorn Mayo  
Pure Roast Chicken Salad  
Simply Ham And Cheese  
Carvery Turkey And Herb Stuffing  
Bacon Breakfast Baguette  
Honey Mustard Chicken  
Egg Breakfast Baguett  
Brie & Basil  
Emmental And Roasted Vegetables  
New Parma Ham Baguette

### Heritage Baguettes

Hummus & Roasted Tomatoes  
Traditional Cheese Ploughman's  
Parma Ham & Mozzarella  
Coronation Chicken Salad  
Chicken Caesar Salad

Mediterranean Tuna

### **Seeded Rolls**

Egg Mayo And Bacon

Egg Mayo And Cherry Tomatoes Deleted

### **Subs**

Southern Fried Chicken Sub

Veggie Classic

### **Bagels**

Scotch Smoked Salmon Bagel

New York Deli Beef Bagel

Vegi Club Bagel

Egg Mayo & Roasted Tomatoes

Cranbrie

### **Salads**

Naughty But Niçoise

Hot Salmon Caesar Salad

Chicken Caesar Salad

Chicken Caesar Pasta Salad

Chinese Chicken Noodle Salad

Spanish Chorizo Salad

Sticky Bbq Chicken Salad

Cajun Chicken Salad

Traditional Garden Salad

Sundried Tomato Pasta

Couscous & Onion Bhaji (V)

Rainbow Superfood

Pesto Pasta (V)

Greek Salad (V)

Roasted Butternut Squash Salad (V)

Couscous And Roasted Vegetables (V)

Mediterranean Tuna Pasta  
Hallumi Salad

### Salad Pots For Meal Deal

Sundried Tomato Pasta  
Mediterranean Tuna Pasta  
Caesar Pasta Salad  
Pesto Pasta (V)  
Cous Cous & Roasted Veg  
Noodle Salad (V)

### Panini

Meatball Melt  
Chicken Tikka Tower  
Veggie Ball Melt(V)  
Sticky Bbq Chicken  
Fish Finger Melt Deleted  
Veggie Breakfast  
Parma Ham Melt  
Chicken Pesto Melt  
Ham Salami & Pepperoni Melt  
Chicken Parmigiana  
Brie And Bacon Melt  
Chicken And Roasted Veg (No Cheese)  
Carvery Ham & Mozzarella  
Hot And Spicy Chicken Melt  
Mushroom Panini  
Bacon & Mushroom Panini  
Mozzarella, Vine Tomato & Fresh Pesto (V)

### Pure & Simple Sliced

Prawn Mayo  
Tuna Mayo  
Smoked Salmon & Cream Cheese  
Chicken Salad

Chicken Bacon & Sweetcorn Mayo  
Ham & Mustard  
Ham Tomato No Mustard  
Ham Cheese & Pickle  
Ham Salad  
Coronation Chicken  
Egg & Cress Brown  
Egg & Cress White  
Cheese & Pickle  
Cheese Tomato & Pickle  
Cheese & Chive  
Hummus & Roasted Vegetables

### **Pitta**

Chicken Tikka Pocket  
Tandoori Paneer Pocket  
Chick Pea Pocket  
Falafel Salad Pocket

### **Kobez**

Spicy Tuna With Mixed Beans  
Chicken Shawarma  
Pure Middle Eastern Chicken Kobez  
Pure Chicken Tikka Kobez  
Charcoal Minced Lamb Kebab  
What A K-Falafel

### **Polar Bread**

A.B.C. (Club)  
Chicken Tikka Club  
Polar Ham Club Deleted  
Salami Club  
Ultimate Greek Club (V) Deleted  
Veggie Club (V)

## **Sliced Bread**

Crayfish Salad  
Smoked Salmon & Cream Cheese  
Hot Salmon And Crème Fraiche  
Deep Filled Tuna Mayo  
Egg Mayo And Crispy Bacon  
B.L.T.  
Coronation Chicken  
Ultimate Chicken Club  
Chicken & Chorizo  
Roast Chicken Caesar Salad  
Roast Ham & Egg  
Hand Carved Ham & Cheese  
Reuben  
Roast Chicken Salad  
Carvery Chicken & Stuffing  
Brie & Cranberry (V)  
Mint Hummus With Olive & Feta Deleted  
Free-Range Egg Salad  
Homemade Falafel Club  
Hummus And Mixed Beans  
Cheese Ploughman's

## **Hot Wraps**

Chicken & Chorizo Spanish Hot Wrap  
Bbq Ham Melt Deleted  
Pepperoni Melt  
Med Veg Melt  
Indian Cauliflower Cheese  
Pulled Pork Melt  
All Day Breakfast Melt  
Chicken Fajita Melt  
Chilli Beef Steak Melt  
Spicy Tuna With Mixed Bean Melt  
Chargrilled Hallumi & Falafel Wrap

### **Focaccia Slices**

Pure Parma Ham Focaccia  
Mozzarella & Tomato Focaccia (V)  
Pesto Chicken Focaccia  
Chicken Parmigiana

### **Filled Pantofola**

Salami & Emmental Pantofola  
Sticky Bbq Chicken Pantofola  
Hummus And Roasted Veg Pantofola  
Bbq Pulled Pork & Slaw

### **Mezzaluna**

Hand Carved Ham & Cheese With A Chilli Onion Jam. Deleted  
Brie & Bushmans Relish Mezzaluna (V)Deleted  
Chicken & Chorizo With Chipotle Mayo  
Brie Tomato & Basil  
Chicken Tikka Mayo & Spinach  
Greek Club Deleted  
Roast Beef Salad & Horseradish Mayo  
Abc  
Falafel Mezzuluna (V)Deleted  
Parma Ham & Cheese Mezzuluna Deleted  
Prawn, Avocado & Bacon Mezzuluna

### **Tortillas**

Chilli Prawn Mayo Wrap  
Hot Salmon Wrap  
Lamb & Pea Mint Hummus Deleted  
Sweet Chilli Chicken Wrap  
Tex Mex Chicken Wrap  
Pure Caesar Chicken Wrap  
Pulled Bbq Pork Wrap  
Mozzarella & Roasted Vegetable Wrap (V)

Onion Bhaji Wrap  
Falafel Salad Wrap (V)  
Butternut Squash & Feta Tortilla (V)  
Hummus & Mixed Bean Wrap (V)  
Hallumi Wrap

### Toasties

Pure Breakfast Toastie Deleted  
Ham & Cheese Toastie  
Pure Cheese & Tomato Toastie (V)

### Sour Dough Baguette Panini

Continental Three Cheese  
Roast Beef, Caramlised Onions Button Mushroom & Mustard Mayo  
Chicken Cuban  
Cuban  
Chicken And Roasted Veg  
Brie Sundried Tomato & Spinach  
Mozzerella And Roasted Vegetables  
Cheese Ploughmans Melt  
Tuna Pepper & Caper Melt

### Triple Pack

Fish Mini Roll Deleted  
Meat Mini Roll Deleted  
Veggie Mini Roll (V) Deleted

### Croissant

Ham & Cheese  
Cheese & Tomato  
Scrambled Egg Bacon & Cheese ( Hot Only) Deleted  
Scrambled Egg Roasted Tomato & Cheese ( Hot Only) Deleted

### Samosa

Vegetable Samosa  
Lamb Samosa