



Ciabatta

Home
baked
every
morning

Spicy Spanish chicken and chorizo with roasted peppers and mayo £4.25

Honey roast ham with guacamole, sun dried tomatoes and freshly picked pea shoots £4.25

Locally smoked salmon hand sliced and served with celeriac, capers, parsley and mayo £5.95

Cray fish with wild rocket, house tomato mayonnaise, on freshly home baked bread £5.95

Free range egg mayo with crisp Parma ham and mustard cress £4.25

Big Tuna with roasted red peppers, coriander cress and crisp baby gem lettuce £4.85

Rare roast beef, red wine caramelized onions, wild rocket and parmesan £4.95

Brie and crisp pancetta caramelized onions, homemade basil pesto £4.55



What the croque

The classic Croque monsieur

Toasted cheese and ham sandwich with cheese sauce £4.95

The Madame

A classic croque topped with a fried free range egg £5.60

The Italian

Layers of mozzarella sun dried tomato, basil and crisp Parma ham £5.95

The Spanish

Toasted cheese croque layered with chorizo and roasted peppers £5.95

The Goat and onion (v)

French goats cheese with red wine caramelised onions £5.95

All our croques are handmade to your order and delivered straight after baking,

We use the finest bread and our unique cheese recipe gives a extra creamy and light finish to the perfect snack for any lunch

Try one of our deli size salads for
only £2.45

Soup

Our soup is homemade with the highest quality seasonal ingredients

Bread 50p

Vegetable soup of the day
£3.60

Meat soup of the day
£3.95

Order online at www.formylunch.co.uk tel. 0845 34000 20



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Fml

We do Breakfast



Bread

Smoked salmon ciabatta with a light egg mayonnaise £1.95

Dry cured bacon with free range egg mayonnaise and homemade tomato ketchup £1.95

Breakfast croque – crisp bacon, and vine tomato, topped with a free range hen egg £4.95

Pastries

All home baked on the day

Croissant £1.45

Pain au chocolate £1.45

Cinnamon Danish £1.35

Banana and chocolate muffin £1.85

Homemade organic granola pots

We bake our own granola using large organic porridge oats, sun flower seeds, pumpkin seeds and honey

Greek Natural yogurt and organic granola £2.00

Raspberries + 90p

Blueberries +90p

Banana +50p

Flat bread wraps

Spicy Spanish chicken and chorizo with roasted peppers and mayo £3.85

Honey roast ham with guacamole, sun dried tomatoes and freshly picked pea shoots £3.65

Locally smoked salmon hand sliced and served with celeriac, capers, parsley and mayo £3.95

Cray fish with wild rocket, house tomato mayonnaise, on freshly home baked bread £5.95

Free range egg mayo with crisp Parma ham and mustard cress £4.25

Big Tuna with roasted red peppers, coriander cress and crisp baby gem lettuce £4.85

Rare roast beef , red wine caramelized onions, wild rocket and parmesan £4.95

Brie and crisp pancetta caramelized onions, homemade basil pesto £4.55

Fresh Juices

£2.95



Single

Orange

Carrot

Apple

The beet

Beetroot, orange and lemon

Autumn-oxidizer

Apple, pear and raspberry

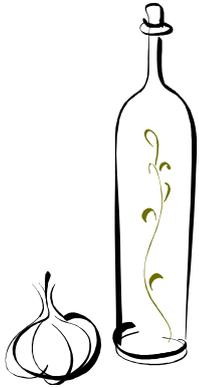
H,G,C

Honey carrot and ginger

Follow us on twitter to find out about our daily specials and offers

@formylunch

Salads and dressings



Chicken chorizo Caesar

Crisp gem lettuce, chicken breast, chorizo, parmesan, croutons and smoked bacon we recommend our spiced Caesar dressing £5.65/deli size £2.45

Our Caesar dressing

Spiced with chorizo, and blended with olive oil, garlic, parmesan and smoked bacon

Beetroot, goat's cheese and roasted walnut

Picked baby leaves with rainbow beetroot, French goats cheese and slow roasted walnuts we recommend our walnut and parmesan pesto dressing

£4.95/deli size £2.45

Walnut and herb pesto dressing

Roasted walnuts, baby spinach and garlic and blended with olive oil to make our award winning pesto

Cray fish, smoked salmon soft boiled egg

With rocket, cucumber, tomato, avocado, and a mixture of baby gem, mixed leaves and coriander cress, we recommend our home made tomato and mayo dressing

£5.95 /deli £2.45

Vine tomato and mayo dressing

Our homemade ketchup is blended with olive oil, mayo, Worcester sauce and a dash of Tabasco

Please follow us on twitter and facebook to find out about our seasonal super food salad of the day @formylunch

Cakes and slices

Dark Belgium chocolate brownie £2

Bakewell slice with flaked almonds and homemade jam centre £2

Belgium chocolate and sultana flap jack £2

Banana and chocolate loaf £2

Snacks

Apple .50p

Banana .50p

Orange .50p

Brownie bites £1.15

Cookie £0.99p

Please place orders up to two hours before expected delivery time - for free delivery orders must exceed £10

Please contact us about business meetings via our web site
www.formylunch.co.uk

or call us on 08453400020

For business meetings of 10 and over please place orders before 3pm the day before

But please contact us anytime and if we can help will do what we can