

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	2.50	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
Ham	roasted in our bakery ovens
Turkey	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 Lettuce, Tomato Cucumber & Onion	0.25	0.30
Lettuce Iceberg Shredded Iceberg Mixed Leaf	0.15	0.20
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	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 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

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	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
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Quiche Salad Box		2.20
Chef's Salad Bowl		3.40
S F Chicken Box		3.40
Salad Bowl		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	1.00	1.20
Cheese & Spinach Roll	1.10	1.32
Cheese Pasty	1.45	1.74
Potato & Meat Pasty	1.40	1.68
Vegetable Curry Pasty	1.40	1.68
Peppered Steak Pasty	1.45	1.74
Jamaican Meat Patty	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	1.80	2.16
Chicken Saag Aloo Pie NEW	1.80	2.16
Meat Pie	1.50	1.80
Potato & Meat Pie	1.60	1.92
Cottage Pie <i>(seasonal)</i>	1.50	1.80
Hot Pot <i>with free beetroot / red cabbage</i>	1.95	2.34
Cheese & Onion Pie	1.75	2.10
Hot Pie, Mash & Gravy NEW	-	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 NEW	0.30
Sausage Sub / Toast	2.70	+ Tomatoes NEW	0.30
Fried Egg Muffin	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	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

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