

martins

bakers & sandwich makers

SELF SERVICE

SANDWICHES UP TO 55p CHEAPER THAN MADE TO ORDER

SAVE
AND AVOID
THE QUEUE

Ham Salad Muffin < 400kcal	2.40	Tandoori Chicken Wrap < 400kcal	2.90	Fruit Pot	1.40
Ham Salad Stick	2.90	Southern Fried Chicken Muffin	2.80	Grape Pot	0.95
Ham Muffin < 400kcal	2.20	Quiche Salad Slice	1.40	Trifle Pot	1.30
Sandwich of the day	2.80	Southern Fried Chicken Salad Box	3.40	Choc Fudge Slice	1.60
Cajun Chicken Muffin	2.35	Chicken Pasta	1.85	Carrot Cake Slice	1.60
Cajun Chicken Stick	2.80	Chicken & Bacon Pasta	1.95	Walkers Crisps	0.70
Tuna Mayo Muffin	2.20	Large Salad Bowl  2 of your 5 a day	2.50	Lancashire Crisps	0.95
Tuna Salad Muffin	2.35	+ Extra Fillings	from 0.75		
Turkey Salad Muffin < 400kcal	2.35	Roast Vegetables Cajun Chicken Spicy Cajun Cheese Ham Tuna Crunch Chicken Breast			
Egg Mayo Muffin 	2.20				

We make all of our sandwiches fresh daily and stick to our promise of

Made today - Sold today

MADE TO ORDER SANDWICHES

EASY AS **1** **2** **3** SUBJECT TO AVAILABILITY

CHOOSE YOUR

1 BASE

White Muffin	from 2.70
Brown Muffin	2.70
Oven Bottom Muffin	2.80
White Crusty Stick	3.10
Harvester Crusty Stick	3.10
White Soft Sub	3.10
Harvester Soft Sub	3.10
White Bread	3.10
Wholemeal Bread	3.10
Harvester Bread	3.10
Ciabatta	3.10
Seeded Bloomer	3.10

ADD A

2 FILLING

...all the same price

Ham	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	0.25	0.30
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	0.30	0.35
Beetroot	0.30	0.35
1/2 Boiled Egg	0.30	0.30
Stuffing	0.30	0.35

OTHER

EXTRAS

Crispy Bacon	0.45
Bacon Slice	0.40
Cheese Sprinkle	0.50
Cheese Tub	1.00
Tuna Tub	1.00
Cajun Chicken Tub	1.20
Chicken Breast	1.10
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	2.75	+ Fried Egg	0.50
All Day Breakfast Sub	3.35	+ Rasher of Bacon	0.40
Bacon Muffin	2.05	+ Sausage	0.40
Bacon Sub / Toast	2.70	+ Mushrooms	0.30
Sausage Muffin	2.25	+ Tomatoes	0.30
Sausage Sub / Toast	2.70	+ Black Pudding	0.40 NEW
Fried Egg Muffin 	1.90	Toast per slice	0.40
Fried Egg on Toast	2.40	Toasted Teacake	0.70
Black Pudding Muffin NEW	2.30	Fruit Toast - Hot	1.50
Hot Potato Cake	1.30	Luxury Porridge NEW	1.95





HOT DRINKS

	regular	large
Tea - PG Tips	1.10	1.25
Speciality Teas	1.25	1.40
Brewed Coffee NEW	1.20	1.40
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

	Freshly Baked	Kept Hot + VAT
Sausage Roll - <i>pork</i>	1.00	1.20
Cheese & Spinach Roll 	1.10	1.32
Cheese Pasty 	1.45	1.74
Potato & Meat Pasty - <i>beef</i>	1.40	1.68
Vegetable Curry Pasty 	1.40	1.68
Peppered Steak Pasty - <i>beef</i>	1.45	1.74
Jamaican Meat Patty - <i>beef</i>	1.45	1.74
Lancashire Pasty NEW <i>rump steak</i>	3.20	3.84
Bacon Tasty <i>smoked bacon</i>	1.35	1.32
Steak Pie - <i>beef</i>	1.80	2.16
Meat Pie - <i>beef</i>	1.50	1.80
Potato & Meat Pie - <i>beef</i>	1.60	1.92
Cottage Pie (<i>seasonal</i>) - <i>beef</i>	1.50	1.80
Hot Pot - <i>beef (free beetroot / red cabbage)</i>	1.95	2.34
Cheese & Onion Pie 	1.75	2.10
Hot Pie, Mash & Gravy NEW	-	3.80

VEGAN Range

Hot Pot	1.95
Pasty	1.40
Winter Soup	1.95
Baked Potato	3.20
+ Sandwich Extras	
Apple Tart	0.85
Mini Gingers	2.00

VEGAN HOT POT



SALADS & SOUPS

made by our chef at our bakery

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






approx 300g serving per soup

Quiche Salad Box	2.20
Chef's Salad Bowl	3.40
S F Chicken Box	3.40
Salad Bowl 	2.50

MELTS & PIZZAS

	Freshly Baked	Kept Hot + VAT
Pizza Napoli 	1.45	1.74
Roast Veg Pizza 	1.55	1.86
Pepperoni Pizza	1.55	1.86
Tuna S/corn Melt	2.75	3.30
Cajun Chicken Melt	2.80	3.36
Cheese Savoury Melt	2.70	3.24
Chicken & Bacon Melt	2.80	3.36
Spicy Cajun Melt	3.00	3.60

BAKED POTATOES

with butter	2.10
+ Cajun Chicken	3.20
+ Cheese 	3.20
+ Beans 	3.10
+ Coleslaw 	3.10
+ Tuna Sweetcorn	3.10
+ Cheese & Beans 	3.95
+ Coleslaw & Cheese 	3.95
+ Side Salad	0.60
<i>Tomatoes, Lettuce, Cucumber</i>	

DESSERTS & CAKES

Chocolate Brownie	1.70
Flapjack	1.50
Iced Finger	0.55
Small Egg Custard	0.85
Large Egg Custard	1.30
Apple Tart	0.85
Bakewell Tart	1.50
Ultimate Eccles	1.15
Trifle Pot	1.30
Fruit Salad	1.40
Vanilla	1.25
Bavarian	1.50
Lemon Bun	1.40
Chocolate Eclair	1.15
Chocolate Cake Slice	1.60
Carrot Cake Slice	1.60

COLD DRINKS

Martins Fresh Orange	1.30	Lucozade	1.30	Diet Coke	0.90
Coca-Cola Can/Bottle	1.00/1.50	Oasis	1.30	Volvic	1.25
Cawston Press Can	1.05	Still Water	0.90	Vimto	1.30
		Fruit Shoot	0.85	Mini Vimto	0.75
		Thirsy	0.80	Ribena	1.45