

# 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

	from
White Muffin	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
Wrap / Ciabatta	3.10
Seeded Bloomer	3.10

### ADD A

#### 2 FILLING

...all the same price

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

### ADD STANDARD

#### 3 SALAD

	Muffin	Stick
<b>Full Salad</b> Lettuce, Tomato Cucumber & Onion	0.25	0.30
<b>Lettuce</b> Iceberg Shredded Iceberg Mixed Leaf	0.15	0.20
<b>Tomato</b>	0.15	0.20
<b>Cucumber</b>	0.15	0.20
<b>Onion</b>	FREE	FREE
<b>Salad Extras</b>		
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	Cheese Tub	1.00
Bacon Slice	0.40	Slice of Turkey	1.00
Beans	0.40	Slice of Ham	1.00
Buttered Barm	0.45	Cajun Chicken Tub	1.20
Roasted Veg	0.75	Chicken Breast	1.10
Cheese Sprinkle	0.50	Tuna Tub	1.00

### 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

### Allergen Policy

We make hundreds of products in our shops and in our central bakery / kitchens for our shops. All are made to the highest hygiene standards, but because we don't have segregated production for each product, we can't really guarantee any of our food is allergen free.

Please take care. If you have any allergy queries please ask our friendly staff.



**HOT DRINKS**

	regular	large
Tea - PG Tips	1.10	1.25
Speciality Teas	1.25	1.40
Green		
Peppermint		
Fruit		
Brewed Coffee <b>NEW</b>	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

**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>	

**SALADS & SOUP**

300g serving

*made by our chef at our bakery*

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

Quiche Salad Box	2.20
Chef's Salad Bowl	3.40
S F Chicken Box	3.40
Salad Bowl <b>V</b>	2.50

**COLD DRINKS**

Lucozade	1.30	Martins Fresh Orange	1.30	Diet Coke	0.90
Oasis	1.30	Coca-Cola Can/Bottle	1.00/1.50	Volvic	1.25
Still Water	0.90	Cawston Press Can	1.05	Vimto	1.30

**PIES & PASTIES**

	Freshly Baked	Kept Hot + VAT
Sausage Roll - <i>pork</i>	1.00	1.20
Cheese & Spinach Roll <b>V</b>	1.10	1.32
Cheese Pasty <b>V</b>	1.45	1.74
Potato & Meat Pasty - <i>beef</i>	1.40	1.68
Vegetable Curry Pasty <b>V</b>	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 <b>NEW</b> <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
Chicken Saag Aloo Pie <b>NEW</b>	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 <b>V</b>	1.75	2.10
Hot Pie, Mash & Gravy <b>NEW</b>	-	3.80



**BREAKFAST**

**ALL DAY BREAKFAST - ANY 4 ITEMS!**

All Day Breakfast Muffin	2.75	<i>Extra items</i>	
All Day Breakfast Sub	3.35	+ Fried Egg	0.50
Bacon Muffin	2.05	+ Rasher of Bacon	0.40
Bacon Sub / Toast	2.70	+ Sausage	0.40
Sausage Muffin	2.25	+ Mushrooms <b>NEW</b>	0.30
Sausage Sub / Toast	2.70	+ Tomatoes <b>NEW</b>	0.30
Fried Egg Muffin <b>V</b>	1.90	Toast per slice	0.40
Fried Egg on Toast	2.40	Toasted Teacake	0.70
Hot Potato Cake	1.30	Fruit Toast - Hot	1.50

**MELTS & PIZZAS**

	Freshly Baked	Kept Hot + VAT
Pizza Napoli <b>V</b>	1.45	1.74
Roast Veg Pizza <b>V</b>	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 <b>V</b>	2.70	3.24
Chicken & Bacon Melt	2.80	3.36
Spicy Cajun Melt	3.00	3.60

**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