

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 roll a soft rye baguette or a soft tortilla wrap all freshly baked daily

	Cob	Baguette
cheese/egg/egg mayo (Kcal 167/201)	3.00	4.00
cheese Ploughman's (Kcal 224/300)	3.50	4.50
Salmon/Tuna mayo (Kcal 213/293)	3.50	4.50
Chicken (Kcal 164/236)	3.60	4.60
Chicken (Kcal 127/188)	3.70	4.70
Teriyaki Chicken (Kcal 205/299)	3.80	4.80
Chicken Tikka (Kcal 235/310)	3.80	4.80
Spicy Chicken Cocktail (Kcal 205/289)	3.80	4.80
Spicy BLT (Kcal 367/781)	3.70	4.70
Chicken & Bacon Club (Kcal 319/420)	4.20	5.20
Chicken & Bacon (Kcal 623/871)	4.20	5.20

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
 All salad (Lettuce, Tomato, Cucumber & Onion) 70p cob £1 baguette extra

Paninis

Create your own
 1 filling £3.90
 2 Fillings £4.50
 3 Fillings £5.10

Jacket Potatoes

Baked potato	3.00
With salad	3.60
Each filling	70p - £2.00
Fillings, cheese (Kcal98) £1, beans (Kcal 34) £1, tuna (Kcal 112) £1, homemade chunky coleslaw (Kcal 145) £1	
Prawns (Kcal 110), chicken (Kcal 145) & chilli (Kcal 385)	all £2.00

All day breakfast fillings

	Roll	Baguette
Bacon or sausage (Kcal 255/263)	3.10	3.90
Egg (Kcal 256/330)	2.50	3.50
Vegetable sausage (V)	3.10	4.10
Sausage OR Bacon & egg (Kcal 355/422)	3.80	4.80
Sausage & Bacon (Kcal 443)	3.80	4.80
Bacon, Sausage & egg (Kcal 515/878)	4.50	5.40
Beans (Kcal 43) tomatoes (Kcal 32), mushrooms (Kcal 44), all 70p on a cob £1 on a baguette		
Bacon (Kcal 90), sausage (Kcal 113), & black pudding (Kcal 76) hash browns (kcal 104) all 80p		
Full breakfast baguette (Kcal 934)	5.99	
Full Breakfast Cob (Kcal 765)	4.99	
Full breakfast tray (kcal 888) meal deal	£6.80	

The Munchies

The Munchie burger (Kcal 720) - Burger, salad, & American sauce in a cob 4.00
Cheeseburger (Kcal 497) – Burger, cheese, and fried onion 4.30
The Munchkin (Kcal 565) - Chicken fillet, fries, salad & mayonnaise in a cob 5.10
The Munchkin club (Kcal 655) - Chicken fillet, fries, bacon, salad & mayonnaise in a cob 5.70
The Veggie Munch (Kcal 567) – Meat free vegetable burger, salad, with American style sauce in a cob 4.50 (V)
The BIG munchie (Kcal 989) - 2 burgers, bacon, cheese, salad & fries with American style sauce in a cob 6.50
The Chipmunch (Kcal 785) - Cheese and chips in a baguette with American style sauce in a baguette 4.50
The Chipmunch deluxe (Kcal 978) - Burger, Cheese & chips in a baguette with American style sauce in a baguette 5.50

Salads

Chicken Caesar Salad

Fresh green salad with tomatoes, chicken, croutons, Caesar dressing 4.50

Chefs Special Salad

Chicken, ham & egg with a full salad & dressing!
Create your own salad at 4.00 with 1 filling
 And £4.70 with 2 fillings (except prawns & chicken extra)
 All the above comes with a freshly baked chunk of French baguette.

Vegan

Vegan sausage cob (Kcal 399) £3.00
 Vegan burger and onion (Kcal 512) £4.00

Wraps

Chicken, lettuce, tomato with mayonnaise or American (Kcal 456)
 Chopped sausage, cheese, onion & spicy relish (Kcal 456)
 Chicken, lettuce, sweetcorn & sweet chili sauce (Kcal 456)
 Tuna, black olives, boiled egg & lettuce (Kcal 456)
ALL WRAPS ARE PRICED AS IF THE FOOD IS BAGUETTE

Cheesy Chip Roll (Kcal 577) £4.20
 Cheesy Chip Tray small (Kcal440) £4.50
 Cheesy chip tray large (Kcal) £5.60
 Chip Roll (Kcal 537) £3.20
 Chip Baguette (Kcal 589) £4.20
 Burger and onions £3.30
 Portion Fries (Kcal 400) £2.80
 Large Chips (Kcal 510) 3.80
 Cob/margarine (Kcal 177) £1.00
 Cup of cold milk £1.00

Wraps	
usage Rolls (Kcal 462)	varied
isps	varied

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 and advise us of any food allergies
All of our bread is Vegan friendly

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 delivery with orders over £10, plus £3 del charge. Please ask us when deliver to.

Delivery Mon- Sat 9am to
01159 619969

Or visit:
www.munchiessandwichbar.co
more information



Cakes & Chocolates

ocolate Bars	varied
isorted Muffins	varied
ocolate fudge Brownie	varied
okies	varied
apjack & shortbread	varied
isorted tarts	varied

umbo Cornflake Tarts (Kcal 523) varied.
arious cakes available, please ask for details.

Drinks

ea/coffee	Lg 1.50
ppuccino/latte	Lg 2.50
it chocolate	Lg 2.50
ns	varied
ttles	varied
lkshakes	varied
uit Juice/Ribena	varied
ater	Sm 1.00 Lg 1.50
d Bull/Monster	2.20

Hot roast rolls and baguettes
throughout the colder months
order by telephone for collection or delivery