

HOT STUFF

..... AND MORE!

JACKET POTATOES

Plain with Butter	£2.00
Baked Beans or Cheddar Cheese	£2.60
Beans and Cheese or Tuna Mayo	£2.80
Bacon, Mushroom and Cheese	£3.40
Coronation Chicken	£3.00
Mozzarella and Roasted Veg	£3.10
Prawns—Naked, Mayo or Marie Rose!	£3.50
Chilli Con Carne	£3.30

PANINIS & HOT BAGUETTES

Tuna and Cheese	£2.80
Ham and Cheese	£2.80
Cheese, Mushroom, Sweetcorn & Peppers	£3.00
Mozzarella, Tomato and Olives	£2.90
Chicken Salsa, Peppers and Cheese	£3.00
Chicken, Pesto and Roasted Veg	£3.10
Cajun Chicken and Mozzarella	£3.10
Bacon and 2 Cheese Mayo & Onion	£3.00
Bacon, Brie and Cranberry	£3.20
Hawaiian (Ham, Cheese, Pineapple)	£3.00
Lamb and Mint Mayo with Roasted Veg	£3.50
Italian Meatballs and Mozzarella	£3.30
NEW Pizza Panini—Ham, Mushroom, Cheese and Pizza sauce	3.10
NEW Breakfast Panini—Sausage, Bacon, Cheese and sauce	£3.20

BREAKFAST TIME

Giant Breakfast Baps — choose 3 fillings — Fried or Scrambled Free Range Egg, Sausages, Bacon, Mushrooms, Tomato, Beans, Hash Browns	£3.20
Breakfast Box —Fried or Scrambled Free Range Egg, Sausages, Bacon, Mushrooms, Beans & Toast	NEW £3.80
Veggie Breakfast Box —Fried or Scrambled Free Range Egg, Hash Browns, Mushrooms, Beans, Tomato & Toast	NEW £3.60

Hot Sausage Sandwich	£2.10	Baguette	£2.50
Hot Bacon Sandwich	£2.30	Baguette	£2.70
Sausage and Bacon Sandwich	£2.50	Baguette	£2.90

SNACKS AND DRINKS

Soup - check soup of day	£1.60	Sausage Rolls etc from	£0.80	
Crisps (Big Eats etc) from	£0.60	Tea	£0.80	
Chocolate Bars	from	£0.60	Fruit/speciality Tea	£1.00
Fruit	from	£0.50	Instant Coffee	£1.00
Cake, Flapjack, Muffin from	£0.80	Filter coffee	£1.20	
Hot Chocolate	£1.40	Cappuccino/Latte	£1.40	
Cans—coke, diet coke, etc.	£0.70	Bottles—Coke etc	£1.40	
Fruit Shoot, Ribena	£0.90	Juice Bursts—Various	£1.40	
Milkshakes	£1.20	Energy Drinks	from £1.40	

BUFFETS BY LE MUNCH

We provide Buffets for a variety of occasions—Breakfast Buffets, Working Lunches, Le Munch Bags, Party Finger or Fork Buffets and Children's Parties—ask for more details or see our website.



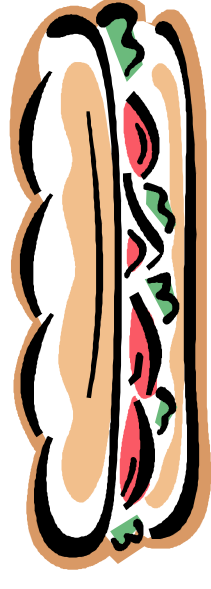
LE MUNCH

SANDWICH BAR, CAFE & OUTSIDE CATERERS

Take Away Menu

2011

Freshly baked and filled Baguettes, Sandwiches, Baps, Wraps, Salads, Panini's, Melts and so much more!



01202 247220

Free Delivery—Call by 11am for deliveries by lunchtime (£5 minimum order)

800 Christchurch Road, Boscombe
Bournemouth BH7 6DD

Email: enqs@lemunch.co.uk

Check the specials at:

www.lemunch.co.uk





The Menu Board



SALAD & FRUIT BOXES

At Le Munch, we specialise in preparing all food to order, nothing is pre-packed, and our extensive range of delicious fillings are all made in the shop. We pride ourselves on using top quality ingredients that are sourced locally and ethically where possible.

Our baguettes are baked on-site throughout the day and are available in white or wholemeal. Bread is available in white or granary.

Some of our products may contain traces of nuts—please check with staff. Want something different? Why not make up your own combinations or check out our specials on the website!

CHICKEN

	Sandwich or wrap	Baguette, Bap or Salad
Roast Chicken Breast	£2.30	£2.70
Chicken Mayonnaise	£2.30	£2.70
Cajun Chicken	£2.30	£2.70
Sweet Thai Chilli Chicken	£2.30	£2.70
Chicken Tikka with Yoghurt & Mint	£2.50	£2.90
Coronation Chicken	£2.30	£2.70
Chicken Mayo and Bacon	£2.70	£3.10

TURKEY

Roast Turkey	£2.10	£2.50
Turkey and Cranberry	£2.20	£2.60
Turkey and Coleslaw	£2.30	£2.70
NEW Turkey and Stuffing	£2.40	£2.80
HAM		
Farmhouse Ham	£2.10	£2.50
Ham & Cheese	£2.30	£2.70
Ham & Pickle or Mustard	£2.20	£2.60

BACON

	Sandwich or wrap	Baguette, Bap or Salad
Bacon Lettuce Tomato (BLT)	£2.30	£2.70
Bacon and Free Range Egg Mayo	£2.70	£3.10
Bacon and 2 Cheese, Mayo & Red onion	£2.50	£2.90
Bacon and Brie	£2.60	£3.00

BEEF/LAMB

NEW Roast Topside of Beef	£2.70	£3.10
Beef & Horseradish or Mustard Mayo	£2.80	£3.20
Lamb and Mint Mayo	£2.70	£3.10

FISH

Tuna—Plain or Mayo	£2.10	£2.50
Tuna, Sweetcorn and Mixed Peppers	£2.50	£2.90
Prawns—Naked!	£2.60	£3.00
Prawns—Mayo or Marie Rose	£2.80	£3.20
Sweet Thai Chilli Prawns	£2.80	£3.20
NEW Scottish Smoked Salmon	£2.70	£3.10
NEW Smoked Salmon and Cream cheese	£2.90	£3.30

VEGETARIAN

Free Range Egg Mayo	£2.10	£2.50
Cheddar Cheese	£1.90	£2.30
2 Cheese, Mayo and Red Onion	£2.10	£2.50
Brie and Cranberry or Grape	£2.20	£2.60
NEW Cream Cheese	£2.10	£2.50
Mozzarella, Tomato and Olives	£2.40	£2.80
Mixed Salad and Caesar sauce	£1.90	£2.30
Marmite or Peanut Butter	£1.70	£2.10

Crispy Mixed Salad—including lettuce, tomato, cucumber, mixed peppers, red onion, sweetcorn and coleslaw, combined with a topping of your choice from the menu

Pasta Pots—Pasta salad with either a delicious Italian tomato or mayo base with mixed peppers, sweetcorn, red onion and Chopped tomato and cucumber—topped with a topping from the menu

Fresh Fruit Bowl—Selection of sliced fresh fruit in season—may include pineapple, melon, grapes, strawberries, kiwi, mandarin segments etc. (Can vary depending on availability)

EXTRAS

Lettuce, Cucumber, Tomato	Free!
Pickle, Cranberry, Chutney, Pesto, Salad Cream, 10p Mustard Mayo	20p
Mixed Peppers, Sweetcorn, Coleslaw, Cheese, Pineapple, Red Onion	30p
Mozzarella, Olives, Brie, Roasted Vegetables, stuffing	40p
Fried or Sliced Free Range Egg	80p
Baguette—buttered (with soup or salad box)	60p

Fancy your Sandwich or Wrap Add 10p!

WANT SOMETHING HOT? SEE OTHER SIDE!