

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
SOURDOUGH ROLL	£3.80	£4.70
FOCACCIA	£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
	80p	80p
	60p	60p
SIDE ORDER of any salad item	£4.40	£5.60
MAKE YOUR OWN SALAD		

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

TOASTED SANDWICH?

Choose your bread & fillings* from our Deli counter & add 60p to the price for a toasted option

HOUSE SANDWICHES

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

PASTA POTS

12oz chilled serving. Ideal for light lunch or handy snack. Enjoy hot or cold.

Out

In
Inc VAT

PESTO PASTA (V) Penne pasta, pesto, rocket, pine nuts, cherry tomatoes	£3.00	£3.70
CARBONARA Diced smoked bacon, penne pasta, parmesan, rocket & mayonnaise	£3.50	£4.20

HOUSE SALADS

Out

In
Inc VAT

SWEET CHILLI CHICKEN Roast chicken, sweet chilli noodles, mixed leaves, mixed peppers, sun blushed tomatoes, coriander & sweet chilli sauce	£5.20	£6.00
HEALTHY PULSE (V) Spicy chickpeas, carrot, spicy marinated beetroot, garlic croutons, rocket, coriander & pesto	£4.40	£5.20
CORONATION CHICKEN Roast chicken, dried fruit, flaked almonds, mixed leaves, cucumber, mango chutney, coriander, garlic croutons & coronation sauce	£5.20	£6.00
CHICKEN CAESAR Roast chicken, parmesan, garlic croutons, mixed leaves & classic Caesar dressing	£5.00	£6.00
PASTA FRESCA Penne pasta, sun blushed tomatoes, sweet corn, parmesan, prosciutto, mixed leaves & green pesto	£6.00	£6.80
GREEK SALAD (V) Feta, chilli & coriander humous, olives, tomato, cucumber, red onion, mixed leaves & House dressing & mayonnaise	£4.40	£5.20
CAPRESE (V) Tomato, mozzarella, green pesto, mixed peppers, marinated olives, mixed leaves & House dressing	£4.40	£5.20
BISTRO SALAD Home roasted beef, blue cheese, sliced egg, carrot julienne, sun blushed tomatoes, garlic croutons, mixed leaves & House dressing	£6.20	£7.00
GENOVESE English roast chicken, penne pasta, pesto, sweet corn, mixed peppers, mixed leaves & sunflower seeds	£5.20	£6.00
NIÇOISE Tuna, free range egg, tomato, cucumber, red onion, olives, mixed leaves & House dressing	£5.20	£6.00

HOT SANDWICHES

Out

In
Inc VAT

THE SQUEAKY SANDWICH (V) Halloumi, tomato, onion, sweet chilli sauce & rocket in toasted malted bloomer bread	£4.50	£5.00
HOT FISH FINGER SANDWICH with cucumber & homemade tartar sauce. Choose from white or malted bloomer bread	£5.00	£5.50
BBQ PULLED PORK BBQ pulled pork, melty cheese, mayonnaise & mixed leaves in toasted ciabatta	£5.00	£5.50
HAM IT UP Wiltshire cured ham, mature cheddar & mango chutney in toasted ciabatta	£5.00	£5.50
CHA CHA CHA Chicken & chorizo in piri piri sauce & melty cheese in toasted ciabatta	£5.00	£5.50
FIRECRACKER CHICKEN Roast chicken, tomato & mixed peppers in a hot chilli sauce in a toasted wrap	£4.00	£4.80
SMOKIN' HARRY Roast chicken, tomato, grated cheddar, mixed peppers, sweet chilli noodles & hot chilli sauce in a toasted wrap	£5.00	£5.50
THE COWBOY Home roasted beef, creamed horseradish, red onion, jalapenos, melty cheese in a toasted white baguette	£5.00	£5.50
CLASSIC B.L.T. Back bacon, sliced tomato, mixed leaves & mayonnaise. Choose from white or malted bloomer bread	£4.00	£4.80
RUSTICA 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
MEAL DEAL: 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 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
Add extra premium item or side order*	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 freshtodesk.com or facebook.com/freshtodesk for the latest dishes.		
Served with noodles, pasta, handmade bread, mashed potato (depending upon dish)	£6.00	£6.50

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: 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.

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 if you require any further information.

freshdesk

SELECT EAT DRINK ENJOY

BREAKFAST	SERVED 7.30AM TO 11.15AM, MONDAY TO FRIDAY	Out	In Inc VAT
FRESH PASTRIES (V) Butter croissant, almond croissant, pain au chocolat		£1.50	£1.90
EGGS BENEDICT Toasted English muffin, Wiltshire ham, poached egg & hollandaise sauce		£4.50	£5.00
EGGS ROYALE Toasted English muffin, smoked salmon, poached egg & hollandaise sauce		£5.50	£6.00
TOASTED BLOOMER (V) White or malted - with butter or margarine & choice of jam, marmite, honey, marmalade or peanut butter ** GLUTEN-FREE TOAST AVAILABLE**		£1.50	£2.00
BREAKFAST SANDWICH Price includes 1 filling. Choose your fillings from the list below			
Muffin		£2.80	£3.30
Sourdough roll		£3.80	£4.30
White or malted bloomer		£3.10	£3.60
White or seeded baguette		£3.80	£4.30
FRUIT YOGURT		£1.75	£1.75
ON TOAST			
Smoked salmon & scrambled egg		£5.00	£5.50
Scrambled, poached or fried eggs (v)		£4.00	£4.50
Baked beans (v)		£3.50	£4.00
Mushrooms (v)		£4.00	£4.50
Avocado (v)		£4.50	£5.00
FRUIT YOGURT (V)		£1.75	£1.75
VEGETARIAN BREAKFAST MUFFIN (V) Flat mushroom served with fried, poached or scrambled egg		£3.20	£3.70
STUFFED BAGEL OR CROISSANT Price includes 1 filling. Choose your fillings from the list below		£3.10	£3.60
PORRIDGE Choose from honey, dried fruit, maple syrup or jam		£2.00	£2.50

FILLINGS & EXTRAS

Smoked salmon **£2.00**

Bacon, sausage, baked beans, scrambled egg, prosciutto, mushroom, cheese, tomato, poached or fried egg **£1.30**

DRINKS

In or Out

Our espresso based drinks contain 2 shots as standard

FILTER COFFEE	£1.00 regular £1.40 large
LATTÉ CAPPUCCINO	£2.00 regular £2.40 large
AMERICANO	£1.80 regular £2.20 large
ESPRESSO MACCHIATO	£1.80
MOCHA	£2.30 regular £2.70 large
FLAT WHITE	£2.00 regular £2.80 large
ICED FRAPPE	£3.00
EXTRA ESPRESSO SHOT	60p
SYRUPS Gingerbread; Vanilla; Hazelnut; Caramel; Butterscotch; Toffeenut	30p
DECAFFEINATED COFFEE & SOYA, OAT & COCONUT MILK AVAILABLE	
LONDON FOG	£2.70
MILK HOT CHOCOLATE WHITE HOT CHOCOLATE with marshmallow	£2.10 regular £2.60 large
TEA Traditional English; Decaffeinated	£1.50 regular £1.80 large
FRUIT & HERBAL TEAS Earl Grey Green tea Lemon & ginger Peppermint Cranberry & raspberry	£1.60
STILL & SPARKLING WATER	£1.00
CANS 330ML: Coca Cola Diet Coke Coke Zero Fruit Twist Fanta Orange Fanta Rio Dr Pepper	90p
LIPTONS ICED TEA	£1.50
FENTIMAN'S BOTANICAL BREWS Ginger beer; Victorian lemonade; Rose lemonade; Dandelion & burdock	£1.70
FRESHLY SQUEEZED ORANGE JUICE CLOUDY PRESSED APPLE JUICE	£1.80
CRANBERRY JUICE	£1.65
FRUIT OR VEGETABLE SMOOTHIE Made with real fruit & vegetables & apple juice (2 ½ of your 5 a day)	£3.30