

HOT STUFF

..... AND MORE!

PIZZA BAGUETTES

- Pizza Baguette—a half baguette with Italian Tomato and Cheese topping £1.50
- Add a topping—Pepperoni, Ham and Pineapple, Peppers and Sweetcorn £1.70

JACKET POTATOES

- Plain with Butter £2.20
- Baked Beans or Cheddar Cheese £2.40
- Beans and Cheese or Tuna Mayo £2.60
- Bacon, Mushroom and Cheese £2.80
- Bacon and Brie £2.80
- Mozzarella and Roasted Veg £2.80
- Prawns—Naked, Mayo or Marie Rose! £3.00
- Chilli Con Carne £3.00

PANINI'S & HOT BAGUETTES

- Tuna and Cheese or Ham and Cheese £2.60
- Tuna, Red Onion and Mixed Peppers £2.60
- Mozzarella, Tomato and Olives £2.80
- Chicken Salsa and Cheese £2.80
- Chicken, Pesto and Roasted Veg £2.90
- Cajun Chicken and Mozzarella £2.90
- Bacon and 2 Cheese Mayo & Onion £2.80
- Bacon, Brie and Cranberry £2.90
- Hawaiian (Ham, Cheese, Pineapple) £2.80
- Lamb and Mint Mayo with Roasted Veg £3.10
- Italian Meatballs and Mozzarella £3.10

Soup - Check the soup of the day

£1.60

Large Sausage Roll

£1.10

BREAKFAST TIME

- Giant Breakfast Baps** — Choose 3 fillings — Fried or Scrambled Free Range Egg, Sausages, Bacon, Mushrooms, Tomato, Beans, Hash Browns £3.00
- Add extra items - each 20p
- Toast—2 slices with Butter, Jams or Marmite £1.50
- Hot Sausage Sandwich £1.90 Baguette £2.30
- Hot Bacon Sandwich £2.10 Baguette £2.50
- Sausage and Bacon Sandwich £2.30 Baguette £2.70

SNACKS AND DRINKS

- Crisps (Big Eats etc) from £0.60 Tea £0.80
- Chocolate Bars from £0.50 Fruit/speciality Tea £1.00
- Fruit from £0.40 Instant Coffee £1.00
- Cake, Danish, Muffin from £0.80 Filter coffee £1.20
- Hot Chocolate £1.20 Cappuccino/Latte £1.20
- Cans—Coke, diet coke, £0.70 Bottles—Coke etc £1.20
- Sprite, Rio, Tango £1.40 Powerade
- Ribena £0.80 Juice Bursts—Various £1.20
- Milksakes £1.00 Energy Drinks from £1.60

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

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

800 Christchurch Road, Boscombe

Bournemouth BH7 6DD

Email: enqs@lemunch.co.uk

Check the specials at:

www.lemunch.co.uk

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The Menu Board



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!

BACON		Sandwich or wrap	Baguette or Bap
Bacon Lettuce Tomato (BLT)	£2.10	£2.50	
Bacon and Free Range Egg Mayo	£2.30	£2.70	
Bacon and 2 Cheese, Mayo & Red onion	£2.30	£2.70	
Bacon and Brie	£2.30	£2.70	

SALAD & FRUIT BOXES

Crispy Mixed Salad—including lettuce, tomato, cucumber, mixed peppers, red onion, sweetcorn and coleslaw, combined with a single topping of your choice from the menu £2.50

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 single topping from the menu £2.50

CHICKEN

	Sandwich or wrap	Baguette or Bap
Roast Chicken Breast	£2.10	£2.50
Chicken Mayonnaise	£2.10	£2.50
Cajun Chicken	£2.10	£2.50
Sweet Thai Chilli Chicken	£2.10	£2.50
Chicken Tikka with Yoghurt & Mint	£2.10	£2.50
Coronation Chicken	£2.10	£2.50
Chicken Mayo and Bacon	£2.30	£2.70

TURKEY

Roast Turkey	£1.90	£2.30
Turkey and Cranberry	£2.00	£2.40
Turkey and Coleslaw	£2.10	£2.50

HAM

Farmhouse Ham	£1.90	£2.30
Ham & Cheese	£2.10	£2.50
Ham & Pickle or Mustard	£2.00	£2.40
Ham & Free Range Egg Mayo	£2.30	£2.70

Tuna, Sweetcorn and Mixed Peppers	£2.10	£2.50
Prawns—Naked!	£2.30	£2.70
Prawns—Mayo or Marie Rose	£2.40	£2.80
Salmon and Cucumber	£2.40	£2.80

VEGETARIAN

Free Range Egg Mayo	£2.10	£2.50
Cheddar Cheese	£1.90	£2.30
Cheese and Coleslaw	£2.10	£2.50
2 Cheese, Mayo and Red Onion	£2.10	£2.50
Brie and Cranberry or Grape	£2.20	£2.60
Mozzarella, Tomato and Olives	£2.30	£2.70
Mixed Salad and Caesar sauce	£1.90	£2.30
Marmite or Peanut Butter	£1.70	£2.10

TRIPLE DECKERS

Chicken Mayo and BLT	£3.20
Tuna Mayo and Free Range Egg Salad	£3.20
Ham and Pickle and Cheese salad	£3.20

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) £2.20

EXTRAS

Lettuce, Cucumber, Tomato, Red Onion	Free!
Pickle, Cranberry, Chutney, Pesto	10p
Mixed Peppers, Sweetcorn, Coleslaw, Cheese, Pineapple	20p
Mozzarella, Olives, Brie, Roasted Vegetables	30p
Fried or Sliced Free Range Egg	40p
Baguette—buttered (with soup or salad box)	60p
2 slices buttered Bread (with soup or salad box)	50p

Fancy your Sandwich or Wrap Add toasted? **10p!**

WANT SOMETHING HOT? SEE OTHER SIDE!