

This is the menu of preselected food items from Sandwich Baron, with the focus on healthy living. The price listed on the menu is your price, i.e. the company's contribution is already deducted.

Procedure:

1. Please email your order to Receptionist before 09:30 in the morning as an Order Item number. (The Order Item Number can be found in the first column of the menu named "No").
2. Your purchases will be accumulated during the month and deducted from your salary at the end of the month. Recons is a running month from the 25th to the 25th.
3. **Please note:** No orders will be accepted after 09:30

Rules:

1. The benefit is on a use-it-or-lose-it basis.
2. You are not allowed to roll over the company contribution to the next day. Meaning you didn't order for a couple of days and assume that the combined value is available. (use-it or lose-it).
3. The contribution is never a cash incentive, meaning if you don't have lunch you cannot request the cash value. (use-it or lose-it).
4. You cannot order under another person's name, utilizing their daily benefit.

Please recognise the opportunity as the company wanting to invest in healthy eating habits, that is linked to fresh water, fruit and a healthy lunch!!

Sandwich



No	Item	Sandwich	French	Footlong
1	Scrambled egg	R 9,30	R 20.40	R 35.00
2	Beef, cheese, avocado	R 22.00	R 35.00	R 50.10
3	Beef, avocado, gherkin & salad	R 28.60	R 43.60	R 60.60
4	Beef, mustard & cheese	R 19.00	R 33.50	R 48.50

5	Beef salad	R 17.40	R 50.40	R 43.40
6	Biltong & chicken mayonnaise	R 26.00	R 41.60	R 58.60
7	Cheese & avocado	R 13.80	R 22.90	R 37.00
8	Cheese, mozzarella & feta	R 16.90	R 31.00	R 49.10
9	Cheese & tomato	R 9.20	R 18.30	R 32.00
10	Cheese salad	R 13.30	R 25.40	R 40.40
11	Chicken & avocado	R 14.40	R 26.40	R 45.60
12	Chicken Mayo	R 11.40	R 24.90	R 44.00
13	Chicken Mayo & avocado	R 18.50	R 33.00	R 54.10
14	Chicken Mayo & cheese	R 15.50	R 32.00	R 54.10
15	Chicken Mayo, Cheese & avocado	R 22.60	R 40.10	R 64.20
16	Chicken Mayo, Cheese & pine	R 19.60	R 37.10	R 61.20
17	Chicken Mayo & feta	R 17.50	R 34.00	R 56.10
18	Chicken salad	R 13.90	R 28.90	R 49.00
19	Chicken tikka	R 12.40	R 25.90	R 45.10
20	Cream peri-peri chicken livers	R 19.30	R 40.40	R 32.50
21	Egg mayonnaise	R 9.90	R 22.40	R 35.00
22	Ham & cheese	R 10.90	R 21.90	R 37.00
23	Ham, cheese & avocado	R 18.00	R 30.00	R 47.10
24	Ham, cheese & tomato	R 13.40	R 25.40	R 42.10
25	Meatballs, cheese & chutney	R 16.50	R 34.60	R 54.60
26	Meatballs & fried onions	R 10.80	R 24.40	R 41.10
27	Salami & cheese	R 15.40	R 27.50	R 45.60
28	Steak & cheese	R 21.90	R 37.00	R 52.20
29	Steak, cheese & avocado	R 29.00	R 45.10	R 62.30
30	Steak & fried onions	R 20.30	R 33.40	R 47.20
31	Steak, fried onions & tomato & BBQ sauce	R 26.90	R 43.50	R 60.80

32	Tuna Mayo	R 15.40	R 28.00	R 47.00
33	Crispy bacon, sliced boiled egg, cheese	R 20.20	R 37.00	R 51.70

Club Sandwich

No	Item	Price
33	Classic club bacon, Gouda, chicken Mayo, lettuce & mayonnaise	R 29.50

Salad



No	Item	Price
36	Avocado salad	R 21.00
37	Biltong & avocado salad	R 49.00
38	Chicken & avocado salad	R 28.00
39	Chicken salad	R 21.00
40	Chicken tikka salad	R 27.00
41	Chicken bit salad	R 27.00
42	Greek salad	R 21.00
43	Steak & crumbled feta salad	R 43.00
44	Tuna salad	R 27.00
45	Fruit salad	R 18.00

Wrap



No	Item	Price
46	Chicken strips, avocado & fried onion wrap	R 24,00
47	Ham & mozzarella & salad wrap	R 20,00

Lunch box

No	Item	Price
48	Training lunch box option <i>Sandwich, apple or banana & a 250ml liquifruit</i>	R 30.00

Banting

No	Item	Price
49	Banting breakfast box <i>2 boiled eggs, 2 rashers of bacon, 2 cocktail pork sausages, 2 slices of tomato with garlic & herbs</i>	R 20.00
50	Banting lunch option 1 <i>Quarter chicken roasted to perfection served with avocado & sliced boiled eggs</i>	R 28.00
51	Banting lunch option 2 <i>2 chicken drumsticks roasted to perfection served with cottage cheese, cucumber & tomato salad with balsamic vinegar & olive oil dressing</i>	R 25.00
52	Banting burger <i>Avocado, bacon, 100% meat patty, Gouda, lettuce, onion & tomato</i>	R 31.00
53	Banting Chicken strips <i>Chicken strips, avocado, onion, tomato mix, cooked in butter & flavoured with medley of spices</i>	R 27.00
54	Banting soup <i>500ml of delicious creamy Greek & sweet potato soup</i>	R 9.00

55	Banting Chicken livers peri-peri <i>250ml tub of creamy chicken livers</i>	R 8.00
56	Banting picnic box <i>2 banting scotch eggs, a streaky beacon, salad served with balsamic vinegar dressing & pecan nuts</i>	R 66.00
57	Banting omelette <i>Filled with cheese, avocado, served with a side salad & balsamic vinegar 7 Olive oil dressing</i>	R 33.00
58	Banting veggie omelette <i>Filled with mozzarella, fried onion & mushrooms, served with a side salad & balsamic vinegar& olive oil dressing</i>	R 29.00

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