



SANDWICHES	£	QTY	=
<b>Bacon &amp; Avocado</b> with mayo, tomato & leaves	3.45		
<b>Superfood Veggie</b> with feta, spring onion, cress, carrot mix & mayo 	3.45		
<b>Avocado Cream Cheese</b> with tomatoes, parmesan, pine nuts, rocket & mayo contains nuts* 	3.45		
<b>Roast Beets &amp; Bacon</b> with cream cheese, balsamic glaze & chilli mayo	3.45		
<b>Coronation Chicken</b> with mango chutney, toasted almonds & leaves contains nuts*	3.45		
<b>Deli Ham</b> with dill pickles & American mustard	3.45		
<b>Ham &amp; Wholegrain</b> with cheddar cheese, wholegrain mayo & leaves	3.45		
<b>Lemon Tuna</b> with cucumber, lemon mayo, fresh chives & leaves	3.45		
<b>Smoked Chicken &amp; Almond</b> with caesar mayo, pesto & Sweet chilli contains nuts*	3.45		
<b>Organic free range egg mayo</b> with mustard cress 	3.25		
<b>Turkey Sunshine Club</b> with mayo, sliced egg, tomato, herb cheese dressing & leaves.	3.45		
<b>Sweet Chilli Tuna</b> with roast peppers & leaves	3.45		
<b>Turkey &amp; Apricot Coleslaw</b> with mixed leaves	3.45		
<b>Watercress Egg Mayo</b> with Dijon mustard 	3.25		
<b>Turkey &amp; Bacon</b> with cheddar cheese, tomato & mayo	3.45		


### BAGUETTES & ARTISAN

<b>Brie &amp; Roast Vegetables Artisan</b> with rocket salad	3.45		
<b>Caesar Chicken Artisan</b> with crispy bacon, parmesan & leaves	3.45		
<b>Shredded ham</b> with Gruyere cheese <b>French</b>	3.35		
<b>Toasted Parma Ham, Chicken &amp; Parmesan</b> with sun blushed tomatoes, chilli mayo & leaves <b>French</b>	3.55		

### STONE GROUND FLOUR WRAPS

<b>BBQ Chicken</b> with spring onion, sesame seeds & cucumber	3.45		
<b>Black Peppered Salmon &amp; Celery Crunch</b> with red onion, capers & dill.	3.85		
<b>Vegan Bean Chipotle</b> with frijoles, avocado & spring onion 	3.45		
<b>Chicken &amp; Pomegranate slaw</b> with toasted almonds & leaves contains nuts*	3.45		
<b>Chicken Chilli Crunch</b> with chilli mayo, grated carrot, cucumber, spring onions, soy seeds & leaves	3.45		
<b>Chunky Houmous &amp; Feta</b> with roast peppers, cucumber & leaves 	3.45		
<b>Crunchy Chicken</b> with apple, peanuts & toasted almonds contains nuts*	3.45		
<b>Pesto Chicken &amp; Chorizo</b> with parmesan, sour cream mayo & leaves contains nuts*	3.45		
<b>Red Pesto Chicken</b> with parmesan & toasted almonds contains nuts*	3.45		








### CIABATTA

<b>Pressed Tomato &amp; Mozzarella</b> with Dijon mustard & Sun blushed tomato oil 	3.45		
<b>Turkey &amp; Mozzarella</b> with roast peppers, red pesto mayo & rocket contains nuts*	3.45		
<b>Mediterranean Tuna</b> Our famous 20 year mix !	3.45		
<b>Smoked chicken</b> with chilli mayo, parmesan shavings & rocket	3.45		

EMAIL to [orders@mangetout.je](mailto:orders@mangetout.je) or FAX TO 789646 the day before. MINIMUM £15 FOR DELIVERY PLEASE.  
 ANY QUESTIONS PLEASE CALL OUR HEAD OFFICE ON 636857  
 COLOMBERIE 607858 - NEW ST 729860  
 SAND ST 769635 - CONWAY ST 789645

Order Total

11.45 am	12.00 pm
12.15 pm	12.30 pm

MangeToub.			
SALADS	£	QTY	=
<b>BBQ Chicken</b> with bean-sprouts & peanut chilli brittle contains nuts*	3.65		
<b>Black Peppered Salmon</b> with lemon, cucumber couscous & sour cream dressing	3.95		
<b>Chicken Avocado Pepper Boost</b> with brown rice, corn & roast peppers 	3.65		
<b>Curry Chicken Noodle</b> with mango chutney dressing contains nuts*	3.65		
<b>Feta Cranberry &amp; Pomegranate Salad</b> With Quinoa  	3.65		
<b>Herb Chicken Superfood</b> with Quinoa, feta, avocado, pine nuts, pomegranate & a yoghurt dressing	3.65		
<b>Herb Pesto Chicken Salad</b> With MT dressing contains nuts*	3.65		
<b>Mediterranean Tuna</b> with Spelt Toast & leaves	3.65		
<b>Roast Squash &amp; Houmous Salad</b> with toasted seeds.  	3.65		
<b>Squash, Beets &amp; Goats Cheese Salad</b>  with walnuts & herb cheese dressing contains nuts*	3.65		
<b>Superfood Chop</b> with Quinoa, peas, beets, squash, feta, pumpkin seeds rocket with babygem & a balsamic dressing 	3.25		
<b>Chicken Chop</b> with Avocado, bacon, peas, spring onion & roast peppers with a lemon dressing	3.25		
<b>Chicken &amp; Chorizo Pesto Pasta</b> with Parmesan shavings contains nuts*	3.25		
<b>Satay Noodle</b> with mange tout, soy beans & peanuts contains nuts* 	3.25		
<b>Roast Med Veg Cous Cous</b> 	3.25		
<b>Fruit Salad</b>	2.65		
<b>Mini Yoghurt Pot</b>	1.65		
<b>Sweet Bites</b>	1.50		
<b>Kettle Crisps</b>	90P		
<b>Walkers Crisps</b>	75p		
<b>A Bag of Fruit</b> selection of apples & bananas	75p		
<b>Strawberries &amp; Grapes</b> As a tray for 4 <small>4 servings</small>	4.95		
<b>Comments, Instructions, Special Requests</b>			

NAME- TEL- COMPANY- DELIVERY DATE -