




SANDWICHES	£	QTY	=
Brie, Cranberry & Almond with mayo & leaves contains nuts* 	3.75		
Coronation Chicken with mango chutney, toasted almonds & leaves contains nuts*	3.75		
Deli Ham with dill pickles & American mustard	3.75		
Ham & Wholegrain with cheddar cheese, wholegrain mayo & leaves	3.75		
Lemon Tuna with cucumber, lemon mayo, fresh chives & leaves	3.75		
Chicken & Avocado with sun-blushed mayo & leaves	3.75		
Organic free range egg mayo with mustard cress 	3.55		
Turkey Sunshine Club with mayo, sliced egg, tomato, herb cheese dressing & leaves.	3.75		
MT Cheese New Yorker with mustard mayo, gherkins, coleslaw & leaves 	3.75		
Green Eggs & Ham with spring onion & rocket	3.75		
Turkey & Bacon with cheddar cheese, tomato & mayo	3.75		

BAGUETTES

Brie & Roast Vegetables Baguette with rocket salad 	3.85		
Shredded ham with Gruyere cheese French	3.65		
Toasted Parma Ham, Chicken & Parmesan with sun blushed tomatoes, chilli mayo & leaves French	3.85		

STONE GROUND FLOUR WRAPS

BBQ Chicken with spring onion, sesame seeds & cucumber	3.75		
Summer Tuna with mayo, roast peppers, sweetcorn, cheese, avocado & leaves	3.75		
Mexican with frijoles, avocado, tomato, cheese, sour cream, sweet chilli & leaves 	3.75		
Red Pesto Chicken with parmesan & pine nuts contains nuts*	3.75		
Smoked Chicken & Crunchy Slaw with grated cheddar, mayo & leaves	3.75		
Chunky Houmous & Feta with roast peppers, cucumber & leaves 	3.75		
BBQ Duck with beansprouts, cucumber, spring onion, BBQ sauce & leaves	3.75		
Pesto Chicken & Chorizo with parmesan, sour cream mayo & leaves contains nuts*	3.75		

CIABATTA

Mediterranean Tuna Our famous 20 year mix !	3.85		
Smoked chicken with chilli mayo, parmesan shavings & rocket	3.85		

EMAIL to orders@mangetout.je or FAX TO 789646 the day before. MINIMUM £15 FOR DELIVERY PLEASE.
ANY QUESTIONS PLEASE CALL OUR OFFICE ON 636857
IFC 5 491264 - NEW ST 729860
SAND ST 769635 - CONWAY ST 789645

Order Total	11.45 am	12.00 pm
	12.15 pm	12.30 pm

Mange Tout.

SALADS	£	QTY	=
BBQ Chicken with bean sprouts & peanut chilli brittle contains nuts	4.25		
Curry Chicken Noodle with mango chutney dressing contains nuts*	4.25		
Herb Chicken Superfood with Quinoa, feta, avocado, pine nuts, pomegranate & a yoghurt dressing	4.25		
Mediterranean Tuna with Spelt Toast & leaves	4.25		
Roast Squash & Houmous Salad   with toasted seeds.	4.25		
Squash, Beets & Goats Cheese Salad  with walnuts & herb cheese dressing contains nuts*	4.25		
WHOLE FOOD BURRITO BOWL 6 beans salad, kale slaw, brown rice with corn & peppers, sesame roasted green beans & Mt Dressing		CHOOSE A TOPPER BELLOW	
BBQ Chicken	4.95		
Tuna	4.95		
Smoked Chicken	4.95		
Feta & Roast Squash 	4.95		
Smoked Mackerel	4.95		
Chicken Chop with Avocado, bacon, peas, spring onion & roast peppers with a lemon dressing 	3.65		
Chicken & Chorizo Pesto Pasta with Parmesan shavings contains nuts*	3.65		
Satay Noodle with mange tout, soy beans & peanuts contains nuts* 	3.65		
Protein Pots Feta & walnut, Egg or Tuna & avocado	2.95		
Fruit Salad	2.95		
Mini Yoghurt Pot	1.85		
Sweet Bites	1.70		
Kettle Crisps	1.00		
Walkers Crisps	90p		
A Bag of Fruit selection of apples & bananas	85p		
Strawberries & Grapes As a tray for 4	5.50 4 servings		

Comments, Instructions, Special Requests

NAME-	TEL-	COMPANY-	DELIVERY DATE -
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