

BREAKFAST

All Sandwiches can be Toasted and made with a choice of

Granary, White or Brown Bread

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| 1. Fresh Orange Juice (bottle) | 9. Classic Bacon Sandwich |
| 2. Fresh Fruit Salad | 9a Classic Sausage Sandwich |
| 3. Egg & Bacon with
Tomato OR Sausage | 10. Toasted Bagel with Butter |
| 4. 2 Eggs on 2 Toast
Scrambled or Fried Egg | 10a. Toasted Bagel with Scrambled Egg
and Crispy Bacon OR Smoked Salmon |
| 6. Portion of Toast (2 slices) | 10b. Slimmer's Breakfast :-
2Eggs Scrambled, strips of Smoked Salmon
with 1 slice of Toast without butter |
| 7. Croissant with Jam & Butter | 11. The Rancher:-
Egg, Bacon, Sausage, Tomatoes OR Beans
with 2 slices of toast |
| 7a Croissant with Ham & Cheese | |
| 8. Egg & Bacon Muffin | |

SIDE ORDERS: Muesli with Yoghurt and Fresh Fruit, Freshly made Smoothies

***** ALL BREAKFASTS SERVED UP TO 12 NOON*****

LUNCH

Soup of the day

Served with a roll

HOT JACKET POTATOES

All served with Fresh Salad

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| 12. Crabstick, Avocado & Mayo | 19. Chicken, Crispy Bacon,
Avocado & Mayo |
| 13. Tuna & Sweetcorn | 20. Prawn & Avocado |
| 14. Cheese & Coleslaw | 21. Spicy Chicken |
| 15. Cheddar Cheese | 22. Bolognese Sauce |
| 16. Cheese & Crispy Bacon | 23. Ham & Cheese |
| 17. Baked Beans & Sausage | 24. Tuna & Mayo |
| 17a Baked Beans & Cheese | 24a. Roasted Vegetables with Melted
Cheddar Cheese |
| 18. Chilli Con Carne | |

**** JACKET POTATO WITH FILLING OF THE DAY - ASK WAITER ****

5 STAR SALADS

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| 25. Gammon Ham | 27b Salad of the Day |
| 26. Scotch Smoked Salmon | 28. Prawn |
| 27. Tuna & Mayo | 29. Chicken |
| 27a. Falafel Salad with Houmous
and Pitta Bread | 30. Ploughmans Salad with Cheddar
Cheese, Branston Pickle & Coleslaw |
| | 30a. Greek Salad with Feta Cheese |

SALT BEEF SALAD

PANINI

Lightly toasted Ciabatta Rolls with Gourmet Fillings

31. *Vegetarian* – Mozzarella Cheese, Sundried Tomatoes, Aubergine & Rocket
32. *Roma* – Ham, Mozzarella Cheese, Tomato & Basil
33. *Seafood* – Tuna, Prawn, Crabstick, shredded Lettuce & Cocktail Sauce
34. *Spreads Deli (Vegetarian)* – Roasted Vegetables & Mozzarella melted

**** SPECIAL PANINI OF THE DAY - ASK WAITER ****

BAGELS

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|----------------------------------|--------------------------------|
| 35. Cream Cheese & Smoked Salmon | 39 Cream Cheese & Crispy Bacon |
| 36. Egg Mayo & Spring Onion | 40. Salt Beef & Gherkin |
| 37. Smoked Salmon | 41. Cheddar Cheese & Tomato |
| 38. Tuna & Sweetcorn | |

CLUB SANDWICHES

*Great as a Meal – 3 slices of Bread generously filled
& served with Fresh Salad. Available on Brown, White or Granary*

42. *Classic* - Toasted Ham & Cheese with Fresh Salad
43. *New York* - Salt Beef, Swiss Cheese, Gherkin & Mustard
44. *L.A* - Turkey, Swiss Cheese, Crispy Bacon, Salad & Mayo
45. *Chicago* - Tuna and Sweetcorn with Fresh Salad
46. *B.C.L.T* - Crispy Bacon, Cheese, Lettuce, Tomato & Mayo
47. *Boston* - Chicken, Ham and Cheese with Mayo and Fresh Salad
48. *Spreads Club* - Chicken, Crispy Bacon, Avocado & Mayo with Fresh Salad

PASTA

All served with Parmesan Cheese on request

49. *Spaghetti Mozzarella*
Spaghetti with Pesto, chopped Tomatoes, Olives, Mozzarella Cheese & Basil
50. *Funghi alla Toscana*
Pasta with Fried Mushroom and Tomato Sauce
51. *Penne all'Arrabiata*
Penne Pasta served with a spicy Tomato Sauce
- 51a *Penne with Mozzarella*
Penne Pasta with Mozzarella Cheese served with Pesto Sauce
52. *Spaghetti Bolognese*
53. *Chilli and Rice*
- 54 *Lasagne*

**** PASTA OF THE DAY SEE BLACKBOARD ****

CLASSIC SANDWICHES

*All served with a Garnish of Fresh Salad
and available on Brown, White or Granary*

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| 55. Chicken, Avocado, Crispy Bacon & Mayo | 65. Crispy Bacon & Avocado |
| 56. Chicken, Avocado & Mayo | 66. Spicy Chicken & Lettuce |
| 57. Egg Mayo & Crispy Bacon | 67. Roasted Vegetable & Cheddar Cheese |
| 58. Cream Cheese & Cucumber | 68. Emmenthal Swiss Cheese, Ham & Salad |
| 59. Tuna & Melted Cheese | 69. Brie & Crispy Bacon with Salad |
| 60. Tuna & Avocado | 70. Smoked Salmon |
| 61. Tuna & Salad | 71. Prawn, Lettuce & Mayo |
| 62. Turkey & Salad | 72. Crabstick & Salad |
| 63. Ham, Pineapple, Chicken & Mayo | 73. Tuna & Sweetcorn |
| 64. Crispy Bacon, Lettuce & Tomato | 73a Tuna and Mayonnaise |
| 64a Roast Beef | 73b Salami and Salad |

BAGUETTES

Freshly Baked French Bread

- 74. Cheese Salad
- 75. Ham Salad
- 76. Chicken Salad
- 77. Tuna & Sweetcorn
- 78. Brie & Crispy Bacon
- 79 Turkey , Crispy Bacon & Avocado
- 80. Prawn, Lettuce & Mayo
- 81. Crabstick & Mayo
- 82. Crispy Bacon, Lettuce & Tomato
- 83. Egg Mayo & Cress

LARGE BAPS

With Salad Garnish

- 84. Chicken, Avocado, Crispy Bacon & Mayo
- 85. Gammon Ham & Salad
- 86. Seafood & Salad
- 87. Fried Egg, Sausage, Bacon & Tomato
- 88. Breast of Turkey, Ham & Salad

TOASTED SANDWICHES

- 89. Ham & Cheese
- 90. Sausage & Egg
- 91. Bacon & Cheese
- 92. Cheese & Tomato
- 93. Crispy Bacon & Tomato
- 94. Mozzarella Cheese & Tomato

Special PANINI

in Herbed Focaccia or Ciabatta

*Turkey, Ham, Crispy Bacon, Lettuce & Tomato
Chicken Escalope, Dolcelatte & Sundried Tomato
Tuna, Sweetcorn, Lettuce & Tomato Melt
Parma Ham, Mozzarella & Sundried Tomato*

NOW AVAILABLE
HOT SALT BEEF SANDWICH

SALT BEEF SALAD

***JACKET POTATO FILLED WITH
SALT BEEF, MUSTARD & GHERKIN MIX***

Coffee Menu

“Coffee to suit your every mood”

Cappuccino –

A standard Espresso with hot milk & topped with foamed hot milk, with or without sprinkled chocolate

Caffe Latte -

A standard Espresso mixed with about four times the quantity of hot milk served in a special glass

Espresso

A single measure of freshly ground Coffee, served black in about half the volume of a small cup

Espresso Macchiato

A shot of Espresso with a dash of foamed milk

Espresso con Panna

A standard Espresso topped with Whipped Cream

Caffe Mocha

A standard Espresso mixed with similar of strong Hot Chocolate topped with hot foamed milk served in a glass

Flavoured Latte -

Hot steamed milk with a shot of flavoured Syrup

Caffe Americano-

Two shots of Espresso topped up with hot water

Decaffeinated Coffee

However you like it!

Dry Cappuccino or Latte -

A shot of espresso topped with foamed milk

FLAVOURED SYRUP OR SOYA MILK AVAILABLE

OTHER BEVERAGES

Earl Grey Tea & Herbal Teas

Tea

Lemon Tea

Hot Chocolate in a glass

(with or without cream)

Fresh Juice Orange or Apple

(Bottled)

Milk Shake

Vanilla, Chocolate or Strawberry

Soft Drinks

Mineral Water

Freshly Squeezed Orange Juice

Special Freshly Made Smoothies

ICED COFFEE
MOCHACCINO
WITH REAL TASTE

BRANCHES AT

The West End

15a Pall Mall

London SW1

Tel: 020-7976-1630 . Fax: 020-7839-8521

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Lakeside Shopping Centre

Brompton Walk

Thurrock, Essex

Tel: 01708 863612

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OFFICE ORDERS WELCOME

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Individually wrapped and named sandwiches etc

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Executive and Working Lunches

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