

PLANT-BASED

TAKE AWAY EAT IN

HOT FOOD

DAILY SPECIAL THROUGHOUT JANUARY Check instore or online for the vegan special of the day	£6.00	£6.50
HOT SOUP AVAILABLE THROUGHOUT JANUARY Caribbean corn & coconut <i>(Soups are subject to change but we'll aim to ensure we have a veghasn option available throughout January)</i>	£3.50	£4.00
THE PORTOBELLO Portobello mushroom, melty cheese, caramelised onion chutney in toasted focaccia <i>(Please ask for vegan cheese when ordering)</i>	£5.40	£6.00
ROASTED ROOT MELT Roasted root vegetables, vegan cheese & balsamic glaze in a toasted wrap	£5.00	£5.50
JACKET POTATOES Served with a fresh side salad. For your jacket potato filling: <ul style="list-style-type: none"> From our Deli bar, choose 1 main filling Heinz baked beans <i>(Add vegan cheese 80p)</i> 	£4.80	£5.80
SALADS		
VITALITY SALAD Roasted root vegetables, tomato, mixed leaves, avocado, garlic croutons, coriander humous, mixed seeds	£5.70	£6.90
FRESH SALAD Make your own (750cl). See Deli bar below. Price includes 1 main filling & up to 6 salad items	£4.90	£5.90
MAIN FILLINGS Avocado; Beetroot falafel; Penne pasta; Roasted root vegetables; Vegan mozzarella		
SALAD ITEMS Beetroot; Cucumber; Mixed peppers; Tomato; Grated carrot; Red onion; Jalapenos; Sweet corn; Sun blushed tomatoes; Marinated olives, Mixed leaves; Rocket; Gherkins; Almond flakes, Mixed seeds; Fresh coriander		
		CHUTNEYS, DRESSINGS & SAUCES Balsamic glaze; BBQ sauce; House dressing; Caramelised onion chutney; Mango chutney; Cranberry sauce; Coriander humous; Hot chilli sauce; Sweet chilli sauce; Coarse grain mustard; English mustard; Branston pickle
SANDWICHES		
THE ABC Avocado, coriander humous, grated carrot, cucumber & rocket in a wrap	£3.50	£4.50
MAKE YOUR OWN See Deli bar above. Price includes 1 main filling & up to 4 salad items		
BAGUETTE Seeded White <i>(Our baguettes may contain milk)</i>		
SOURDOUGH ROLL <i>(May contain milk)</i>	£3.90	£4.90
FOCACCIA		
CIABATTA		
SANDWICH Malted White	£3.50	£4.50
BLOOMER BREAD Malted White	£3.70	£4.70
TORTILLA WRAP Wholemeal White	£3.60	£4.60
SESAME SEED BAGEL	£3.40	£4.40
SIDE ORDER OR EXTRA SALAD ITEMS		ADD £1.00
EXTRA MAIN FILLINGS		ADD 80p
TOASTED SANDWICH		ADD 60p

NB: FOOD INFORMATION, ALLERGIES & INTOLERANCES

Fresh to Desk's team prepares your order in a kitchen where NUTS & other allergenic ingredients are used. Our Deli Counter also contains a number of allergenic ingredients. We therefore cannot guarantee that products served in these areas will not contain traces of these allergens.

Our breads may contain a number of allergens other than gluten so please ask before placing your order. All of our sandwiches (not including wraps) are buttered as standard, unless otherwise requested.

NB: Before you order your food, please telephone us on 01489 565 669 or email orders@freshtodesk.com if you want to know more about our ingredients. Certain Deli items also contain allergens, so please get in touch for more information.