

SERIOUSLY SIMPLE

A range of single ingredient fillings

Tuna Mayo	£2.00
Honey Roast Ham	£2.00
Free Range Egg Mayo	£1.80
Mature Cheddar	£2.00
Roast Turkey Breast	£2.40
Mixed Salad	£1.60

FRESH SALAD BOXES

CRAYZEE FOR IT

Crayfish Tails, Mixed Leaves, Tomatoes, Lemon Wedge and Chilli Mayo £4.00

NICOISE

Tuna Flakes, Potato, Free Range Egg, Tomato, Black Olives and Red Onion £3.75

HIGHLANDER

Poached Salmon with our own Potato Salad and Mixed Leaves £4.00

CAESAR

Chicken Breast, Parmesan Shavings, Cherry Tomatoes, Romaine Lettuce and Caesar Dressing £3.75

CLUB SALAD

Chicken, Bacon, Avocado, Tomato, Red Onion, Mixed Leaves And French Dressing £4.00

BRITISH HERO

Honey Roast Ham, Cheesy Coleslaw, Spring Onions, Tomato, Iceberg Lettuce and French Dressing £3.75

QUICHE OF THE WEEK

Served with either Potato Salad or Coleslaw, Mixed Leaves Cherry Tomatoes, Cucumber and French Dressing £3.75

NORMANDY

Goats Cheese, Roasted Vegetables and Mixed Leaves £4.00

PETITE SALADS

Smaller Boxes Filled With Delicious Flavours!

BOLOGNA

Pasta Twists with our Home Roasted Vegetables £2.50

FLORENTINE

Pasta Twists with Chicken in a Pesto Dressing £2.75

MEXICANA

Pasta Twists in a Spicy Tomato and Olive Sauce £2.50

TANGIERS

Couscous with Courgettes and a hint of Curry £2.50

TUTTI FRUITTI

Fresh Fruit Salad £2.00

ASK ABOUT OUR SPECIALS OF THE WEEK!

We have a selection of high quality savoury pastries including our range of award winning Cornish made pasties, Cheesy Pastries, Sussex made Lincolnshire sausage rolls, premium Scotch eggs and Greek spanacopitta.
Check for daily availability.

PATISSERIE

We have a mouth watering selection of locally made moist sponge cakes and delicious tray bakes and cookies.

SPECIALITY CRISPS

We have a large range of hand cooked potato chips from Tyrrells, including their limited edition seasonal flavours 90p and Walkers 60p

SOFT DRINKS

We keep a large range of canned drinks, juices and water

Delicious paninis and toasties grilled while you wait.
Our legendary hot salt beef sandwiches.

Hot bacon or sausage baguettes.
Home made soups from October – April

Freshly made Lavazza coffees - £1.80 for a delicious take away cappuccino

Speciality teas.

Buttery Croissants, Pains au Chocolat and Pains au Raisins baked on site every morning

SANDWICH PLATTERS AND BUFFETS

Ask for our separate catering menu to see our complete range, popular items available include:

Classic platter of:	5 sandwiches	£12.50
	8 sandwiches	£20.00
Luxury platter of:	5 sandwiches	£15.00
	8 sandwiches	£24.00

The Arundel buffet comprises classic sandwich selection with cheesy pasties, sausage rolls and Scotch eggs £4.00 per head or £5.00 to include tropical fruit.

THE SERIOUS SANDWICH

WE HAVE BEEN PROVIDING CHICHESTER WITH SUPERB QUALITY OFFERINGS SINCE 1990. OUR SUCCESS IS DOWN TO A VARIED AND EXCITING CHOICE, USE OF ONLY THE FINEST INGREDIENTS AND FIRST CLASS SERVICE.

Our sandwiches are handmade on the premises each day.

The breads we use are baked locally by an independent baker and we bake our baguettes and speciality rolls on site every day to ensure maximum freshness.

We use only approved reputable suppliers

We do not use processed or reconstituted meats.

Our eggs are free range.

The beef comes from the finest Scottish free range herds which we roast on site.

We poach our own salmon.

Our soups are all freshly made on site October – April.

We use a low fat spread and mayonnaise.

MENU 2011

Visit our shop and 24 seat café at:
5 Baffins Court • Baffins Lane • Chichester • PO19 1UA
Tel: TBA

Or for van delivery and catering enquiries:
38 St James Industrial Estate • Westhampnett Road • Chichester • PO19 7JU
Tel: 01243 839330

CHICKEN AND TURKEY

SUNSHINE CHICKEN

Chicken, Chargrilled Peppers and Rocket **£3.20**

CROWNING GLORY

Chicken in a Mild Curry Mayo with Sultanas on a Bed of Iceberg Lettuce **£2.80**

BOLLYWOOD

Chicken with Iceberg Lettuce and Bengal Chutney **£2.80**

LEMON LITE

Chicken in a Lemon and Black Pepper Marinade with Romaine Lettuce **£2.80**

ROOSTER BOOSTER

Chicken with Mixed Salad and Mayo **£2.80**

HEY PESTO

Chicken, Tomato, Fresh Basil and Pesto Mayo **£2.80**

CHICKEN LICKEN

Chicken, Bacon, Avocado, Iceberg and Honey Mustard Mayo **£3.70**

CHRISTMAS DINNER

Turkey, Sage and Onion Stuffing and Cranberry **£2.90**

AVALUNCH

Turkey, Bacon, Swiss Cheese, Tomato and Onion Marmalade **£4.00**

BACON BLITZ

ALL DAY BREAKFAST

Bacon with Free Range Egg and Mayo **£2.60**

BLT

Bacon, Lettuce, Tomato and Mayo **£2.60**

GREEN STREAK PLUS

Bacon, Avocado, Tomato, Rocket and Caesar Dressing **£2.80**

BLUES AND GREENS

Bacon, Stilton, Avocado, Spinach and Lemon Mayo **£3.60**

CHILLI BREEZE

Bacon, Brie and Sweet Chilli Jam **£3.40**

**MENU PRICES ARE FOR
GRANARY, WHOLEMEAL
OR WHITE BREAD**

**Add 35p for French Baguette, Harvester
Baguette, Granary or White Bap, or Wraps**

Add 50p for Green Olive Ciabatta

CATCH OF THE DAY

GIVE US A TUNA

Tuna Mayo and Green Salad **£2.20**

SEAFARER

Tuna mixed with Peppers and Sweetcorn with Mixed Salad **£2.40**

FISHY BUSINESS

Tuna Mayo with Cheddar and Red Onion **£2.80**

FISHERMANS FRIEND

Smoked Mackerel mixed with Spring Onion, Horseradish
and Mayo with Iceberg Lettuce **£2.60**

DEEP SEA DELIGHT

Prawns in Marie Rose Sauce with Avocado **£2.80**

TAILSPIN

Crayfish Tails with Mixed Leaves and Lime Mayo **£3.70**

WILDFIN

Smoked Salmon, Lemon Juice and Black Pepper **£3.00**

LINESMANS LUNCH

Flaked Poached Salmon, Cucumber, Mixed Leaves and Lemon Mayo **£3.70**

CHEESE TO PLEASE

EASY CHEESY

English Cheddar, Mixed Salad and Mayo **£2.40**

CLASSIC PLOUGHMANS

English Cheddar, Onion, Tomato and Pickle **£2.60**

THE APPLETON

English Cheddar, Spring Onions and Garden Chutney **£2.40**

SIMPLY RED

Red Leicester, Red Onion, Sun Blushed Tomato and Lollo Rosso **£2.60**

OLD SMOKEY

Smoked Cheddar, Tomato and Onion Marmalade **£2.80**

GREEN AND PLEASANT

Brie, Grapes, Watercress and Balsamic Sauce **£2.80**

CAPRICOSA

Mozzarella, Avocado, Tomato, Basil and Pesto Mayo **£2.80**

TASTABELLA

Mozzarella, Roasted Vegetables and Rocket **£3.00**

NORWEGIAN NOSH

Jarlesberg Cheese, Sun Dried Tomato, Avocado and Iceberg Lettuce **£2.90**

MOSTLY HAM

HAM IT UP

Honey Roast Ham, Mixed Salad and Mayo **£2.40**

MNX PLUS

Honey Roast Ham, Free Range Egg, Tomato and Mayo **£2.80**

GENEVA

Honey Roast Ham, Swiss Cheese, Spring Onion and Mustard Mayo **£3.20**

DOUBLE BILL

Honey Roast Ham with Cheesy Coleslaw **£3.00**

WEDGE HAM UNITED

Honey Roast Ham and Cheddar **£3.00**

HAMBUSTER

Honey Roast Ham, Sun Blushed Tomato, Parmesan,
Sweet Chilli Jam and Romaine Lettuce **£3.80**

THE BOXER

Honey Roast Ham, Turkey and Pickle **£3.80**

MEAT FEAST

BEEFEATER

Roast Beef, Horseradish and Iceberg Lettuce **£3.00**

BEEF ENCOUNTER

Roast Beef, Mixed Salad and Mustard Mayo **£3.10**

EUROPA

Roast Beef, with Beetroot and Horseradish Chutney
on a Bed of Mixed Leaves **£3.00**

THE RUEBENS

Salt Beef, Jarlesberg Cheese, Pickled Dill Cucumber,
Lettuce and Dijon Mustard **£3.60**

BRONX BUSTER

Salt Beef, Pickled Dill Cucumber and English Mustard **£3.20**

EGGSTRAS

EGG AND I

Free Range Egg Mayonnaise **£1.80**

EGGCELLENT

Sliced Free Range Egg with Mixed Salad and Mayo **£2.00**

READY VEGGIE GO

TOTAL VEGGIE

Avocado, Sun Blushed Tomato and Mixed Salad **£2.20**

MIGHTY MED

Houmous, Avocado, Chargrilled Peppers and Mixed Leaves **£2.80**

HOORAY HOUMOUS

Houmous with Mixed Salad **£2.20**

MIXED SALAD BOWL SELECTION

Minimum cover 6

£5.50 per head

Chicken Caesar Salad

Tuna with cannellini beans, cucumber, rocket, tomatoes and onion

Greek salad

Rolls and butter

VEGETARIAN SALAD BOWL SELECTION

Minimum cover 6

£5.50 per head

Couscous with roasted vegetables

Tomato, mozzarella and basil salad with balsamic dressing

Pasta with pesto dressing

Rolls and butter

COLD MEAT PLATTER LUNCH

Minimum cover 12

£7.20 per head

Herb roasted chicken breast

Honey roast ham

Rare roast beef

With mustard and relishes

Potato salad with chives

Tomato and basil salad with balsamic dressing

Carrot and nut salad with citrus dressing

Rolls and butter

CONTINENTAL PLATTER LUNCH

Minimum cover 12

£7.20 per head

Parma ham

Milano salami

Chicken breast with rosemary and garlic

Emmental cheese

Olives and sunblushed tomatoes

Pasta salad with roasted vegetables

Green bean salad with cherry tomatoes

Mixed leaf salad

Ciabatta bread with butter

ADD ONS

Classic sandwich platters of our simpler fillings

Small – 5 sandwiches £12.50

Large – 8 sandwiches £20.00

Luxury sandwich platters can be vegetarian or mixed

Small – 5 sandwiches £15.00

Large – 8 sandwiches £20.00

Mini rolls platter

Small – 10 rolls £15.00

Large – 16 rolls £24.00

Crudite, chip and dip plate with seasonal vegetables, 2 dips and tortilla chips

Small - £12.00

Large - £20.00

Tropical fruit platter

Small - £10.00

Large - £20.00

Mini Patisserie with eclairs, fruit tarts, choux pastries, brownies etc.

we allow 2 pieces per head £1.00

We have a large selection of canapes which we make here to order, please ask for a separate menu.

We cater for weddings, please contact us to discuss your requirements.

THE SERIOUS SANDWICH

BUFFET MENU

**Serious Sandwich
Platters, Buffets
and More!**

Serious Sandwich has been providing catering for training lunches, business meetings, conferences, receptions and promotional events for 20 years.

Order from our set menus or pick and mix to suit your needs.

We cater for a huge variety of functions from a simple sandwich lunch to fork buffets and delicious hand made canapés delivered to your door in our refrigerated vans.

Food should be enjoyed and we are here to make that possible.

ADDRESS:
38 St James Industrial Estate, Westhampnett Road, Chichester,
PO19 7JU

WEB:
www.serious sandwichpeopleltd.com

EMAIL:
cindy_webber@btconnect.com

TELEPHONE:
01243 839330

THE POWER BREAKFAST

What a good way to start the day!

Mini rolls filled with egg mayonnaise and bacon and smoked salmon with cream cheese, mini croissants filled with ham and Swiss cheese and cheddar with cherry tomato. A selection of mini pain au raisin, pain au chocolate and Danish pastries to finish.

£4.80 per head

ARUNDEL

A range of our classic sandwiches arranged on platters with sausage rolls, Scotch eggs and cheese pastries.

£4.00 per head

£5.00 with tropical fruit

SANDWICH WORKING LUNCH VARIATIONS

Designed for courses or conferences which take place over several days to avoid repetition or just choose your favourite.

Minimum cover 6

£6.50 per head

CHICHESTER 1

A selection of luxury meat and fish sandwiches
Vegetarian tortilla wraps
Chocolate fudge cake
Tropical fruit kebabs

CHICHESTER 2

Mini rolls with luxury meat and fish fillings
Vegetarian sandwiches
Muffins
Tropical fruit platter

CHICHESTER 3

Foccacia and ciabatta sandwiches with luxury meat and fish fillings
Vegetarian mini rolls
Carrot cake
Fruit cups

CHICHESTER 4

A selection of meat and fish tortilla wraps
Vegetarian baguettes
Chocolate brownies and Mississippi slices
Cheese and grapes

CHICHESTER 5

Baguettes with luxury meat and fish fillings
Foccacia and ciabatta vegetarian fillings
Apple and blackcurrant crumble cake
Tropical fruit platter

BELGRAVIA

A selection of luxury sandwiches, wraps and mini rolls.
Various savoury items to include mini quiche, spinach and cheese fillos, chicken sticks, sausage rolls, savoury pastries.

Tropical fruit platter.

£6.80 per head

MAYFAIR

A selection of mini rolls and wraps.

Tiger prawns and chilli dip

Sticky sausages

Chicken sticks

Vegetable satay

Spinach and cheese fillos

Mini quiches

Sausage rolls and savoury pastries

Cheese and grapes

Mini patisserie

£7.90 per head

EXECUTIVE LUNCH VARIATIONS

Minimum cover 12

£9.50 per head

SALISBURY 1

Tandoori chicken with raitha
Lincolnshire sausage rolls
Vegetable rolls
Ricotta, spinach and mushroom quiche
Cous cous with roasted vegetables
Sandwich selection
Tropical fruit kebabs
Apple lattice tart

SALISBURY 2

Lincolnshire pork cocktail sausages in a honey and mustard marinade
Spinach and feta fillos
Courgette and goats cheese quiche
Pasta salad with pesto dressing
Tortilla wrap selection
Cheese and grapes
Strawberry cream scones

SALISBURY 3

Thai prawn skewers
Hand raised pork pie
Cheese and onion lattice
Roasted vegetable quiche
Tomato and basil salad
Mini roll selection
Tropical fruit platter
Chocolate brownies

SALISBURY 4

Chicken tikka sticks
Cheese Twists
Broccoli and stilton quiche
Greek salad
Foccacia and ciabatta sandwiches
Fruit cups with yoghurt
Mini patisserie

SALISBURY 5

Prawns with sweet chilli dip
Spinach and stilton sesame puffs
Brie and cherry tomato quiche
Pasta salad with roasted vegetables
Sandwich selection
Tropical fruit kebabs
Muffins

PLOUGHMANS LUNCH

Minimum cover 6

£4.75 per head

Cheeseboard of:

English Cheddar, Stilton & Brie

With sweet pickle, cherry tomatoes and celery

Ardennes pate

French Bread and Butter

Add £2.00 for hot soup