

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 Cobs/Baguettes

Choose from a soft white cob, a soft white baguette or wrap all freshly baked daily

| | Cob | Baguette |
|-------------------------------------|------------|-----------------|
| Cheese/egg/egg mayo (Kcal 167/201) | 3.50 | 4.50 |
| Cheese Ploughman's (Kcal 224/300) | 4.00 | 5.00 |
| Tuna/Tuna mayo (Kcal 213/293) | 4.00 | 5.00 |
| Ham (Kcal 164/236) | 4.00 | 5.00 |
| Chicken (Kcal 127/188) | 4.30 | 5.30 |
| Coronation Chicken (Kcal 205/299) | 4.60 | 5.60 |
| Chicken Tikka (Kcal 235/310) | 4.60 | 5.60 |
| Prawn Cocktail (Kcal 205/289) | 5.00 | 6.00 |
| Famous BLT (Kcal 367/781) | 4.60 | 5.60 |
| Chicken & Bacon Club (Kcal 319/420) | 5.00 | 6.00 |
| Brie & Bacon (Kcal 623/871) | 5.00 | 6.00 |

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) 80p cob £1 baguette extra

Paninis

Create your own

1 filling £4.40

2 Fillings £5.30

3 Fillings £6.20

Jacket Potatoes

Baked potato 3.50

With salad 4.50

Each filling 70p - £2.00

Fillings, cheese (Kcal98) £1.20, beans (Kcal 34) £1.20, tuna (Kcal 112) £1.20, homemade chunky coleslaw (Kcal 145) £1.20

prawns (Kcal 110), chicken (Kcal 145) & chilli (Kcal 385), curry (kcal 387) all £2.30

All day breakfast fillings

| | Cob | Baguette |
|---|------------|-----------------|
| Bacon or sausage (Kcal 255/263) | 3.60 | 4.80 |
| Egg (Kcal 256/330) | 3.10 | 4.10 |
| Sausage OR Bacon & egg (Kcal 355/422) | 4.40 | 5.60 |
| Sausage & bacon (Kcal 443) | 4.50 | 5.80 |
| Bacon, sausage & egg (Kcal 515/878) | 5.30 | 6.30 |
| <i>Beans (Kcal 43) tomatoes (Kcal 32), mushrooms (Kcal 44), all 80p on a cob £1 on a baguette</i> | | |
| <i>Bac (Kcal 90), sausage (Kcal 113), black pudding (Kcal 76) hash browns (kcal 104) £1.10 Extra burger £1.60</i> | | |
| Full breakfast baguette (Kcal 934) | £7.50 | |
| Full Breakfast cob (Kcal 765) | £6.40 | |
| Full breakfast tray (kcal 888) meal deal with free | | |
| Tea/Coffee or bottle of water | £8.10 | |

The Munchies

Cheeseburger (Kcal 497) – Burger, cheese, and fried onion 5.00

Munchie Burger – Burger & salad £4.90

Double cheeseburger with onions - £6.50

The Munchkin (Kcal 565) – Chicken fillet, fries, salad & mayonnaise in a cob £6.40

The Munchkin club (Kcal 655) - Chicken fillet, fries, bacon, salad & mayonnaise in a cob £7.00

The Veggie Munch (Kcal 567) – Meat free vegetable burger, salad, with American style sauce in a cob £6.50 **(V)**

The BIG munchie (Kcal 989) – 2 burgers, bacon, cheese, salad & fries with American style sauce in a cob £7.50

The Chipmunch (Kcal 785) - Cheese and chips in a baguette with American style sauce in a baguette £6.00

The Chipmunch deluxe (Kcal 978) - Burger, Cheese & chips in a baguette with American style sauce in a baguette £7.00

Salads

Chicken Caesar Salad

Fresh green salad with tomatoes, chicken, croutons, and a Caesar dressing 5.00

Chefs Special Salad

Chicken, ham & egg with a full salad & dressing 6.30

Create your own salad at 5.00 with 1 filling.

And £6.00 with 2 fillings (except prawns & chicken £2.00 extra)

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

Vegan

Vegan sausage cob (Kcal 399) £4.30

Vegan sausage baguette (kcal 512) £5.30

Vegan burger and onion (Kcal 512) £ 5.50

Vegetable sausage **(V)** Cob (410 Kcal) £3.80

Vegetable sausage **(V)** baguette (620Kcal) £4.80

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) £4.80

Cheesy Chip Tray small (Kcal440) £4.20

Cheesy chip tray large (Kcal) £5.00

Chip Roll (Kcal 537) £3.80

Chip Baguette (Kcal 589) £4.80

Burger and onions £4.50

Portion Fries (Kcal 400) £3.50

Large Chips (Kcal 510) £4.50

Cob/margarine (Kcal 177) £1.00

Snacks

| | |
|--------------------------|--------|
| Sausage Rolls (Kcal 462) | varied |
| Crisps | varied |

Cakes & Chocolates

| | |
|--|---------|
| Chocolate Bars | varied |
| Assorted Muffins | varied |
| Chocolate fudge Brownie | varied |
| Cookies | varied |
| Flapjack & shortbread | varied |
| Assorted tarts | varied |
| Cornflake Tarts (Kcal 523) | varied. |
| Various cakes available, please ask for details. | |

Drinks

| | |
|--------------------|-----------------|
| Tea/coffee | Lg 2.00 |
| Cappuccino/latte | Lg 3.00 |
| Hot chocolate | Lg 3.00 |
| Cans | varied |
| Bottles | varied |
| Milkshakes | varied |
| Fruit Juice/Ribena | varied |
| Water | Sm 1.20 Lg 2.00 |
| Red Bull/Monster | Varied |

Order by telephone for collection or delivery

01159 619969

When ordering please state if you want a roll, wrap or baguette and if you would like any sauces or dressings.

Minimum card order £1.

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-Fri 9.30am to 1pm

Saturday 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 a £2.00 delivery charge. Please ask us where we deliver to.

Delivery Mon- Sat 9am to 1pm

01159 619969

Or visit:

www.munchiessandwichbar.co.uk

for more information

MUNCHIES
SANDWICH BAR