

FRESH SALAD BOXES

FIVEADAY

Houmous, Grated Carrot, Avocado, Tomatoes and Cucumber with Rocket . . . **£3.75**

BIG FAT GREEK SALAD

Feta with tomatoes, Cucumber, Peppers, Red Onion and Olives **£3.75**

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 **£4.00**

HIGHLANDER

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

CLUB SALAD

Chicken, Bacon, Avocado, Tomato, Red Onion, Mixed Leaves And French Dressing **£4.20**

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 **£2.90**

ROMA

Mozzarella, Tomato and Basil **£2.75**

TUTTI FRUITI

Fresh Fruit Salad **£2.00**

ASK ABOUT OUR SPECIALS OF THE WEEK!

We can email you each week with the specials, just give us your details.

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.

SOFT DRINKS

We keep a large range of canned drinks, juices and water Available from the shop in Baffins Court, Tel. 537267

Delicious paninis to include: Brie Bacon & Chilli Jam, Honey Roast Ham & English Cheddar, Tuna Melt, Mozzarella Melt and more.

Toasties, the classic Honey Roast Ham & English Cheddar, English Cheddar & Onion and English Cheddar & Tomato. Grilled whilst you wait. Please note Paninis and Toasted Sandwiches are subject to VAT at the current rate, as are sandwiches, Baguettes, Patisserie and salads when eaten on the premises.

We also offer freshly made Soups, which are Gluten free and dairy free, all prepared in our own kitchen. Soups can be taken away cold or hot and include a piece of Baguette, and are available during the colder months.

Hot soups are subject to VAT.

SANDWICH PLATTERS AND BUFFETS

We offer a large range of Sandwich Platters and Buffets. Please ask for a catering menu or visit our website.

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.

SANDWICH MENU 2012/13

Visit our shop and 24 seat café at:
5 Baffins Court • Baffins Lane • Chichester • PO19 1UA
Tel: 01243 537267

CHICKEN

SUNSHINE CHICKEN

Chicken, Chargrilled Peppers and Rocket **£3.40**

CROWNING GLORY

Chicken in a Mild Curry Mayo with Sultanas on a Bed of Iceberg Lettuce **£3.00**

LEMON LITE

Chicken in a Lemon and Black Pepper Marinade with Romaine Lettuce **£3.00**

ROOSTER BOOSTER

Chicken with Mixed Salad and Mayo **£3.00**

HEY PESTO

Chicken, Tomato, Fresh Basil and Pesto Mayo **£3.00**

CHICKEN LICKEN

Chicken, Bacon, Avocado, Iceberg and Honey Mustard Mayo **£4.10**

SUNDAY LUNCH

Chicken, Stuffing and Cranberry **£3.00**

RANCHERO

Chicken, Bacon, Emmental Cheese, Tomato and Ranch Dressing **£4.30**

BACON BLITZ

ALL DAY BREAKFAST

Bacon with Free Range Egg and Mayo **£2.90**

BLT

Bacon, Lettuce, Tomato and Mayo **£2.90**

GREEN STREAK PLUS

Bacon, Avocado, Tomato, Rocket and Caesar Dressing **£3.20**

BANGER BONANZA

Bacon, Lincolnshire Sausage and Onion Marmalade **£3.50**

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 **£2.40**

FISHY BUSINESS

Tuna Mayo with Cheddar and Red Onion **£3.20**

FISHERMANS FRIEND

Smoked Mackerel mixed with Spring Onion, Horseradish
and Mayo with Iceberg Lettuce **£2.80**

DEEP SEA DELIGHT

Prawns in Marie Rose Sauce with Avocado **£3.00**

TAILSPIN

Crayfish Tails with Mixed Leaves and Lime Mayo **£4.00**

WILDFIN

Smoked Salmon, Lemon Juice and Black Pepper **£3.20**

LINESMANS LUNCH

Flaked Poached Salmon, Cucumber, Mixed Leaves and Lemon Mayo **£4.00**

TUNA LO CAL

Flakes of Tuna, Tomato, Grated Carrot and Cucumber **£2.80**

CHEESE TO PLEASE

EASY CHEESY

English Cheddar, Mixed Salad and Mayo **£2.60**

CLASSIC PLOUGHMANS

English Cheddar, Onion, Tomato and Pickle **£2.80**

FETA ATTRACTION

Feta, Sun Blushed Tomatoes and Rocket **£2.80**

SIMPLY RED

Red Leicester, Red Onion, Sun Blushed Tomato and Lollo Rosso **£2.80**

OLD SMOKEY

Smoked Cheddar, Tomato and Onion Marmalade **£3.00**

GREEN AND PLEASANT

Brie, Grapes, Watercress and Balsamic Sauce **£3.00**

CAPRICOSA

Mozzarella, Avocado, Tomato, Basil and Pesto Mayo **£3.00**

NORWEGIAN NOSH

Jarlesberg Cheese, Sun Dried Tomato, Avocado and Iceberg Lettuce **£3.20**

MOSTLY HAM

HAM IT UP

Honey Roast Ham, Mixed Salad and Mayo **£2.60**

MNX PLUS

Honey Roast Ham, Free Range Egg, Tomato and Mayo **£3.00**

GENEVA

Honey Roast Ham, Swiss Cheese, Spring Onion and Mustard Mayo **£3.50**

DOUBLE BILL

Honey Roast Ham with Cheesy Coleslaw **£3.20**

WEDGE HAM UNITED

Honey Roast Ham and Cheddar **£3.30**

HAMBUSTER

Honey Roast Ham, Sun Blushed Tomato, Parmesan,
Sweet Chilli Jam and Romaine Lettuce **£4.20**

LEICESTER SQUARE

Honey Roast Ham, Red Leicester Cheese and Pickle **£3.80**

MEAT FEAST

BEEFEATER

Roast Beef, Horseradish and Iceberg Lettuce **£3.20**

BEEF ENCOUNTER

Roast Beef, Mixed Salad and Mustard Mayo **£3.40**

GAUCHO

Corned Beef, Tomato, Red Onion and Tomato Chutney **£2.50**

THE RUEBENS

Salt Beef, Jarlesberg Cheese, Pickled Dill Cucumber,
Lettuce and Dijon Mustard **£4.00**

BRONX BUSTER

Salt Beef, Pickled Dill Cucumber and English Mustard **£3.40**

EGGSTRAS

EGG ON

Free Range Egg Mayonnaise with Cress and Black Pepper **£2.25**

EGGCELLENT

Sliced Free Range Egg with Mixed Salad and Mayo **£2.20**

READY VEGGIE GO

TOTAL VEGGIE

Avocado, Sun Blushed Tomato and Mixed Salad **£2.50**

MIGHTY MED

Houmous, Avocado, Chargrilled Peppers and Mixed Leaves **£3.00**

HOORAY HOUMOUS

Houmous with Mixed Salad **£2.40**