

Menu Prices are for Granary, Wholemeal and White Farmhouse.
Add 40p for Green Olive Ciabatta, Mediterranean Flat Bread, or
Sour Dough Bun.
Add 30p for French Baguette, Harvester Baguette, White or Granary Bag,
Plain, Tomato, Spinach or Wholemeal Wrap.

Chicken & Turkey

Sunshine Chicken	£3.00
Chicken, Chargrilled Peppers and Rocket.	
Tradewinds	£3.00
Chicken Breast, Fresh Mango, and Lollo Rosso with Mango, Tomato and Coriander Salsa.	
Crowning Glory	£2.80
Chicken in a Mild Curry Mayonnaise with Sultanas on a bed of Iceberg Lettuce.	
Lemon Lite	£2.80
Chicken in a Lemon & Black Pepper Marinade on a bed of Romaine Lettuce.	
Spice Trail	£2.80
Balti Flavoured Chicken with Mango Chutney and Shredded Iceberg.	
Rooster Booster	£3.70
Chicken with Mixed Salad and Mayonnaise.	
Chicken Licken	£2.80
Chicken, Bacon, Avocado, Lettuce & Honey Mustard Mayonnaise.	
Hey Pesto	£2.60
Chicken, Tomato, Fresh Basil & Pesto Mayonnaise.	
Christmas Dinner	£3.70
Turkey, Cranberry and Sage & Onion Stuffing.	
Avalunch	
Turkey, Bacon, Swiss Cheese, Onion Marmalade and Tomato.	

Bacon Blitz

All Day Breakfast	£2.60
Bacon with Free Range Egg & Mayonnaise.	
BLT	£2.80
Bacon, Lettuce, Tomato & Mayonnaise.	
The Brunch	£2.80
Bacon, Egg Mayonnaise & Tomato.	
Green Streak Plus	£3.40
Bacon, Avocado, Tomato, Rocket and Caesar Dressing.	
Blues & Greens	£3.20
Bacon, Stilton, Avocado, Spinach & Lemon Mayonnaise.	
Chilli Breeze	
Brie, Bacon & Sweet Chilli Jam.	

Catch of the Day

Give Us a Tuna	£2.00
Tuna Mayonnaise & Green Salad.	
Seafarer	£2.20
Tuna mixed with Peppers, Sweetcorn & Mayonnaise and Mixed Salad.	
Fishermans Friend	£2.40
Smoked Mackerel mixed with Spring Onion, Horseradish & Mayonnaise and Lettuce.	
Fishy Business	£2.50
Tuna, Mayonnaise with English Cheddar and Red Onion.	
Wildfin	£2.80
Wild Smoked Salmon, Lemon Juice & Black Pepper.	
Oye Vey	£3.40
Wild Smoked Salmon & Cream Cheese.	
Surfing the Net	£3.40
Hot Smoked Salmon with Capers, Mixed Leaves & Lime Mayonnaise.	
Deep Sea Delight	£2.80
Prawns in our own Pepper Sauce Rosa with Sliced Avocado.	
Poachers Prize	£3.00
Poached Salmon in a Lemon & Dill Mayonnaise with Lettuce.	
Tailspin	£3.70
Crayfish Tails with Lime Mayonnaise & Mixed Leaves.	

Cheese 2 Please

Easy Cheesy	£2.20
English Cheddar, Mixed Salad & Mayonnaise.	
The Appleton	£2.20
English Cheddar, Spring Onion & Country Garden Chutney.	
Green & Pleasant	£2.60
French Brie, Watercress, Grapes & Balsamic Sauce.	
Norwegian Nosh	£2.70
Jarlesberg Cheese, Sun Dried Tomato, Avocado & Lettuce.	
Capricosa	£2.60
Mozzarella, Avocado, Tomato, Basil & Pesto Mayonnaise.	
Simply Red	£2.40
Red Leicester, Red Onion, Sun Blushed Tomato & Lollo Rosso.	
Old Smokey	£2.60
Smoked Cheddar, Tomato & Onion Marmalade.	
French Connection	£2.60
French Brie, Basil and Tomato.	
Vegging Out	£3.00
Cream Cheese with Roasted Vegetables and Rocket.	

Mostly Ham

Ham it Up	£2.20
Honey Roast Ham, Mixed Salad & Mayonnaise.	
Mountaineer	£2.70
Honey Roast Ham and Swiss Cheese.	
Double Bill	£2.80
Smoked Ham with Cheesy Coleslaw.	
Hambrosia	£3.00
Honey Roast Ham, Brie and Cranberry.	
Hambuster	£3.60
Honey Roast Ham, Sunblushed Tomato, Parmesan Romaine Lettuce and Sweet Chilli Jam.	
The Latino	£3.60
Honey Roast Ham, Mozzarella, Chargrilled Peppers & Balsamic Sauce.	
Hot Hog	£2.60
Ham from the Bone & English Mustard.	

Eggstras

Egg & I	£1.80
Free Range Egg Mayonnaise.	
Eggcellent	£2.00
Sliced Free Range Egg, Mixed Salad & Mayonnaise.	
Good Egg	£2.40
Sliced Egg, Chargrilled Peppers and Spinach.	

Meat Feast

Beefeater	£2.80
Rare Roast Beef, Lettuce & Horseradish.	
Beef Encounter	£2.90
Rare Roast Beef, Mixed Salad & Mustard Mayonnaise.	
The Reubens	£3.20
Pastrami, Jarlesberg Cheese, Dill Cucumber Lettuce & Dijon Mustard.	
Meeting Point	£3.60
Rare Roast Beef, Shavings of Parmesan, Rocket and Mustard Mayonnaise.	
Love Lamb	£3.60
Lamb roasted with Garlic and Herbs, Mixed Leaves and Organic Rosemary Jelly.	

Ready Veggie Go

Total Veggie	£2.20
Avocado, Sun Blushed Tomato & Mixed Salad with French Dressing.	
Mighty Med	£2.80
Houmous, Avocado, Chargrilled Peppers & Crisp Leaves.	
Hooray Houmous	£2.20
Houmous & Mixed Salad.	

Fresh Salad Bowls

Crayzee For It	£4.00
Crayfish Tails, Mixed Leaves, Tomatoes, Lemon Wedge & our own Chilli Dressing.	
Smokehouse	£3.75
Hot Smoked Salmon, our own Potato Salad, Mixed Leaves & Lemon Mayonnaise.	
Nicoise	£3.75
Tuna Flakes, Potato, Free Range Egg, Tomato, Black Olives, Red Onion & Dressing.	
Chevolait	£3.75
French Goats Cheese, Chargrilled Peppers, Mixed Leaves, Pine Nuts & Dressing.	
Caesar	£3.75
Chicken Breast, Parmesan shavings, Cherry Tomatoes, Romaine Lettuce & Caesar Dressing.	
Club Salad	£3.75
Chicken, Bacon, Avocado, Tomato, Red Onion, Mixed Leaves & French Dressing.	
Peasant Salad	£3.75
Feta, Chopped Tomato, Cucumber, Peppers, Red Onion, Olives, Parsley & Dressing.	
Vegetable Patch	£3.75
Pasta Salad in a light dressing of Herb infused Olive Oil, with Sun Blushed Tomatoes, Roasted Vegetables and Shredded Spinach.	
Thyme Team	£3.75
Thyme Infused Chicken Breast, Mixed Leaves and Cherry Tomatoes with Honey Mustard Dressing.	
British Hero	£2.50
Smoked Ham, Cheesy Coleslaw, Spring Onions, Tomato, Iceberg and French Dressing.	
Sideshow	£1.85
Small Side Salad of Mixed Leaves, Tomato and Cucumber, your choice of Dressing, Blue Cheese, Honey Mustard, Caesar, or French.	
Tutti Frutti	
Fresh Fruit Salad.	

Savoury Choice

Large Sausage Roll	£1.20
Tasty Lincolnshire Sausage in Flaky Pastry.	
Premium Scotch Egg	£1.10
Classic Savoury Snack of Egg encased in Sausage.	
Spanacopitta	£1.20
Delicious Vegetarian Snack of Spinach and Ricotta in light Filo Pastry.	
Pasties	£2.00
Freshly baked here, Beef or Bacon & Cheese	
Cheese, Tomato & Basil	£1.70 (check daily availability)

Serious Sponges from a selection

Locally made moist sponge cakes. Dark Chocolate Fudge, Coffee & Walnut, Carrot Cake, Blackcurrent & Apple Crumble, Tanga Lemon or Victoria
Subject to availability. per generous slice **£1.35**

Most of our very special and delicious cakes are made for us in Chichester.

Patisserie

Plain Flapjack	£1.00
A rich and sticky bar of wholesome oats and brown sugar.	
Apple & Cinnamon Flapjack	£1.00
Our traditional flapjack with moist apples and mixed spice.	
Zingy Lemon	£1.10
Soft Lemon Shortbread with a zingy centre!	
Rocky Road	£1.10
A blend of thick chocolate fudge, crammed with crisp biscuit pieces, squidgy marshmallows, juicy apricots, sticky cherries and whole hazelnuts.	
Millionaire Shortbread	£1.10
a melt in the mouth butter shortbread base, layered with rich caramel toffee and topped with a smooth chocolate topping.	
Cappuccino Slice	£1.10
a coffee flavoured fudge biscuit, topped with thick white chocolate.	
Karamel Krispie	£1.10
Chewy rice, crispy bar.	
American Fudge Brownie	£1.10
a chewy chocolate and hazelnut brownie bar 'very addictive'.	
Praline Truffle Slice	£1.10
Shortbread base topped with delicious hazelnut praline and milk chocolate.	
Butterscotch & Pecan Slice	£1.10
Shortbread base topped with pecan nuts and moist butterscotch.	

Softdrinks

Regular & Diet Coke	70p
Diet Lit	70p
Sprite	70p
Ribena	70p
Still Water	70p
Sparkling Water	£1.35
Fruit Juices by James White 25cl.	£1.35
Organic Raspberry & Pear	£1.35
Carrot & Apple	£1.25
Apple & Ginger	99p
Classic Bramley	
Fresh Orange Juice	

Speciality Crisps

Walkers Sensations	55p
Please ask for today's choice.	
Tyrrells	85p
Naked No Salt, Lightly Salted, Sea Salt & Black Pepper	
Cheddar Cheese & Chive, Cider Vinegar & Sea Salt,	
Thai Curry & Coriander, Worcester Sauce & Sun Dried Tomato.	£1.10
Parsnip Roots	£1.35
Mixed Roots	

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1 Sadlers Walk, 44 East Street, Chichester, West Sussex PO19 1HX
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Chichester, West Sussex PO19 7JU

We have been providing Chichester with superb quality offerings since 1990. Our success is down to a varied and exciting choice, use of only the finest ingredients, and first class service. Our sandwiches are hand made on the premises every day. The breads we use are traditionally baked locally by an independent baker. Because our bread does not contain preservatives, all sandwiches have a one day shelf life. We bake our own baguettes and speciality rolls on site every morning to ensure absolute freshness.

- We use only approved reputable suppliers
- We do not use processed or reconstituted meats
- Our eggs are free range
- Our beef comes from the finest Scottish free range herds
- Our smoked and poached salmon are wild
- We use a low fat spread and mayonnaise