

**BUSINESS/OUTSIDE CATERING PLATTERS****PLEASE ORDER IN ADVANCE****ORIENTAL PLATTER** £19.99

*an exotic selection of mini onion bhajias, vegetable samosas, chicken or vegetable satay sticks with sweet thai chilli and mango chutney dipping sauces.*

**PLOUGHMANS PLATTER** £19.99

*a feast of traditional mini pork pies, cheddar cheese, brie and stilton, pickles, grapes and biscuits for cheese.*

**SANDWICH PLATTER** (Standard) £19.99

*assorted sandwiches with various fillings, including vegetarian options.* (Luxury) £22.99

**SAVOURY PLATTER** £22.99

*mini sausage rolls, scotch eggs, pasties, sausages.*

**QUICHE** £22.99

*large homemade quiche served with a side dish of crunchy coleslaw.*

**FRUIT PLATTER** £18.99

*various fresh seasonal fruits, including pineapple, melon, grapes and strawberries, cut into easy to eat bite-size portions.*

**SEAFOOD PLATTER** £26.99

*a mouthwatering selection of prawns, crevettes, crayfish, smoked salmon, smoked mackerel and seafood paté served with a crunchy french stick basket and a seafood cocktail dipping sauce.*

**WRAP PLATTER** £22.99

*a selection of wraps cut into easy to eat pieces with various mouthwatering fillings.*

**CAKE PLATTER** £17.99

*luxury selection of mini pastries and chocolate éclairs in easy to eat bite-size pieces.*

**Platters serve approximately 8 to 10 persons**

**DRINKS**

sparkling / still mineral water £1.50 per litre  
fresh fruit juice £2.50 per litre

**FREE DELIVERY ON ALL BUSINESS PLATTERS**

**FREE DELIVERY ON ALL ORDERS OVER £15**

**4 Corporation Road**

**Chelmsford**

**Essex CM1 2AR**

**01245 268008**

 **order.munch hotmail.co.uk**

**www.munch1.co.uk**



**cafe**

**sandwich bar**

**business catering specialists**

# munch

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in\* out

**SANDWICHES**

<i>chicken bacon mayo</i>	3.00	2.60
<i>bbq chicken</i>	3.00	2.60
<i>tuna mayo sweetcorn</i>	3.00	2.60
<i>cheese and pickle</i>	3.00	2.60
<i>egg, bacon and mayo</i>	3.00	2.60
<i>chicken mayo and sweetcorn</i>	3.00	2.60
<i>chinese chicken</i>	3.00	2.60
<i>creamy green thai chicken</i>	3.00	2.60
<i>stilton and walnut</i>	3.00	2.60
<i>coronation chicken, mango chutney and lettuce</i>	3.25	2.85
<i>chicken tikka, lettuce and raita</i>	3.25	2.85
<i>prawn cocktail and avocado</i>	3.25	2.85
<i>crayfish tails, rocket and lemon mayo</i>	3.25	2.85

**WRAPS AND ROLLS**

<i>truly scrumptious wraps from</i>	2.90	2.50
<i>freshly baked and filled rolls from</i>	2.05	1.75

**BAGUETTES**

<i>prawn salad</i>	4.00	3.50
<i>cheese salad</i>	4.00	3.50
<i>cheese and red onion</i>	4.00	3.25
<i>chicken, bacon, mayo</i>	4.00	3.25
<i>chinese chicken</i>	4.00	3.25
<i>italian chicken</i>	4.00	3.25
<i>stilton and walnut</i>	4.00	3.25
<i>prawn cocktail and avocado</i>	4.00	3.50
<i>crayfish tails, rocket and lemon mayo</i>	4.00	3.50

**TOASTIES**

<i>cheese</i>	3.00	2.50
<i>cheese and ham</i>	3.50	3.00
<i>cheese and red onion</i>	3.50	3.00
<i>cheese and beans</i>	3.50	3.00
<i>chicken, bacon, mayo and cheese</i>	3.50	3.00
<i>italian chicken and mozzarella</i>	3.50	3.00
<i>bbq chicken and cheese</i>	3.50	3.00
<i>tuna mayo sweetcorn and cheese</i>	3.50	3.00
<i>ham, tomato and mustard</i>	3.50	3.00

**JACKET POTATOES**

<i>chilli con carne</i>	4.00	3.50
<i>cheese and beans</i>	4.00	3.50
<i>tuna, mayo, sweetcorn and cheese</i>	4.00	3.50
<i>coronation chicken</i>	4.00	3.50
<i>prawn mayo</i>	4.00	3.50
<i>cream cheese and fresh pineapple</i>	4.00	3.00
<i>plain with butter</i>	3.00	2.50

**SOUP**

<i>carrot and coriander</i>	2.20	1.75
<i>potato and leek</i>	2.20	1.75
<i>served with a buttered roll</i>	2.60	2.25

\*served with a salad garnish and crisps

~ many other fillings available ~

in\* out

**SALADS**

<i>chicken caesar</i>	3.50	2.50
<i>prawn and seafood dressing</i>	3.50	2.50
<i>coronation chicken and mango chutney</i>	3.50	2.50
<i>salmon</i>	3.50	2.50
<i>greek salad</i>	3.50	2.50
<i>cheese and red onion</i>	3.50	2.50
<i>chicken, bacon, mayo</i>	3.50	2.50
<i>side salad</i>	1.70	1.70
<i>large salad with any choice of filling</i>	-	3.80

**PANINI**

<i>tuna mayo and cheese</i>	3.50	3.25
<i>stilton, walnut and cranberry</i>	3.50	3.25
<i>brie and bacon</i>	3.50	3.25
<i>bbq chicken and mozzarella</i>	3.50	3.25
<i>cheese and ham</i>	3.50	3.25
<i>breakfast (sausage, bacon, egg)</i>	3.50	3.25

**ALL DAY BREAKFAST**

<i>2 sausages, 2 bacon, scrambled egg</i>		
<i>mushrooms, beans, tea and toast</i>	5.95	5.95
<i>cumberland sausage sandwich</i>	3.00	2.75
<i>bacon sandwich</i>	3.00	2.75
<i>scrambled egg on 2 toast</i>	3.00	2.75
<i>toast white/granary</i>	95p	80p

**CAKES**

<i>scone with butter and jam</i>	1.50	0.95
<i>toasted tea cake</i>	1.50	1.00
<i>flapjacks</i>	1.20	0.90
<i>rocky road</i>	1.50	1.50
<i>carrot cake</i>	1.95	1.75
<i>cheesecake**</i>	1.95	1.75
<i>hot chocolate fudge cake**</i>	1.95	1.75
<i>victoria sponge cake**</i>	1.95	1.75
<i>pancakes</i>	1.95	1.95
<i>assorted cupcakes</i>	1.95	1.95

**DRINKS**

<i>cup of tea / pot of tea for 1</i>	1.30/1.50	1.00
<i>cup of speciality tea / pot of speciality tea</i>	1.40/1.60	1.25
<i>filter coffee, freshly ground</i>	1.80	1.50
<i>cappuccino</i>	1.80	1.50
<i>hot chocolate with cream and sprinkles</i>	2.00	1.60
<i>mocha</i>	1.80	1.50
<i>latte</i>	1.80	1.50
<i>tropicana freshly squeezed orange juice</i>	1.60	1.60
<i>coke, pepsi, fanta</i>	1.40	1.15
<i>mineral water still or sparkling</i>	1.25	1.00

\*\*eat in served with fresh dairy cream

~ for specials see blackboard ~