

**Please note: some of our products may contain nuts or prepared in a an area where nuts are present.**

Calories are approximate per portion.

### Freshly made Rolls/Baguettes

Choose from a soft white roll, whole meal wheat roll a soft white baguette or a soft tortilla wrap all freshly baked daily

	Cob	Baguette
Cheese/egg/egg mayo (Kcal 167/201)	2.90	3.20
Cheese Ploughman's (Kcal 224/300)	3.10	3.40
Tuna/Tuna mayo (Kcal 213/293)	3.20	3.50
Ham (Kcal 164/236)	3.20	3.50
Chicken (Kcal 127/188)	3.40	3.70
Ironation Chicken (Kcal 205/299)	3.50	3.80
Chicken Tikka (Kcal 235/310)	3.50	3.80
Shawn Cocktail (Kcal 205/289)	3.60	4.10
Famous BLT (Kcal 367/781)	3.40	3.80
Chicken & Bacon Club (Kcal 319/420)	3.80	4.20
Cheese & Bacon (Kcal 623/871)	3.60	4.10

Portions of salad 30p extra (Kcal/portion) Tomato Kcal 3, Cucumber Kcal 4, Lettuce Kcal 5, Onion Kcal 5, Sweetcorn Kcal 6, Carrot Kcal 9, Peppers Kcal 7, celery Kcal 5 Full salad (Lettuce, Tomato, Cucumber & Onion) 60p extra

### Paninis

Ham, cheese & tomato (Kcal 252)	3.90
Tuna & cheese melt (Kcal 390 or 177 with no mayo)	4.00
Chicken Tikka (Kcal 447)	4.20
Cheese & Onion (Kcal 278)	3.80
Ham & Tomato (Kcal 282)	3.80
Ham & Cheese (Kcal 282)	4.00

### Jacket Potatoes

Baked potato	2.90
With salad	3.50
Each filling	50p - £1.50

Fillings cheese (Kcal98) £1, beans (Kcal 34) 50p, tuna (Kcal 112) £1, homemade chunky coleslaw (Kcal 145) 60p Prawns (Kcal 110), chicken (Kcal 145) & chilli (Kcal 385) all £1.50

### All day breakfast fillings

	Roll	Baguette
Bacon or sausage (Kcal 255/263)	2.70	3.20
Egg (Kcal 256/330)	2.30	2.90
Veggie sausage (V)	2.80	3.40
Sausage or Bacon & egg (Kcal 355/422)	3.00	3.70
Sausage & Bacon (Kcal 443)	3.20	3.90
Bacon, Sausage & egg (Kcal 515/878)	3.60	4.30
Beans (Kcal 43) tomatoes (Kcal 32), mushrooms (Kcal 44), all 50p.		
Bac (Kcal 90), sausage (Kcal 113), & black pudding (Kcal 76), hash browns (Kcal 104) all 60p		
Full breakfast baguette /Tray (Kcal 934)	5.30	
Full Breakfast Cob (Kcal 765)	4.60	

### The Munchies

**The Munchie** (Kcal 720) - Burger, salad, fries & American sauce in a cob 4.90  
**The Munchkin** (Kcal 565) - Chicken fillet, fries, salad & mayonnaise in a cob 4.90  
**The Munchkin club** (Kcal 655) - Chicken fillet, fries, bacon, salad & mayonnaise in a cob 5.50  
**The Veggie Munch** (Kcal 567) – Meat free, meat style burger made with soya, salad, fries with American style sauce in a cob 5.50 (V)

**The Fishmunch** (Kcal 654) – Fish fingers, fries and mushy peas in a cob with a choice of sauce 5.10 (V)  
**The BIG munchie** (Kcal 989) - 2 burgers, bacon, cheese, salad & fries with American style sauce in a cob 5.90  
**The Chipmunch** (Kcal 785) - Cheese and chips in a baguette with American style sauce in a baguette 4.20  
**The Chipmunch deluxe** (Kcal 978) - Burger, Cheese & chips in a baguette with American style sauce in a baguette 4.80  
**Munch Burger** (389 Kcal) Vegetable burger with salad and American sauce in a cob 3.80 (V)

### Salads

#### Chicken Caesar Salad

Fresh green salad with tomatoes, chicken, croutons and a Caesar dressing 4.00

#### Chefs Special Salad

Chicken, ham & egg with a full salad & dressing 4.50

**Create your own salad** 3.50 with 1 filling

And £3.70 with 2 fillings (except prawns & chicken £1.50 extra)

*All of the above comes with a freshly baked chunk of Crusty French baguette*

### Wraps

Chicken, lettuce, tomato with mayonnaise or American sauce (Kcal 456)

Chopped sausage, cheese, onion & spicy relish (Kcal 349)

Chicken, lettuce, sweetcorn & sweet chili sauce (Kcal 342)

Tuna, black olives, boiled egg & lettuce (Kcal 296)

**ALL WRAPS ARE PRICED AS IF THE FOOD IS IN A BAGUETTE**

Cheesy Chip Roll (Kcal 577) £3.30

Cheesy Chip Tray (440) £3.60

Chip Roll (Kcal 537) £3.10

Chip Baguette (Kcal 589) £3.70  
Cheesy Chip Baguette (Kcal 629) £4.20  
Portion Fries (Kcal 400) £2.30  
Cheeseburger (Kcal 340) £3.90  
Large Chips (Kcal 510) 3.10  
Cob/margarine (Kcal 177) £1.00  
Cup of cold milk £1.00

### Snacks

Sausage Rolls (Kcal 462)	1.50
Crisps	varied

### Cakes & Chocolates

Chocolate Bars	varied
Assorted Muffins	varied
Chocolate fudge Brownie	varied
Cookies	varied
Flapjack & shortbread	varied
Assorted tarts	varied

**Jumbo** Cornflake Tarts (Kcal 523) varied

Various cakes available, please ask for details

### Drinks

Tea/coffee	Lg 1.50
Cappuccino/latte	Lg 2.50
Hot chocolate	Lg 2.50
Cans	varied
Bottles	varied
Milkshakes	varied
Fruit Juice/Ribena	varied
Water	Sm 1.00 Lg 1.50
Red Bull	1.80

Hot roast rolls and baguettes throughout the colder months

Order by telephone for collection or delivery

## 01159 619969

When ordering please state what kind of roll, wrap, baguette you would like and any sauces or dressings

Minimum card order £1. Card payments over the phone have a £1 charge

Some of our products are made in areas where nuts are present so some of our products may contain a trace of nuts

We provide outside cold/hot finger buffets or self-carve hot roast meat buffets. Please ask for details

Please ask for any details on allergens

Opening Times:

Mon to Fri 7am to 1.30pm

Sat 8am to 1.30pm

Sun 9am to 1pm

Delivery: Mon- Sat 9am to 1pm

## Munchies Sandwich Bar Menu

265 Westdale Lane  
Carlton  
Nottingham  
NG4 4FL

Hot & cold food

Takeaway or **free** delivery with orders over £10. Please ask us where we deliver to.  
Delivery Mon- Sat 9am to 1pm

## 01159 619969

Or visit:

[www.munchiessandwichbar.co.uk](http://www.munchiessandwichbar.co.uk)  
for more information

**MUNCHIES**  
SANDWICH BAR