

MADE TO ORDER SANDWICHES

martins
Craft Bakery




We don't start baking our bread until the early morning...it's *fresh* everyday!

| HAM roasted in our own ovens | Muffin | Stick |
|-------------------------------------|--------|-------|
| Ham | 2.55 | 3.00 |
| Ham & Coleslaw | 2.80 | 3.25 |
| Ham Salad | 2.80 | 3.30 |
| Ham & Cheddar Cheese | 3.05 | 3.50 |
| Ham & Tomato | 2.70 | 3.20 |

| CHICKEN freshly sliced in the shop | Muffin | Stick |
|---|--------|-------|
| Chicken Breast | 2.50 | 2.90 |
| Chicken & Stuffing | 2.75 | 3.15 |
| Chicken Salad | 2.75 | 3.20 |
| Chicken Salad & Crispy Bacon | 3.15 | 3.60 |
| Chicken & Roasted Vegetables | 3.20 | 3.58 |
| Cajun Chicken | 2.65 | 3.05 |
| Cajun Chicken Salad | 2.90 | 3.35 |
| Spicy Cajun Chicken | 2.85 | 3.25 |

| TURKEY naturally cooked breast meat | Muffin | Stick |
|--|--------|-------|
| Turkey Breast | 2.50 | 2.90 |
| Turkey & Stuffing | 2.75 | 3.15 |
| Turkey Salad | 2.75 | 3.20 |
| Turkey & Mayo | 2.50 | 2.90 |
| Turkey & Roasted Vegetables | 3.20 | 3.58 |

| EXTRAS your sandwich, your way salad as standard = lettuce / tomato / cucumber | | | |
|--|------|-----------------|------|
| Coleslaw | 0.25 | Crispy Bacon | 0.40 |
| Stuffing | 0.25 | Bacon Slice | 0.35 |
| 1/2 Egg | 0.25 | Beans | 0.35 |
| Beetroot | 0.25 | Cheese Sprinkle | 0.50 |

| CHEESE | | Muffin | Stick |
|-------------------------|---|--------|-------|
| Cheddar Cheese |  | 2.50 | 2.90 |
| Cheddar Cheese Salad |  | 2.75 | 3.20 |
| Cheddar Cheese & Tomato |  | 2.65 | 3.05 |

| EGG MAYO free range eggs | | Muffin | Stick |
|---------------------------------|---|--------|-------|
| Egg Mayo |  | 2.40 | 2.80 |
| Egg Mayo & Crispy Bacon | | 2.80 | 3.20 |
| Egg Mayo & Roast Ham | | 3.25 | 3.65 |
| Egg Mayo Salad |  | 2.65 | 3.10 |
| Egg Mayo Salad & Crispy Bacon | | 3.05 | 3.50 |

| TUNA dolphin friendly | | Muffin | Stick |
|----------------------------------|--|--------|-------|
| Tuna | | 2.50 | 2.90 |
| Tuna Salad | | 2.75 | 3.20 |
| Tuna Crunch | | 2.50 | 2.90 |
| Tuna Mayo (with sweetcorn) | | 2.50 | 2.90 |
| Tuna Mayo (with sweetcorn) Salad | | 2.75 | 3.20 |

FREE DRESSINGS & PICKLES

1 portion free on all made to order sandwiches

| | | |
|-----------------|--------------------|------------|
| Mayonnaise | Salad Cream | Onions |
| Branston Pickle | Cranberry | Piccalilli |
| Tomato Ketchup | Wholegrain Mustard | |

| | | | |
|-----------------|------|---------------|------|
| Slice of Turkey | 0.85 | Cheese Tub | 0.85 |
| Slice of Ham | 0.85 | Tuna | 0.75 |
| Cajun Chicken | 1.10 | Roasted Veg | 0.70 |
| Chicken Breast | 1.10 | Buttered Barm | 0.40 |

SELF SERVICE SANDWICHES & SALADS

save up to 40p per sandwich

MADE FRESH EVERYDAY

| | |
|------------------------|------|
| Ham Salad Muffin | 2.40 |
| Sandwich of the day | 2.80 |
| Cajun Chicken Muffin | 2.25 |
| Tuna Mayo Muffin | 2.10 |
| Ham Muffin | 2.15 |
| Ham Salad Stick | 2.90 |
| Cajun Chicken Stick | 2.65 |
| Turkey Salad Muffin | 2.35 |
| Egg Mayo Muffin | 2.10 |
| Tuna Salad Muffin | 2.35 |
| Cheese & Tomato Muffin | 2.25 |

Turkey Feast on harvester with stuffing, crispy bacon & cranberry sauce 3.60

Chef special

| | |
|---|------|
| Chicken Pasta | 1.85 |
| Chicken & Bacon Pasta | 1.95 |
| Large Salad Bowl <small>2 of your 5 a day</small> | 2.35 |
| + Extra Fillings | 0.70 |
| <i>Cheese Savoury Cajun Chicken</i> | |
| <i>Cheese Ham Tuna Crunch</i> | |
| <i>Chicken Breast Spicy Cajun</i> | |



Self service only

Menus subject to product change. Prices from 3rd April 2017

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.

Sandwich fillings are not guaranteed to be Allergen free, please speak to the Manager for further information



Martins produced food approved by The Vegetarian Society



LUNCH MENU

PIES & PASTIES

| | Freshly Baked | Kept Hot + VAT |
|---|---------------|----------------|
| Sausage Roll | 1.00 | 1.20 |
| Cheese & Spinach Roll  | 1.00 | 1.20 |
| Cheese Pasty  | 1.40 | 1.68 |
| Potato & Meat Pasty | 1.30 | 1.56 |
| Vegetable Curry Pasty  | 1.30 | 1.56 |
| Peppered Steak Pasty | 1.40 | 1.68 |
| Jamaican Meat Patty | 1.40 | 1.68 |
| Bacon Tasty | 1.25 | 1.50 |
| Steak Pie | 1.65 | 1.98 |
| Meat Pie | 1.40 | 1.68 |
| Potato & Meat Pie | 1.50 | 1.80 |
| Cottage <i>(seasonal)</i> | 1.40 | 1.68 |
| Hot Pot | 1.85 | 2.22 |



BREAKFAST

| | |
|--------------------------|------|
| All Day Breakfast Muffin | 2.60 |
| All Day Breakfast Sub | 3.20 |
| Bacon Muffin | 1.90 |
| Bacon Sub / Toast | 2.60 |
| Sausage Muffin | 2.10 |
| Sausage Sub / Toast | 2.60 |
| Fried Egg Muffin | 1.70 |
| Fried Egg on Toast | 2.20 |
| Toast per slice | 0.38 |
| Toasted Teacake | 0.70 |
| Fruit Toast - Hot | 1.50 |
| Hot Potato Cake | 1.30 |
| + Fried Egg | 0.45 |
| + Rasher of Bacon | 0.40 |

MELTS & PIZZAS

| | Freshly Baked | Kept Hot + VAT |
|---|---------------|----------------|
| Pizza Napoli Pizza  | 1.40 | 1.68 |
| Roasted Vegetable Pizza  | 1.50 | 1.80 |
| Pepperoni Pizza | 1.50 | 1.80 |
| Tuna Mayo Sweetcorn Melt | 2.65 | 3.18 |
| Cajun Chicken Melt | 2.70 | 3.24 |
| Cheese Savoury Melt | 2.60 | 3.12 |
| Chicken & Bacon Melt | 2.70 | 3.24 |
| Spicy Cajun Chicken Melt | 2.90 | 3.48 |

BAKED POTATOES

| | |
|---------------------|------|
| with butter | 2.10 |
| + Cajun Chicken | 3.00 |
| + Cheese | 3.00 |
| + Beans | 2.90 |
| + Coleslaw | 2.90 |
| + Tuna Sweetcorn | 2.90 |
| + Cheese & Beans | 3.80 |
| + Coleslaw & Cheese | 3.80 |
| + Side Salad | 0.50 |

Tomatoes, Lettuce, Cucumber



SOUPS

homemade at our bakery

| | |
|-----------------|------|
| Pea & Ham | 1.85 |
| Ham & Sweetcorn | 1.85 |
| Tomato & Basil | 1.70 |
| Potato & Leek | 1.70 |

DESSERTS & CAKES

| | | | |
|----------------------|------|-------------------|------|
| Fruit Salad | 1.30 | Chocolate Brownie | 1.50 |
| Chunky Fruit Salad | 1.90 | Lemon Yum Yum | 1.00 |
| Vanilla | 1.10 | Iced Finger | 0.50 |
| Bavarian | 1.35 | Small Egg Custard | 0.70 |
| Lemon Bun | 1.30 | Large Egg Custard | 1.20 |
| Chocolate Eclair | 1.00 | Apple Tart | 0.80 |
| Chocolate Cake Slice | 1.50 | Bakewell Tart | 1.30 |
| Carrot Cake Slice | 1.50 | Eccles Cake | 1.10 |
| | | Trifle Pot | 1.20 |

DRINKS & CRISPS

| | regular | large |
|---|---------|-------|
| Tea - PG Tips | 1.00 | 1.30 |
| Speciality Teas <i>(selected shops)</i> | 1.30 | 1.60 |
| Green | | |
| Peppermint | | |
| Fruit | | |
| Americano <i>espresso, hot water, cold milk</i> | 1.60 | 1.90 |
| Latte <i>espresso and hot milk</i> | 2.00 | 2.40 |
| Cappuccino <i>espresso and frothed milk</i> | 2.00 | 2.40 |
| Espresso | 1.60 | - |
| Hot Chocolate | 1.80 | 2.10 |

| | | | |
|----------------------|------|-------------------|------|
| Martins Fresh Orange | 1.20 | Lucozade | 1.25 |
| Coca-Cola Can | 0.85 | Coca-Cola Bottle | 1.20 |
| Oasis | 1.25 | Cawston Press Can | 1.00 |
| Ribena Carton | 0.80 | Still Water | 0.85 |
| Strawberry Volvic | 1.20 | Crisps | 0.65 |
| Vimto | 1.25 | Lancashire Crisps | 0.90 |