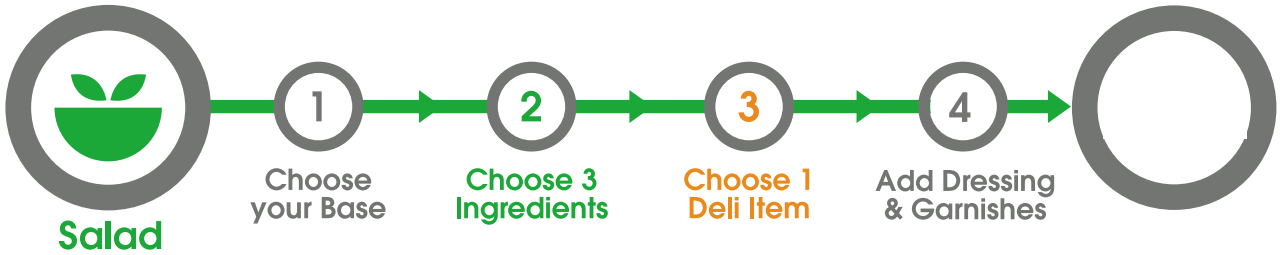
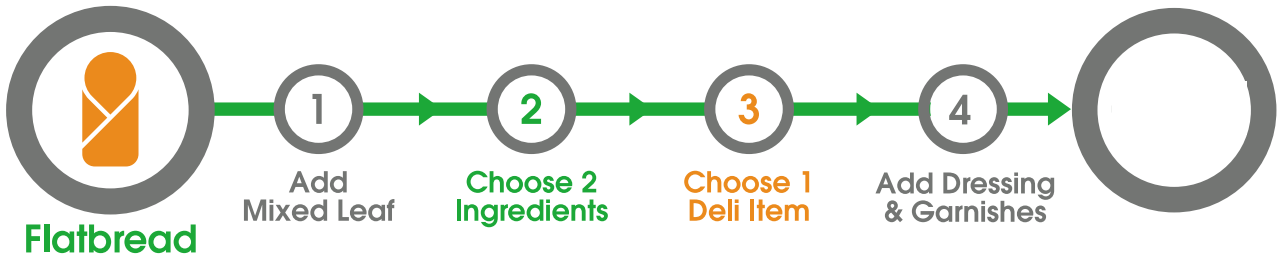


Create your own



Choose

Base

Brown Rice
Cous Cous
Fruisli Pasta
Iceberg
Mixed Leaf
Rice Noodles

extra ingredients
35p
or deli 75p

Ingredients

Avocado
Beetroot
Broccoli
Carrots
Capers
Char-grilled Vegetables
Cheddar Cheese
Cherry Tomatoes
Chickpeas

Cucumber

Jalapenos
Mixed Beans
Mushrooms
New Potatoes
Olives
Red Onion
Roast Peppers
Sliced Egg
Sliced Tomatoes
Sweet Corn

Deli items

Bacon
Blue Cheese
Chicken
Chorizo
Crayfish
Dolphin Friendly
Tuna
Falafel
Feta
Goats Cheese

Mozzarella

Parma Ham
Pastrami
Smoked Salmon
Sun-dried Tomatoes

Garnishes

Chilli
Croutons
Mixed Herbs
Pine Nuts

Dressings

Balsamic
French
Garlic & Herb
Honey & Mustard
Mint & Yoghurt
Mojo
Olive Oil
Pesto
Ranch
Sweet Chilli
Spicy Chilli & Lemon

Made to order

Falafel & Hummus

Falafel, Chickpeas, Carrots, Hummus and Mixed Leaf

£4.50 £3.95

Bombay Chicken

Chicken, New Potatoes, Indian Slaw, Rice, Peas, Carrots and Mixed Leaf

£4.95 £4.50

Tuna Nicoise

Tuna, Anchovies, Olives, Egg, Tomato and Mixed Leaf

£4.75 £4.50

Roast Vegetable

Roast Vegetables, Feta, Olives and Cucumber

£4.50 £3.95

Oriental Crayfish

Crayfish, Noodles, Sugar Snaps, Carrots, Coriander and Spring Onions

£4.95 £4.75

Chicken Caesar

Chicken, Bacon, Parmesan, Croutons and Mixed Leaf

£4.50 £3.95

Superfood Chicken

Chicken, Peas, Broccoli and Rocket Salad

£4.50 £3.95

New Yorker

Pastrami, Sweet Corn, Coleslaw, Potatoes, Cherry Tomatoes, Mixed Leaf

£4.85 £4.30

Sides... A little bit of something to enjoy with your salad or flatbread

Coleslaw 75p
Indian slaw 75p
Hummus with seeds £1.00
Crunchy Potato Salad £1.50
Mixed Olives £1.75

Every week we have a new salad and flat bread



Rise & Shine

Breakfast

Served 9am till 11am

Muesli or Granola £1.00
with milk or soya milk
Add yoghurt, honey or fruit + 45p

Organic Porridge £1.75
with a choice of brown sugar,
honey, jam, or fruit

Breakfast Smoothie £2.50
Yoghurt, milk, muesli, banana,
honey with a choice of fruit puree

Fresh Fruit Parfait £3.50
Layers of fresh fruit and
granola topped with frozen
yoghurt

We love toast

Brunch

Served 9am till 12 noon

Toast or Bagel £1.00
with butter
Add jam, marmite or
peanut butter +35p

Beans on toast £2.50

Brunch Beans £3.75
Chorizo, cheese,
sour-cream rocket
and spring onions.



Free-Range Scrambled Egg £2.50
on wholemeal toast with rocket
Add smoked salmon +£1.20

Toasted Flatbread

A folded flatbread toasted to perfection

Mature Cheddar £2.50

Feta and Roast Vegetables £3.95
with butternut squash and pesto

Ham and Cheese £3.25
with optional fresh herbs

Chicken and Chorizo £4.20
with tomato, mozzarella, and red onion

Chicken and Sun-dried Tomatoes £3.95
with mozzarella, pesto and fresh herbs

Tuna Melt £3.95
with roast peppers and red onions

Bacon & Brie Melt £4.20
with onion marmalade

Natural Frozen Yoghurt



Canteen

...18 lovely toppings
to choose from

Hot Dish of the Day

Check the menu board for
daily offerings. Served with
crusty bread.

... Why not try this as a Hot wrap
or Warm salad. Taste guaranteed!



Fresh Fruit Quenchers

Eat them straight up as a fruit
salad or ask for it blended to
make a smoothie. We make
them in three flavours.

Two of
your
5-a-day!



Bagels

Handmade everyday, perfect for
toasting our multiseed bagels are
a great alternative for breakfast,
lunch or anytime.



Canteen is on a mission to bring you great tasting healthy food. We have plenty of other fresh food ideas and seasonal products available but we couldn't fit it all on to our menu! Why not have a look at our website or join us on facebook to get the full menu and up to date news of what we're up to. We can also do Catering, and have some great ideas to make your meeting or event stand out. If you have any questions or just want to say hello please don't hesitate to get in contact. **01227 470011** or email us at info@canteenfresh.co.uk

