Menu Prices are for Granary, Wholemeal and White Farmhouse.
Add 40p for Green Olive Ciabatta.

Add 30p for French Baguette, Harvester Baguette, White or Granary Bap, Wrap, Plain, Tomato, or Spinach.

Chicken & Turkey

Sunshine Chicken £3.20
Chicken, Chargrilled Peppers and Rocket.

Smokey Joe £3.30
Smoked chicken, bacon and mayo.

Sombrero £3.00
Chicken breast quacamole ,mixed leaves & hot sauce

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 £2.80
Chicken, Tomato, Fresh Basil & Pesto Mayonnaise.

Christmas Dinner £3.90
Turkey, Cranberry and Sage & Onion Stuffing.

Avalunch £2.60
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 £3.60
Bacon, Avocado, Tomato, Rocket and Caesar Dressing.

Blues & Greens £3.40
Bacon, Stilton, Avocado, Spinach & Lemon Mayonnaise.

Pork-A-Plenty £3.20
Lincolnshire Pork sausage,bacon & Swiss cheese.

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.

Deep Sea Delight £2.80
Prawns in our own Pepper Sauce Rosa with Sliced Avocado.

Stockholm Special £3.50
Smoked salmon, dill pickle,capers,Watercress & lemon zest.

Linesmans Lunch £3.50
Flaked poached salmon, cucumber, mixed Leaves & lemon mayo

Sidewalk £3.50
Crab with Romaine Lettuce and Chilli mayo

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.

Zorba £3.20
Feta cheese,olives,fresh tomato,houmous & watercress

Mostly Ham

Ham It Up £2.20
Honey Roast Ham, Mixed Salad & Mayonnaise.

Minx Plus £2.55
Honey roast ham,sliced boiled egg,tomato & mayo.

Geneva £2.90
Honey Roast ham,swiss cheese,spring onion & mustard mayo.

Double Bill £2.80
Smoked Ham with Cheesy Coleslaw.

Hambuster £3.60
Honey Roast Ham, Sunblushed Tomato, Parmesan Romaine Lettuce and Sweet Chilli Jam.

Hot Hog £2.60
Ham from the Bone & English Mustard.

Wedge Ham United £2.70
Honey Roast Ham & Cheddar.

Eggstras

Egg & I £1.80
Free Range Egg Mayonnaise.

Eggcellent £2.00
Sliced Free Range Egg, Mixed Salad & Mayonnaise.

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.

Pork & Best £2.80
Roast pork,sage & Onion stuffing & apple sauce

Bronx Buster £3.00
Salt beef,dill pickle & english mustard.

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.

Cool Crunch £2.50
Avocado,coleslaw.pine nuts & mixed leaves.

Fresh Salads

Crayzee For It £4.00
Crayfish Tails, Mixed Leaves, Tomatoes, Lemon Wedge & our own Chilli Dressing.

Nicoise £3.75
Tuna Flakes, Potato, Free Range Egg, Tomato, Black Olives, Red Onion & Dressing.

Chevrolait £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.

Quiche of the Week £3.75
served with mixed leaves,tomato Cucumber and french dressing.

Lakeside £3.75
Smoked trout fillet,cherry tomato,mixed leaves
Lemon wedge & lemon mayo.

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 Fruitti
Fresh Fruit Salad.

Savoury Choice

Large Sausage Roll £2.00
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.

Cornish Made Traditional Pasties
Freshly baked here, Beef or Bacon & Cheese £2.10
Cheese, Tomato & Basil £1.80 (check daily availability)
Cheesy Twist £1.10 Veggie Roll £1.20 Hand Raised Pork Pie £1.20

Serious Sponges *from a selection*

Locally made moist sponges from a selection to include, Chocolate fudge, Coffee & Walnut, Victoria, Tangy Lemon, Carrot Cake, Apple & Blackcurrent Crumble
..... per generous slice £1.40

Delicious bar cakes from a selection to include, American Fudge Brownie, Chocolate Slice, Karamel Krispie, Millionares Shortbread, Missisippi Slice, Zingy Lemon Shortbread, Butterscotch & Pecan Slice, Various Flapjacks
..... per generous slice £1.20

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

Seriously Simple

A range of single ingredient fillngs presented on Farmhouse white , granary or wholemeal. £1.90

Tuna Mayo £1.80

Honey Roast Ham £1.80

Free Range Egg Mayo £1.80

Mature Cheddar £2.40

Roast Turkey Breast £1.60

Mixed Salad & Mayo £1.80

Ardennes Pate £1.80

Soft drinks

Regular & Diet Coke 70p
Diet Lilt 70p
Sprite 70p
Ribena 70p
Still Water 70p
Sparkling Water 70p

Fruit Juices by James White 25cl.
Organic Raspberry & Pear £1.35
Carrot & Apple £1.35
Apple & Ginger £1.35
Classic Bramley £1.25
Fresh Orange Juice 99p

Speciality Crisps

Walkers 55p
Salt & Vinagar.Cheese & Onion Ready Salted

Tyrrells 85p
Lightly Salted, Cider Vinegar & sea Salt,
No Salt Worcester Sauce & sundried Tomato, Salt & Black Pepper
Ludlow Sausage, Sweet Chilli

Parsnip Roots £1.40

Mixed Roots £1.40

NEW! now order Online! at
www.serioussandwichpeopleltd.com

THE SERIOUS SANDWICH

Van Delivery:
tel/fax: 01243 839330
Shop Collection:
tel/fax: 01243 781990
1 Little London Walk, 44 East Street. Chichester, West Sussex PO19 1HX - Unit 38 St James Industrial Estate, Westhampnett Road, 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 salmon is wild
- We use a low fat spread and mayonnaise