

Made today - Sold today
All sandwiches made fresh daily

martins
bakers & sandwich makers



SELF SERVICE

SANDWICHES UP TO 60p CHEAPER THAN MADE TO ORDER

Sandwiches

Ham Salad Muffin	< 400kcal	2.50
Ham Salad Stick		3.00
Ham Muffin	< 400kcal	2.30
Sandwich of the day		2.90
Cajun Chicken Muffin		2.40
Cajun Chicken Stick		2.85
Tuna Mayo Muffin		2.25
Tuna Salad Muffin		2.40
Turkey Salad Muffin	< 400kcal	2.50
Egg Mayo Muffin		2.25
Southern F. Chicken Muffin		2.80
Quiche Salad Slice		1.50
Quiche Salad Box		2.40

Salads & Snacks

Southern F.Chicken Salad Box		3.40
Chicken Pasta Salad		1.90
Chicken & Bacon Pasta Salad		1.95
Large Salad Bowl	2 of 5 a day	2.70
+ Extra Fillings	from	0.75
Roast Veg Cajun Chicken Spicy Cajun		
Cheese Ham Tuna Crunch Chicken Breast		
Fruit Pot		1.40
Grape Pot		0.95
Trifle Pot		1.40
Carrot or Chocolate Cake Slice		1.70
Walkers / Quavers Crisps		0.75
Lancashire Crisps		0.95

Cold Drinks

Martins Fresh Orange	1.30
Still Water	0.90
Large Still Water	1.20
Cawston Press Can	1.05
Coke Can / Bottle	1.00 / 1.50
Diet Coke Can	0.90
Oasis Bottle	1.35
Lucozade Bottle	1.35
Ribena Light Bottle	1.45
Still Vimto Bottle	1.35
Mini Vimto	0.75
Fruit Shoot	0.90
Thirsty Bottle	0.80

MADE TO ORDER SANDWICHES

EASY AS 1 2 3 SUBJECT TO AVAILABILITY

CHOOSE YOUR

1 BASE

	from
White Muffin	2.75
Brown Muffin	2.75
Oven Bottom Muffin	2.85
White Crusty Stick	3.15
Harvester Crusty Stick	3.15
White Soft Sub	3.15
Harvester Soft Sub	3.15
White Bread	3.15
Wholemeal Bread	3.15
Harvester Bread	3.15
Ciabatta	3.15
Seeded Bloomer	3.15

ADD A

2 FILLING

...all the same price

Ham (+5p)	roasted in our bakery ovens
Turkey (+10p)	sliced in our shops
Chicken	sliced in our shops
Cajun Chicken	Martins own special recipe
Spicy Cajun	roast chicken + cajun spices
Egg Mayo	free range eggs
Cheese	grated mature cheddar
Tuna	dolphin friendly
Tuna Mayo	with sweetcorn & light mayo
Tuna Crunch	with mixed veg pieces
Roast Veg	made in our bakery kitchen
Full Salad	with more salad items

ADD STANDARD

3 SALAD

	Muffin	Stick
Full Salad	0.30	0.35
Lettuce, Tomato Cucumber & Onion		
Lettuce	0.15	0.20
Iceberg Shredded Iceberg Mixed Leaf		
Tomato	0.15	0.20
Cucumber	0.15	0.20
Onion	FREE	FREE
Salad Extras		
Coleslaw	0.35	0.35
Beetroot	0.35	0.35
1/2 Boiled Egg	0.30	0.30
Stuffing	0.35	0.35

OTHER

EXTRAS

Crispy Bacon	0.50
Bacon Slice	0.50
Cheese Sprinkle	0.50
Cheese Tub	1.20
Tuna Tub	1.20
Cajun Chicken Tub	1.20
Chicken Breast	1.20
Ham / Turkey Slice	1.00

VEGAN *extras*

Beans	0.40
Roasted Veg	0.50
Beetroot	0.30
Red Cabbage	0.30
Roasted Peppers	0.40
Flora - Dairy Free Spread made with plants	

ONE FREE

DRESSING

Mayonnaise	Piccalilli
Light Mayonnaise	Branston Pickle
Salad Cream	Cranberry Sauce
Tomato Ketchup	Bramley Apple Sauce
HP Sauce	Wholegrain Mustard

2nd / Additional Dressings + 0.10

Allergy Info - All of our made to order items are made in the same prep area, so we can't guarantee any of our food is allergen free.

If you have an allergy query please ask a member of staff to print off a list of ingredients from our till system where

Allergens are highlighted in BOLD - If you have any further queries you can call our Helpdesk on 0161 688 5588



BREAKFAST

ALL DAY BREAKFAST - ANY 4 ITEMS!

All Day Breakfast Muffin	2.95	+ Fried Egg	0.50
All Day Breakfast Sub	3.50	+ Rasher of Bacon	0.50
Bacon Muffin	2.20	+ Sausage	0.50
Bacon Sub / Toast	2.80	+ Mushrooms	0.40
Sausage Muffin	2.45	+ Tomatoes	0.30
Sausage Sub / Toast	2.85	+ Black Pudding	NEW 0.40
Fried Egg Muffin 	2.00	Toast per slice	0.40
Fried Egg on Toast	2.50	Toasted Teacake	0.70
Black Pudding Muffin 	2.40	Fruit Toast - Hot	1.50
Hot Potato Cake	1.40	Luxury Porridge	NEW 1.95













HOT DRINKS

	regular	large
Tea - PG Tips	1.10	1.25
Speciality Teas	1.25	1.40
Brewed Coffee	1.00	1.15
Americano	1.80	2.00
Latte	2.10	2.50
Cappuccino	2.10	2.50
Espresso	1.70	-
Hot Chocolate	1.90	2.20

locally roasted
speciality coffee
from Heart & Graft



PIES, PASTIES & MELTS

	Freshly Baked	Kept Hot + VAT
Sausage Roll - <i>pork</i>	1.10	1.32
Cheese & Spinach Roll 	1.10	1.32
Veggie Roll  	1.10	1.32
2 x Mix & Match Rolls - (save 50p!)	1.75	2.10
Cheese Pasty 	1.50	1.80
Potato & Meat Pasty - <i>beef</i>	1.50	1.80
Vegetable Curry Pasty 	1.50	1.80
Peppered Steak Pasty - <i>beef</i>	1.50	1.80
Jamaican Meat Patty - <i>beef</i>	1.50	1.80
Lancashire Pasty - <i>rump steak</i>	3.40	4.08
Bacon Tasty <i>smoked bacon</i>	1.40	1.68
Steak Pie - <i>beef</i>	1.90	2.28
Meat Pie - <i>beef</i>	1.60	1.92
Potato & Meat Pie - <i>beef</i>	1.60	1.92
Cottage Pie (seasonal) - <i>beef</i>	1.60	1.92
Hot Pot - <i>beef</i> (free beetroot / red cabbage)	2.10	2.52
Veggie Hot Pot  	1.95	2.34
Cheese & Onion Pie 	1.80	2.16
Hot Pie, Mash & Gravy 	-	4.20
Tuna S/corn Melt	2.85	3.42
Cajun Chicken Melt	2.90	3.48
Cheese Savoury Melt 	2.80	3.36
Chicken & Bacon Melt	2.90	3.48
Spicy Cajun Melt	3.10	3.72



BAKED POTATOES

with butter 	2.30
+ 1 Fillings	3.30
+ 2 Fillings	4.15
+ Side Salad	0.60
Tomatoes, Lettuce, Cucumber	

SALADS & SOUPS

made by our chef at our bakery

Pea & Ham	233kcal	1.95
Tomato & Basil	153kcal	1.80
Seasonal Soups		
Minestrone	95kcal	1.95
Potato & Leek	204kcal	1.95
Thai Turkey	171kcal	1.95

approx 300g serving per soup

Quiche Salad Box	2.40
Chef's Salad Bowl	3.60
S F Chicken Box	3.40
Salad Bowl 	2.70

DESSERTS & CAKES

Iced Finger	0.60	Vanilla	1.25
Chocolate Brownie	1.70	Bavarian	1.60
Flapjack	1.50	Lemon Bun	1.50
Small Egg Custard	0.85	Ultimate Eccles	1.15
Large Egg Custard	1.40	Chocolate Eclair	1.15
		Cake Slice	1.70



Suitable for Vegetarians



Suitable for Vegans



New Product

Menus subject to availability and change. Prices from Apr 2019 | For details of your local shop or other enquiries, please contact our Help Desk on 0161 688 5588. All stated prices are take away only. Surcharges apply when products are eaten in at participating Cafes.

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