

**sandwich bar
takeaway food and
business catering specialists**

munch

**4 Corporation Road
Chelmsford
Essex CM1 2AR**

01245 268008



order.munch@hotmail.co.uk

www.munch1.co.uk



in* out

SANDWICHES

<i>chicken bacon mayo</i>	2.60	2.20
<i>bbq chicken</i>	2.60	2.20
<i>tuna mayo sweetcorn</i>	2.60	2.20
<i>cheese & pickle</i>	2.60	2.20
<i>egg bacon & mayo</i>	2.60	2.20
<i>chicken mayo and sweetcorn</i>	2.60	2.20
<i>chinese chicken</i>	2.60	2.20
<i>creamy green thai chicken</i>	2.60	2.20
<i>stilton and walnut</i>	2.60	2.20
<i>coronation chicken mango chutney and lettuce</i>	2.85	2.45
<i>chicken tikka lettuce and raita</i>	2.85	2.45
<i>prawn cocktail and avocado</i>	2.85	2.45
<i>crayfish tails, rocket and lemon mayo</i>	2.85	2.45

WRAPS AND ROLLS

<i>truly scrumptious wraps from</i>	2.70	2.30
<i>freshly baked & filled rolls from</i>	1.75	1.35

BAGUETTES

<i>prawn salad</i>	3.10	2.95
<i>cheese salad</i>	3.10	2.95
<i>cheese and red onion</i>	2.90	2.75
<i>chicken bacon mayo</i>	2.90	2.75
<i>chinese chicken</i>	2.90	2.75
<i>italian chicken</i>	2.90	2.75
<i>stilton and walnut</i>	2.90	2.75
<i>prawn cocktail and avocado</i>	3.10	2.95
<i>crayfish tails, rocket and lemon mayo</i>	3.10	2.95

TOASTIES

<i>cheese</i>	2.80	2.40
<i>cheese and ham</i>	3.00	2.65
<i>cheese and red onion</i>	2.80	2.40
<i>cheese and beans</i>	3.00	2.65
<i>chicken bacon mayo and cheese</i>	3.00	2.65
<i>italian chicken and mozzarella</i>	3.00	2.65
<i>bbq chicken and cheese</i>	3.00	2.65
<i>tuna mayo sweetcorn and cheese</i>	3.00	2.65
<i>ham tomato and mustard</i>	2.80	2.40

JACKET POTATOES

<i>chilli con carne and sour cream</i>	3.15	2.75
<i>cheese and beans</i>	3.15	2.75
<i>tuna mayo sweetcorn and cheese</i>	3.15	2.75
<i>coronation chicken</i>	2.90	2.50
<i>prawn mayo</i>	2.90	2.50
<i>cream cheese & pineapple</i>	3.15	2.75

*served with a salad garnish & crisps

~ many other fillings available ~

	in*	out
SALADS		
<i>chicken caesar</i>	2.90	2.50
<i>prawn & seafood dressing</i>	2.90	2.50
<i>coronation chicken and mango chutney</i>	2.90	2.50
<i>salmon</i>	2.90	2.50
<i>greek salad</i>	2.90	2.50
<i>cheese & red onion</i>	2.90	2.50
<i>chicken bacon mayo</i>	2.90	2.50
<i>side salad</i>	1.70	1.70
<i>large salad</i>	-	3.80
PANINI		
<i>tuna mayo and cheese</i>	3.10	2.95
<i>stilton walnut and cranberry</i>	3.10	2.95
<i>brie and bacon</i>	3.10	2.95
<i>bbq chicken and mozzarella</i>	3.10	2.95
<i>cheese and ham</i>	3.10	2.95
<i>breakfast (sausage, bacon, egg)</i>	3.40	3.15
ALL DAY BREAKFAST		
<i>2 sausages, 2 bacon, scrambled egg mushrooms, heinz beans, tea and toast</i>	5.95	5.95
SOUP		
<i>carrot and coriander</i>	1.65	1.25
<i>potato and leek</i>	1.65	1.25
<i>served with a buttered roll</i>	1.95	1.60
CAKES		
<i>scone with butter and jam</i>	1.20	0.95
<i>toasted tea cake</i>	1.00	0.75
<i>muffins</i>	0.90	0.70
<i>flapjacks</i>	0.90	0.70
<i>rocky road, millionaire's shortbread</i>	1.00	0.80
<i>carrot cake</i>	1.45	1.25
<i>cheesecake**</i>	1.45	1.25
<i>hot chocolate fudge cake**</i>	1.45	1.25
<i>victoria sponge cake**</i>	1.45	1.25
DRINKS		
<i>cup of tea / pot of tea for 1</i>	1.10/1.50	0.70
<i>cup of speciality tea / pot of speciality tea</i>	1.20/1.60	0.90
<i>filter coffee, freshly ground</i>	1.40	0.90
<i>cappuccino</i>	1.60	1.10
<i>hot chocolate with cream and sprinkles</i>	1.60	1.10
<i>mocha</i>	1.50	1.10
<i>latte</i>	1.50	1.10
<i>tropicana freshly squeezed orange juice</i>	1.60	1.20
<i>coke, pepsi, fanta , bottles</i>	1.35	1.00
<i>mineral water still or sparkling</i>	1.15	0.75

**eat in served with fresh dairy cream

~ for specials see blackboard ~

BUSINESS/OUTSIDE CATERING PLATTERS

PLEASE ORDER IN ADVANCE

ORIENTAL PLATTER £19.99

an exotic selection of mini onion bhajias, vegetable samosas, chicken satay sticks with sweet thai chilli and mango chutney dipping sauces.

PLOUGHMANS PLATTER £17.99

a feast of traditional mini pork pies, cheddar cheese and stilton cubes, pickles, grapes and biscuits for cheese.

SANDWICH PLATTER (Standard) £19.99
(Luxury) £22.99

assorted sandwiches with various fillings, including vegetarian options

QUICHE £19.99

large homemade quiche served with a side dish of crunchy coleslaw.

FRUIT PLATTER £17.99

various fresh seasonal fruits, including pineapple, melon, grapes and strawberries, cut into easy to eat bite-size portions.

SEAFOOD PLATTER £24.99

a mouthwatering selection of prawns, crevettes, crayfish, smoked salmon, smoked mackerel and seafood paté served with a crunchy french stick basket and a seafood cocktail dipping sauce.

WRAP PLATTER £19.99

a selection of wraps cut into easy to eat pieces with various mouthwatering fillings.

CAKE PLATTER £16.99

luxury selection of mini pastries and chocolate éclairs in easy to eat bite-size pieces.

Platters serve approximately 8 to 10 persons

DRINKS

sparkling / still mineral water £1.00 per litre

fresh fruit juice £2.00 per litre

FREE DELIVERY ON ALL BUSINESS PLATTERS

FREE DELIVERY ON ALL ORDERS OVER £10

4 Corporation Road

Chelmsford

Essex CM1 2AR

01245 268008



order.munch@hotmail.co.uk

www.munch1.co.uk

