

JUST RELISH

Speciality Sandwiches

A choice of breads, Granary, wholemeal and softgrain. French stick, Baps in Granary, wholemeal & white. Ciabatta & Panini's.

Coronation chicken	2.20
Chicken Fahita	2.20
Waldorf chicken	2.20
Chicken tikka	2.20
Oriental chicken	2.20
Turkey Hoi sin & beansprouts	2.20
Chicken satay	2.20
Chicken, bacon and mayo	2.10
Sausage, egg, bacon & wholegrain mayo	2.70
Peanut butter and banana	1.70
Banana and honey	1.70
Stilton, apple and mayo	2.05
The Grand Canyon	2.80
Minted lamb	2.20

Fish	
Tuna with or without mayo	2.05
Tuna crunch	2.20
Anchovies and egg mayo	2.05
Crab sticks	2.05
Smoked salmon	2.80
Seafood special	2.20
Prawns	2.20

Cheese and non Meats	
Cheddar	1.70
Red Leicester	1.70
Brie	2.20
Bavarian smoked	2.05
Edam	1.70
Low fat cream cheese	1.70
Cottage cheese	1.70
Egg mayonnaise	1.70
Super mixed salad	2.05
Marmite	1.70
Roasted Mediterranean veg.	2.20
Specialist cheeses	2.50

Meat	
Real turkey breast	2.20
Real chicken breast	2.20
Roast beef	2.20
Pastrami	2.20
Corned beef	1.70
Smoked ham	2.20
Breaded gammon	2.20
Italian salami	2.05
Danish salami	1.70
Crispy bacon	2.20
Brussels pate	1.70
Roast pork	2.20

Jacket Potatoes & Fillings

Plain	1.50
Cheese, coleslaw, beans	2.40
Salad	2.40
Tuna	2.60
Prawns, bacon, chicken	3.20
Sliced meats	3.20
Chilli & veg	3.60
Chilli & meat	3.60
Any extra filling is	.90

Hot savoury items

Giant sausage roll	1.45
Traditional Cornish Pasty	1.60
Spicy vegetable samosa	1.45
Spicy chicken samosa	1.60
Onion bahji	1.30

Homemade quiche,

Various fillings	2.40
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Toasties

Toasted sandwiches	Extra	.60
Toast toppings		.60
		& .90
Hot Paninis 1 filling		2.30
	2 fillings	3.05
	3 fillings	3.60

Scrumptious homemade speciality cakes

prices vary

Fresh fruit salad

Made daily	1.95
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Beverages

A selection of cold drinks from our chilled drinks cabinet. **Tea, Coffee, Espresso and Cappuccino now available.**

Those little Extra's

Any one extra filling	.50
Standard mixed salad	.35
Individual salad items	.35
Sundried tomatoes	.65
Avocado	.50
Peppers	.50
Watercress	.50
Beansprouts	.50
Walnuts	.50
Sweetcorn	.35
Sultanas	.35
Pineapple	.50
Kiwi	.50
Grapes	.50
Large dill pickle	.35
Marmite as an extra filling	.35
Coleslaw	.50
Olives	.65

All dressings are free

Deli Goods

All our salads are made on the premises with only the finest ingredients and no artificial ingredients.

Salad boxes	2.15
One extra filling	1.30
Quiche cold	2.05
hot	2.15
Scotch eggs	1.10
Gala pie	1.60
Daily salads pot from	1.50

OPEN 7:30 to 3:30 Mon to Fri

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