

## SANDWICHES & SALADS FROM THE DELI

Price includes 1 premium item or sandwich mix* plus salad items of your choice	Out	In Inc VAT
BAGUETTE white   seeded	£3.80	£4.70
CIABATTA	£3.80	£4.70
SANDWICH white   malted   gluten free	£3.30	£4.20
SESAME SEED BAGEL	£3.30	£4.20
WRAP white   wholemeal	£3.30	£4.20
BLOOMER BREAD white   malted	£3.50	£4.40
EXTRA PREMIUM ITEM*	£1.00	£1.00
	For smoked salmon, additional meats & mixes	
	For additional pasta, noodles, eggs, cheese	
SIDE ORDER of any salad item	80p	80p
MAKE YOUR OWN SALAD	60p	60p
	£4.40	£5.60

### OUR DELI COUNTER

#### PREMIUM ITEMS\*

Roast chicken; Home roasted beef; Wiltshire cured ham; Bacon; Serrano ham; Mature cheddar; Brie; Parmesan; Mozzarella; Smoked cheddar; Cream cheese; Feta; Hard boiled free range egg; Sweet chilli noodles; Penne pasta; Peppered pastrami; \*Smoked salmon (Add £1); Danish salami; Avocado

#### SALAD ITEMS

Spicy marinated beetroot; Cucumber; Mixed peppers; Tomato; Carrot julienne; Red onion; Jalapeno peppers; Sweet corn; Sun blushed tomatoes; Marinated olives, Mixed leaves, Rocket leaves; Garlic croutons; Homemade coleslaw; Gherkins; Almond flakes, Sunflower seeds

#### SANDWICH MIXES\*

Free range egg in wholegrain mustard mayonnaise; Thai green chicken; Tuna; Prawns; Spicy chickpeas (v); Coronation chicken

#### CHUTNEYS, DRESSINGS & SAUCES

Caesar dressing; Balsamic glaze; Green pesto; Mayonnaise; House dressing; BBQ sauce; Mango chutney; Cranberry sauce; Creamed horseradish; Chilli & coriander humous; Firecracker hot chilli sauce; Coronation sauce; Salad cream; Sweet chilli sauce; Marie rose sauce; Mustard mayonnaise

### WANT YOUR SANDWICH TOASTED?

Choose your bread & fillings\* from our Deli counter & add 60p to the price if you want it toasted

### HOUSE SANDWICHES

	Out	In Inc VAT
<b>HEALTHY PULSE (v)</b> Spicy chickpeas, spicy marinated beetroot, carrot & rocket in a wrap	£3.30	£4.10
<b>THE GREEK (v)</b> Feta, chilli & coriander humous, olives, tomato, cucumber, red onion, mixed leaves & mayonnaise in a wrap	£4.00	£4.50
<b>FEEL THE BEET</b> Roast chicken, spicy marinated beetroot, rocket, pesto & mayonnaise in white or seeded baguette	£3.80	£4.60
<b>NEW YORK DELI ** TRY ME TOASTED**</b> Pastrami, smoked cheddar, mustard mayonnaise & sliced gherkin in a white or seeded baguette	£4.30	£5.30
<b>LA TOSCANA (v) ** TRY ME TOASTED**</b> Mozzarella, tomato, rocket & pesto mayonnaise in sesame seed bagel	£3.30	£4.10
<b>SWEET CHILLI CHICKEN ** TRY ME TOASTED**</b> Sweet chilli chicken, mixed peppers, cheddar & mixed leaves in a wrap	£3.30	£4.10
<b>MILANESE ** TRY ME TOASTED**</b> Salami, mozzarella, sun dried tomatoes, rocket & mustard mayonnaise in a ciabatta	£4.30	£5.30
<b>LA RUSTIQUE (v) ** TRY ME TOASTED**</b> Brie, cranberry sauce & rocket in white or malted bloomer	£3.50	£4.40
<b>THE ITALIAN JOB ** TRY ME TOASTED**</b> Prosciutto, mozzarella, tomato, rocket & green pesto in white or malted bloomer bread	£4.30	£5.30
<b>CHICKEN CAESAR</b> Roast chicken, tomato, parmesan, garlic croutons & classic Caesar dressing in a wrap	£4.00	£4.80
<b>HAIL CAESAR!</b> Roast chicken, prosciutto, tomato, parmesan, garlic croutons & classic Caesar dressing in a wrap	£4.60	£5.60
<b>THE CLUBHOUSE ** TRY ME TOASTED**</b> Roast chicken, smoked bacon, avocado, tomato & mayonnaise in white or malted bloomer	£5.30	£6.30
<b>THE ABC (v)</b> Avocado, chilli & coriander humous, grated carrot, red onion, cucumber & rocket in sesame seed bagel	£3.30	£4.10
<b>KING OF NEW YORK ** TRY ME TOASTED**</b> Smoked salmon, cream cheese & rocket in sesame seed bagel	£4.30	£5.30
<b>HAM &amp; EGGERY</b> Wiltshire ham & free range egg in wholegrain mustard mayonnaise in white or seeded baguette	£4.30	£5.30

<b>PASTA POTS</b>	<b>Out</b>	<b>In Inc VAT</b>
12oz chilled serving. Ideal for light lunch or handy snack. Enjoy hot or cold.		
<b>PESTO PASTA (V)</b> Penne pasta, pesto, rocket, pine nuts, cherry tomatoes	£3.00	£3.70
<b>CARBONARA</b> Diced smoked bacon, penne pasta, parmesan, rocket & mayonnaise	£3.50	£4.20
<b>HOUSE SALADS</b>	<b>Out</b>	<b>In Inc VAT</b>
<b>SWEET CHILLI CHICKEN</b> Roast chicken, sweet chilli noodles, mixed leaves, mixed peppers, sun blushed tomatoes, coriander & sweet chilli sauce	£5.20	£6.00
<b>HEALTHY PULSE (V)</b> Spicy chickpeas, carrot, spicy marinated beetroot, garlic croutons, rocket, coriander & pesto	£4.40	£5.20
<b>CORONATION CHICKEN</b> Roast chicken, dried fruit, flaked almonds, mixed leaves, cucumber, mango chutney, coriander, garlic croutons & coronation sauce	£5.20	£6.00
<b>CHICKEN CAESAR</b> Roast chicken, parmesan, garlic croutons, mixed leaves & classic Caesar dressing	£5.00	£6.00
<b>PASTA FRESCA</b> Penne pasta, sun blushed tomatoes, sweet corn, parmesan, prosciutto, mixed leaves & green pesto	£6.00	£6.80
<b>GREEK SALAD (V)</b> Feta, chilli & coriander humous, olives, tomato, cucumber, red onion, mixed leaves & House dressing & mayonnaise	£4.40	£5.20
<b>CAPRESE (V)</b> Tomato, mozzarella, green pesto, mixed peppers, marinated olives, mixed leaves & House dressing	£4.40	£5.20
<b>BISTRO SALAD</b> Home roasted beef, blue cheese, sliced egg, carrot julienne, sun blushed tomatoes, garlic croutons, mixed leaves & House dressing	£6.20	£7.00
<b>GENOVESE</b> English roast chicken, penne pasta, pesto, sweet corn, mixed peppers, mixed leaves & sunflower seeds	£5.20	£6.00
<b>NIÇOISE</b> Tuna, free range egg, tomato, cucumber, red onion, olives, mixed leaves & House dressing	£5.20	£6.00
<b>HOT SANDWICHES</b>	<b>Out</b>	<b>In Inc VAT</b>
<b>THE SQUEAKY SANDWICH (V)</b> Halloumi, tomato, onion, sweet chilli sauce & rocket in toasted malted bloomer bread	£4.50	£5.00
<b>HOT FISH FINGER SANDWICH</b> with cucumber & homemade tartar sauce. Choose from white or malted bloomer bread	£5.00	£5.50
<b>BBQ PULLED PORK</b> BBQ pulled pork, melty cheese, mayonnaise & mixed leaves in toasted ciabatta	£5.00	£5.50
<b>HAM IT UP</b> Wiltshire cured ham, mature cheddar & mango chutney in toasted ciabatta	£5.00	£5.50
<b>CHA CHA CHA</b> Chicken & chorizo in piri piri sauce & melty cheese in toasted ciabatta	£5.00	£5.50
<b>FIRECRACKER CHICKEN</b> Roast chicken, tomato & mixed peppers in a hot chilli sauce in a toasted wrap	£4.00	£4.80
<b>SMOKIN' HARRY</b> Roast chicken, tomato, grated cheddar, mixed peppers, sweet chilli noodles & hot chilli sauce in a toasted wrap	£5.00	£5.50
<b>THE COWBOY</b> Home roasted beef, creamed horseradish, red onion, jalapenos, melty cheese in a toasted white baguette	£5.00	£5.50
<b>CLASSIC B.L.T.</b> Back bacon, sliced tomato, mixed leaves & mayonnaise. Choose from white or malted bloomer bread	£4.00	£4.80
<b>RUSTICA</b> Wiltshire cured ham & brie with rocket leaves & cranberry sauce in toasted ciabatta	£5.00	£5.50

FRESH SOUPS	Out	In Inc VAT
Soup only	£3.00	£3.50
Add half baguette	40p	40p
<b>MEAL DEAL:</b> Soup & filled half baguette*	£5.00	£6.00

We have a tasty selection of fresh soups on offer every day. We change our menu regularly according to the season. To order a soup online today, simply login & find it listed under **Web Specials**. If you have a food allergy or intolerance, please telephone us on 01489 565 669 or email [orders@freshtodesk.com](mailto:orders@freshtodesk.com) to obtain the ingredients about individual soups.

JACKET POTATOES	Out	In Inc VAT
Served with a fresh side salad. For your jacket potato filling:		
1. From our Deli bar, choose 1 main filling*	£4.30	£5.30
2. Heinz baked beans	£4.30	£5.30
3. Homemade chilli con carne & sour cream	£4.30	£5.30
<b>Add extra premium item or side order*</b>	80p   £1.00	80p   £1.00

DAILY SPECIALS	Out	In Inc VAT
Fancy something a little bit different for lunch? Try our Chef's Specials – see in store or visit <a href="http://freshtodesk.com">freshtodesk.com</a> or <a href="https://www.facebook.com/freshtodesk">facebook.com/freshtodesk</a> for the latest dishes.		
<b>Served with noodles, pasta, handmade bread, mashed potato</b> (depending upon dish)	£5.50	£6.00

## FOOD ALLERGIES & INTOLERANCES – FOR YOUR INFORMATION

Fresh to Desk's in store 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. Margarine is also available upon request

**NB:** Whilst we endeavour to keep this online list of allergens accurate at all times, before you order your food and drinks, please telephone us on 01489 565 669 or email [orders@freshtodesk.com](mailto: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.

V = suitable for vegetarians.

Fresh to Desk sources its cooked meats from British farms, & our fish from sustainable sources. Please telephone us on 01489 565 669 or email [orders@freshtodesk.com](mailto:orders@freshtodesk.com) if you require any further information.

# freshodesk

SELECT EAT DRINK ENJOY

<b>BREAKFAST</b>	<b>SERVED 7.30AM TO 11.15AM, MONDAY TO FRIDAY</b>	<b>Out</b>	<b>In Inc VAT</b>
<b>FRESH PASTRIES (V)</b> Butter croissant, almond croissant, pain au chocolat		£1.50	£1.80
<b>EGGS BENEDICT</b> Toasted English muffin, Wiltshire ham, poached egg & hollandaise sauce		£4.00	£4.50
<b>EGGS ROYALE</b> Toasted English muffin, smoked salmon, poached egg & hollandaise sauce		£4.50	£5.00
<b>TOASTED BLOOMER (V)</b> White or malted - with butter or margarine & choice of jam, marmite, honey, marmalade or peanut butter <b>** GLUTEN-FREE TOAST AVAILABLE**</b>		£1.50	£2.00
<b>BREAKFAST SANDWICH</b> Price includes 1 filling. Choose your fillings from the list below			
Muffin		£2.60	£3.10
White or malted bloomer		£2.90	£3.50
White or seeded baguette		£3.50	£4.00
<b>FRUIT YOGURT ON TOAST</b>		£1.75	£1.75
Smoked salmon & scrambled egg		£4.50	£5.00
Scrambled, poached or fried eggs (v)		£3.50	£4.00
Baked beans (v)		£3.50	£4.00
Mushrooms (v)		£3.50	£4.00
Avocado (v)		£3.50	£4.00
<b>FRUIT YOGURT (V)</b>		£1.75	£1.75
<b>VEGETARIAN BREAKFAST MUFFIN (V)</b> Mushrooms & fried, poached or scrambled egg		£2.50	£3.00
<b>STUFFED BAGEL OR CROISSANT</b> Price includes 1 filling. Choose your fillings from the list below		£2.90	£3.50
<b>PORRIDGE</b> Choose from honey, dried fruit, maple syrup or jam		£2.00	£2.00

## FILLINGS & EXTRAS

Smoked salmon **£1.50**

Bacon, sausage, baked beans, scrambled egg, prosciutto, mushrooms, cheese, tomato, poached or fried egg **£1.00**

## DRINKS

### In or Out

Our espresso based drinks contain 2 shots as standard

<b>FILTER COFFEE</b>	£1.00 regular   £1.50 large
<b>LATTÉ   CAPPUCCINO</b>	£2.00 regular   £2.40 large
<b>AMERICANO</b>	£1.80 regular   £2.20 large
<b>ESPRESSO   MACCHIATO</b>	£1.80
<b>MOCHA</b>	£2.30 regular   £2.70 large
<b>FLAT WHITE</b>	£2.00 regular   £2.80 large
<b>ICED FRAPPE</b>	£3.00
<b>EXTRA ESPRESSO SHOT</b>	60p
<b>SYRUPS</b> Gingerbread; Vanilla; Hazelnut; Caramel; Butterscotch; Toffeenut	30p
<b>DECAFFEINATED COFFEE &amp; SOYA MILK AVAILABLE</b>	
<b>LONDON FOG</b>	£2.70
<b>MILK HOT CHOCOLATE   WHITE HOT CHOCOLATE</b> with marshmallow	£2.10 regular   £2.60 large
<b>TEA</b> Traditional English; Decaffeinated	£1.50 regular   £1.80 large
<b>FRUIT &amp; HERBAL TEAS</b> Earl Grey; Green tea; Lemon & ginger; Peppermint; Cranberry & raspberry	£1.60
<b>STILL &amp; SPARKLING WATER</b>	£1.00
<b>COKE   DIET COKE   COKE ZERO   LEMON FANTA   ORANGE FANTA   SPRITE   DR PEPPER</b>	90p
<b>LIPTONS ICED TEA</b>	£1.50
<b>FENTIMAN'S BOTANICAL BREWS</b> Ginger beer; Victorian lemonade; Rose lemonade; Dandelion & burdock	£1.70
<b>FRESHLY SQUEEZED ORANGE JUICE   CLOUDY PRESSED APPLE JUICE</b>	£1.80
<b>CRANBERRY JUICE</b>	£1.65
<b>FRUIT OR VEGETABLE SMOOTHIE</b> Made with real fruit & vegetables & apple juice (2 ½ of your 5 a day)	£3.30