

sandwiches to take away

spanish passion	£3.25
roast chicken roasted peppers with rocket and smoked paprika dressing	
hot spanish passion	£3.40
roast chicken roasted peppers and roasted hot chillies with rocket and smoked paprika dressing	
yorkshire hunk	£3.60
thinly sliced yorkshire beef with caramelised red onion, mustard and ale cheese on rocket with mustard mayo dressing	
rare heat	£3.40
a favourite of rare mature beef sliced thin & piled with crispy red onion, sweet gherkin pickled chilli on rocket with mustard mayo served on granary sliced	
joy of spring beef	£3.60
medium rare matured beef with roasted spring onions sliced gherkin on rocket with tangy tarragon mayo	
italian new yorker <i>improved</i>	£3.60
piled pastrami with gherkin tomatoes mustard mayo a touch of red onion with sliced gruyere cheese on mixed leaves in ciabatta	
salami supper	£3.50
italian salami with jarlesberg cheese bedded with mixed leaves marinated sun-dried tomatoes on ciabatta bread	
san danielle sensation	£4.10
the finest san danielle air dried ham with luscious buffalo mozzarella marinated sun-dried tomatoes bedded with rocket on ciabatta	
hammed up chuck	£3.60
roast ham and chicken with mustard and ale cheese mustard mayo bedded with rocket on ciabatta	
dot com club	£3.45
layer one with turkey kos lettuce and tomato dressed with lemon mayo, on layer two egg mayo with crispy dry cure bacon all on toasted malted bread	
pollo italiano	£3.35
roast chicken with marinated sun-dried tomatoes on mixed leaves with pesto dressing and added pine nuts for crunch	
chicken caesar	£3.20
roast chicken with the best shaved parmesan cheese on kos lettuce with homemade caesar dressing	
chicken caesar extra	£3.60
with crispy dry cure bacon	
blt on sun-dried	£3.20
classic crispy dry cure bacon lettuce and tomato with mayo on sun-dried tomato bread	
french sauce	£3.15
a popular choice of baguette filled with brie crispy dry cure bacon cranberry sauce	
crispy rocket chicken	£3.30
roast chicken with crispy dry cure bacon on rocket with red onion dressed in lemon mayo	
tasmanian ploughmans <i>(v)</i>	£3.00
extra fine mature cheddar cheese with homemade spiced apple chutney green leaves vine tomato and red onion on white	
antipasti roasted vegetables <i>(v)</i>	£3.25
roasted aubergine courgette peppers and onions with pesto on mixed leaves and topped with the finest buffalo mozzarella	
al greco <i>(v) improved</i>	£3.10
a layer of cucumber & vine tomatoes topped with feta cheese red onion black marinated olives and roasted peppers	
deliciously vegan <i>(v)</i>	£3.50
ciabatta spread thickly with homemade hummus piled avocado olives sun-blushed tomatoes bedded with mixed leaves	
red hummus <i>(v)</i>	£3.10
sun-dried tomato ciabatta spread thickly with homemade hummus with roasted red pepper and rocket	
sophisticated salmon	£3.40
an old classic of smoked salmon with a generous serving of cream cheese bedded on watercress in brown	
seafood club <i>new</i>	£4.95
between slices of toasted granary lies on layer one smoked salmon with cream cheese & rocket, on layer 2 king prawns with egg mayo	
king zucchini	£4.50
king prawns cooked to order with egg mayo and roasted courgettes bedded on rocket between malted brown bread and a squeeze of fresh lemon	
mexican king	£4.50
spicy king prawns cooked to order with avocado dressing roasted peppers leaves with vine tomatoes on white	
tonno rosso	£3.45
tuna with extra virgin olive oil fresh lemon juice roasted red peppers bedded with rocket and red onion on ciabatta	
tonno uova	£3.59
italian yellow fin tuna with free range egg mayo capers and pickled chilli on a bed of rocket served on ciabatta	

melts to takeaway

mozzarella presto <i>(v)</i>	£3.65
buffalo mozzarella with sun-dried tomatoes on ciabatta stonebaked until wonderfully melted and a hint of pesto	
best of british	£4.25
dry cure crispy bacon with caramelised red onion topped with the finest mature cheddar cheese on a long french baguette	
latin lover	£4.25
roasted red peppers with chorizo topped with spanish cheese melted on ciabatta bread	
swiss heat	£3.95
roast ham with sweet chilli sauce loaded with gruyere cheese on a baguette stone baked	
san danielle melted sensation	£4.75
the finest san danielle parma ham topped with marinated sun-dried tomatoes and the finest buffalo mozzarella on ciabatta stone baked add some rocket	
hot hunk	£4.25
thinly sliced beef with caramelised onions topped with mustard and ale cheese on ciabatta stone baked until oozy	
heat it up <i>(v)</i>	£3.65
mature cheddar with pickled chillies stone baked until oozy	

Specials

*Albondigas Fiesta away £4.50 in £6.95
homemade spiced meatballs with roast peppers
tomato sauce and swiss cheese stonebaked on
ciabatta don't forget the crispy red onion!*

*Homemade Soup Changing Daily away £1.75 in £3.50
i.e. yorkshire hunk soup, swiss heat soup, latin lover soup*

Check Boards for Daily Hot Meal Specials

salads to takeaway (all prices for medium go double add £2.95)

antipasti salad	£4.85
san danielle ham with mixed salamis, roasted spring onion, sun-dried tomatoes, olives, roasted vegetables on a bed of mixed leaves and rocket, with choice of dressings	
buffalo salad	£3.75
simply ripped buffalo mozzarella with cherry vine tomatoes on a bed of rocket sprinkled with pine nuts dressed with balsamic and extra virgin	
chicken caesar salad	£3.65
simply roast chicken with cos lettuce the finest shaved parmesan and our special homemade caesar dressing	
chicken caesar extra salad	£3.95
as above with crispy bacon	
al greco salad <i>(v)</i>	£3.65
juicy cucumber and cherry vine tomatoes topped with feta cheese, red onions marinated black olives and roasted red peppers with your choice of dressings	
spanish king salad	£5.75
king prawns with roasted red peppers, and spicy chorizo sausage, marinated olives on a bed of rocket with smoked paprika dressing	
tonno greco salad	£4.05
tuna drizzled with extra virgin sitting on a salad of feta with roasted red pepper	
crispy red onion on mixed leaves with cherry vine tomatoes	
power protein salad	£3.95
extra roast chicken lean crispy bacon on mixed leaves with cherry vine tomatoes, diced cucumber and a special cranberry dressing	
yorkshire hunk salad	£3.95
roast rare yorkshire beef with a slab of mustard and ale cheese, caramelised roasted red onions diced gherkin on a bed of watercress with a mustard dressing.	
hot spanish passion salad	£3.95
roast chicken with roasted red peppers, roasted red chillies, cherry vine tomatoes on rocket with smoked paprika dressing	
king scot	£5.75
scottish smoked salmon with king prawns, boiled free range egg on a bed of rocket with diced cucumber and lemon dressing.	

we can put together any salad or sandwich you wish please check blackboards or ask what is available. all eat in sandwiches are served with a side salad.

telephone 01482 502269 email greatfood@lunch-on.com web www.lunch-on.com

passionate about great food

extras to go

marinated italian olives (per 100g)	£1.55
sun blushed tomatoes (per 100g)	£1.85
pipers chips	£0.75
homemade tartlets of the day	£1.65
puff pastries	£0.90
goosefat roasted potatoes	£2.55
empandillas (lge)	£1.25

dessert (including brownie heaven) to go

changing daily please ask about our range of homemade desserts & cakes

breakfast to go

selection of mini croissants pain au chocolate/raisin	£2.25
homemade brownies (from)	£1.00
selection of fruit salads	£2.95
freshly squeezed oj	£2.10
full english breakfast	£4.95
dry cure bacon, award winning sausages, choice of italian free range eggs, italian plum tomatoes and sauted field mushrooms, served with toast	
ham and two poached eggs with toast	£3.45
eggs on granary toast	£2.05
toast - granary with preserve and italian butter	£1.50
smoked salmon and scrambled eggs on multi seeded baguette	£4.95
choice of omlette served with southern italian plum tomatoes	£4.95
eggs benedict with ham & poached egg on toasted ciabatta	£4.95
dry cure bacon sandwich	£2.35
award winning sausage sandwich	£2.35
rich italian egg sandwich	£2.10
bacon & egg sandwich	£2.65
sausage & egg sandwich	£2.65
bacon sausage & egg sandwich	£2.75
for italian plum tomatoes, caramelised onions or sauted mushrooms add 35p each	
for continental breads add 60p	



menu to go
autumn 2008

real food

modern flair

fantastic ingredients

mouthwatering ideas

creates amazing dishes

Open

Monday - Friday 9am until 4pm

lunch-on.com

fine food caterers & deli-café

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