

SANDWICHES	£	QTY	=
Brie, Cranberry & Almond with mayo & leaves contains nuts* 	5.50		
Coronation Chicken with mango chutney, toasted almonds & leaves contains nuts*	4.80		
Deli Ham with dill pickles & American mustard	4.80		
Ham & Wholegrain with cheddar cheese, wholegrain mayo & leaves	4.80		
Lemon Tuna with cucumber, lemon mayo, fresh chives & leaves	4.80		
Chicken & Avocado with sun-blushed mayo & leaves	5.25		
Organic free range egg mayo with mustard cress 	4.30		
MT Cheese New Yorker with mustard mayo, gherkins, coleslaw & leaves 	4.80		
Chicken & Bacon Cesar with Parmesan & leaves	5.50		
Turkey & Bacon with cheddar cheese, tomato & mayo	4.80		

BAGUETTES	£	QTY	=
Shredded ham with Gruyere cheese French	5.25		
Toasted Parma Ham, Chicken & Parmesan with sun blushed tomatoes, chilli mayo & leaves French	5.25		

STONE GROUND FLOUR WRAPS	£	QTY	=
BBQ Chicken with spring onion, sesame seeds & cucumber	5.50		
Summer Tuna with mayo, roast peppers, sweetcorn, cheese, avocado & leaves	4.80		
Mexican with frijoles, avocado, tomato, cheese, sour cream, sweet chilli & leaves 	4.80		
Red Pesto Chicken with parmesan & pine nuts contains nuts*	5.25		
Smoked Chicken & Crunchy Slaw with grated cheddar, mayo & leaves	5.25		
Pesto Chicken & Chorizo with parmesan, sour cream mayo & leaves contains nuts*	5.25		
BLT Club Wrap with bacon, lettuce, tomato, turkey, mayo and MT dressing	5.25		

CIABATTA	£	QTY	=
Mediterranean Tuna Our famous 20 year mix !	5.20		
Smoked chicken with chilli mayo, parmesan shavings & rocket	5.50		





Comments, Instructions, Special Requests

EMAIL to orders@mangetout.je the day before.
MINIMUM ORDER IS £30 WITH DELIVERY CHARGES OF £5.00 WITHIN ST. HELIER & £10.00 OUTSIDE ST. HELIER.
ORDERS OF £50.00 & ABOVE ARE DELIVERED FREE OF CHARGE.

ANY QUESTIONS PLEASE CALL :

OUR OFFICE : 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

MangeTout.			
SALADS	£	QTY	=
BBQ Chicken with bean sprouts & peanut chilli brittle contains nuts	6.50		
Curry Chicken Noodle with mango chutney dressing contains nuts*	6.50		
Beetroot, Feta & Walnut Salad & MT dressing-*contains nuts 	6.50		
Mediterranean Tuna with Spelt Toast & leaves	6.50		
Roast Squash & Houmous Salad with toasted seeds. 	6.50		
MT Nicoise Salad with egg, tuna, cherry toms, olives, sesame roast green beans & a lemon vinaigrette	6.50		
WHOLE FOOD BURRITO BOWL 6 beans salad, kale slaw, brown rice with corn & peppers, sesame roasted green beans & Mt Dressing		CHOOSE A TOPPER BELOW	
Feta & Roast Squash 	6.50		
BBQ Chicken	6.50		
Chicken & Chorizo Pesto Pasta with Parmesan shavings contains nuts*	4.85		
Satay Noodle with mange tout, soy beans & peanuts contains nuts* 	4.85		
Mini Fruit Pot	3.05		
Fruit Salad	3.75		
Mini Yoghurt Pot	2.45		
Sweet Bites	3.20		
Kettle Crisps	1.40		
Walkers Crisps	1.25		
A Bag of Fruit selection of apples & bananas	1.20 Each		
Strawberries & Grapes As a tray for 4	7.50 4 servings		

NAME-	TEL-	COMPANY-	DELIVERY DATE -
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