



Take A Look At OUR MENU



EXPLORE OUR EXTENSIVE RANGE OF HUNDREDS OF PRODUCTS. OUR MENU IS THOUGHTFULLY CATEGORISED AND FEATURES THE NATION'S FAVOURITES, SIMPLIFYING YOUR MENU SELECTION.

GOODNESS
In Every Bite

Fully Loaded



FARMHOUSE HAM & BISTRO SALAD IN WHOLEMEAL BREAD
STREAKY BACON, LETTUCE & TOMATO IN MALTED BREAD
CHICKEN SALAD IN MALTED BREAD
CHICKEN, PESTO, ROASTED TOMATOES & GRAN MORAVIA IN MALTED
CHICKEN & GREEK SALAD IN MALTED BREAD
NEW YORK STYLE DELI PASTRAMI IN MALTED BREAD
FALAFEL & CHILLI HOUMOUS WITH SPINACH IN OATMEAL BREAD
DOUBLE EGG & BABY LEAF IN OATMEAL



Classics

VEGAN SAUSAGE & PICKLE IN OATMEAL BREAD
SLICED CHEESE SALAD IN WHOLEMEAL BREAD
VEGAN CHEESE, ROAST TOMATOES AND SALAD IN OATMEAL BREAD
STREAKY BACON & EGG IN MALTED BREAD
SEAFOOD COCKTAIL & BISTRO SALAD IN OATMEAL BREAD
SLICED CHICKEN BREAST & STREAKY BACON IN MALTED BREAD
TRIPLE CHEESE & SPRING ONION IN MALTED BREAD
CHICKEN TIKKA & BISTRO SALAD IN OATMEAL BREAD
SLICED CHICKEN & PORK STUFFING IN MALTED BREAD
FARMHOUSE HAM & HONEY MUSTARD MAYO IN MALTED BREAD

No Nonsense

CHUNKY EGG MAYONNAISE IN WHITE BREAD
TUNA CRUNCH IN OATMEAL BREAD
PLAIN CHEDDAR CHEESE IN WHITE BREAD
CHEESE & PICKLE IN WHITE BREAD
FARMHOUSE HAM IN WHITE BREAD
CLASSIC HAM & CHEESE IN WHITE BREAD
PLAIN BEEF IN WHITE BREAD
TUNA & SWEETCORN IN WHOLEMEAL BREAD
SLICED CHICKEN BREAST & MAYONNAISE IN WHOLEMEAL BREAD



Easy Peasy

EGG MAYONNAISE AVAILABLE IN WHITE & WHOLEMEAL
TUNA MAYONNAISE AVAILABLE IN WHITE & WHOLEMEAL
MILD CHEDDAR CHEESE AVAILABLE IN WHITE & WHOLEMEAL
CHEESE SPRING ONION AVAILABLE IN WHITE & WHOLEMEAL
SIMPLY HAM AVAILABLE IN WHITE & WHOLEMEAL
CHICKEN MAYONNAISE AVAILABLE IN WHITE & WHOLEMEAL
CHICKEN & BACON MIX AVAILABLE IN WHITE & WHOLEMEAL

Tantalising Tortillas



TWO CHEESE SPRING ONION IN GLUTEN FREE WRAP
SPICY AMERICAN STYLE CHICKEN IN GLUTEN FREE WRAP
FALAFEL, SWEETCORN & CARROT IN SALSA SAUCE GLUTEN FREE WRAP
MEXICAN STYLE BLENDED CHEESE & BISTRO SALAD
THE VEGAN ONE - FALAFEL, HOUMOUS & ROCKET IN A FLAVOURED TORTILLA WRAP
CHICKEN TIKKA & BISTRO SALAD
CAJUN CHICKEN & BISTRO SALAD
CHICKEN CAESAR & BISTRO SALAD
GREEK STYLE SALAD
FALAFEL, MIXED BEANS, SWEETCORN & CARROT IN SALSA SAUCE IN A FLAVOURED
SPICY ONION BHAJI, MANGO CHUTNEY AND ROCKET IN A FLAVOURED TORTILLA WRAP
ALL DAY BREAKFAST WRAP
SPICY AMERICAN STYLE CHICKEN & BISTRO SALAD
SOUTHERN FRIED CHICKEN GOUJONS
STREAKY BACON, BISTRO SALAD & SLICED TOMATOES



Super Subs & Bagels

TUNA MAYONNAISE & CUCUMBER MALTED SUB ROLL
TRIPLE CHEESE & SPRING ONION IN MALTED SUBROLL
FARMHOUSE HAM & SLICED CHEESE MALTED SUB ROLL
CAJUN CHICKEN IN WHITE SUB ROLL
CHICKEN & BACON MALTED SUB ROLL
NEW YORK DELI BAGEL

Sourdough Ciabattas Hot & Cold

VEGAN CHEESE & ROAST TOMATO IN A SOURDOUGH CIABATTA
FARMHOUSE HAM, CHEESE & SALAMI IN SOURDOUGH CIABATTA
EMMENTAL, ROAST TOMATOES, PESTO & ROCKET CIABATTA
MEATBALL MARINARA SOURDOUGH CIABATTA
TEX MEX CHICKEN SOURDOUGH CIABATTA



Nature's Finest Salad Bowls

CAESAR SALAD WITH GARLIC CROUTONS & PASTA
PULLED HAM & SLICED EGG SALAD BOWL
MEDITERRANEAN GREEK STYLE SALAD BOWL
ORZO PASTA SALAD
VEGAN SALAD, CRUNCHY LEAVES, CARROT, SWEETCORN,
CHERRY TOMATOES, CUCUMBER & FALAFEL



Simple Salad Boxes

SIMPLE SIDE SALAD
DOLPHIN FRIENDLY TUNA & SWEETCORN BISTRO SALAD
TWO CHEESE BLEND & CRUNCHY SALAD
SLICED CHICKEN BREAST BISTRO SALAD
FARMHOUSE HAM SALAD WITH COLESLAW



Pasta Pots

CHICKEN & BACON CAESAR PASTA POT

DOLPHIN FRIENDLY TUNA & SWEETCORN PASTA POT

GRAN MORAVIA CHEESE, NUT FREE PESTO & ROAST TOMATO PASTA



Proper Paninis

MOZZARELLA CHEESE & PEPPERONI BAR MARKED PANINI

TUNA & MOZZARELLA CHEESE BAR MARKED PANINI

BBQ CHICKEN MIXED WITH GRATED MOZZARELLA BAR MARKED PANINI

FARMHOUSE HAM & SLICED MOZZARELLA BAR MARKED PANINI

PIZZANINI, PIZZA SAUCE & MOZZARELLA CHEESE BAR MARKED PANINI

SIMPLY PLAIN CHEDDAR CHEESE BAR MARKED PANINI

HOT & SPICY CHILLI BEEF WITH GRATED MOZZARELLA BAR MARKED PANINI

MEATBALL, HOT CHILLI & GRATED MOZZARELLA BAR MARKED PANINI

Tempting Toasties

SIMPLY CHEESE & TOMATO PLAIN TOASTIE

SIMPLY HAM & CHEESE PLAIN TOASTIE

SIMPLY CHEESE PLAIN TOASTIE

PULLED HAM HOCK & MATURE CHEDDAR BAR MARKED TOASTIE

EMMENTAL, ROAST TOMATOES & NUT FREE PESTO BAR MARKED TOASTIE

MEATFEAST BARMARKED TOASTIE

STREAKY BACON & SAUSAGE BAR MARKED TOASTIE

STREAKY BACON WHITE BRIOCHE

PLAIN SAUSAGE WHITE BRIOCHE

VEGAN BREAKFAST WHITE BRIOCHE

