

FROM THE DELI

	Out	In
BAGUETTE white seeded		
SOURDOUGH ROLL	£3.90	£4.90
FOCACCIA		
CIABATTA		
SANDWICH white malted gluten free	£3.50	£4.50
SESAME SEED BAGEL	£3.40	£4.40
WRAP white wholemeal	£3.60	£4.60
BLOOMER BREAD white malted	£3.70	£4.70
EXTRA MAIN FILLINGS	£1.00	£1.00
EXTRA SALAD ITEMS	80p	80p

SANDWICH PRICES INCLUDE 1 MAIN FILLING & YOUR CHOICE OF UP TO 4 SALAD ITEMS

MAKE YOUR OWN SALAD	£4.90	£5.90
Salad price includes 1 main filling & your choice of up to 6 salad items		

OUR DELI COUNTER:

MAIN FILLINGS

Avocado; Beetroot falafel (vg); Brie; Coronation chicken Cream cheese; English roast chicken; Feta; Free range egg mustard mayonnaise; Green Thai chicken; Hard boiled free-range egg; Home roasted topside of beef; Mature cheddar; Mozzarella; Parmesan; Penne pasta; Peppered pastrami; Prawns; Thousand island prawns; Salami Milano; Serrano ham; Smoked bacon; Smoked cheddar; Smoked salmon (£1.50 supplement); Stilton; Sweet chilli noodles; Tuna; Tuna mayonnaise; Wiltshire-cured ham;

SALAD ITEMS

Beetroot; Cucumber; Mixed peppers; Tomato; Grated carrot; Red onion; Jalapenos; Sweet corn; Sun blushed tomatoes; Marinated olives, Mixed leaves, Rocket; Garlic croutons; Homemade coleslaw; Gherkins; Almond flakes, Mixed seeds

CHUTNEYS, DRESSINGS & SAUCES

Caesar dressing; Balsamic glaze; BBQ sauce; Green pesto; Mayonnaise; House dressing; Ranch dressing; Mango chutney; Cranberry sauce; Creamed horseradish; Coriander humous; Hot chilli sauce; Coronation sauce; Salad cream; Sweet chilli sauce; Thousand island; Mustard mayonnaise; Coarse grain mustard; English mustard; Branston pickle

WANT YOUR SANDWICH TOASTED?

Add 70p to the price for a toasted option

HOUSE SANDWICHES

	Out	In
RAINBOW WRAP (VG)	£3.60	£4.60
Beetroot falafel, mango chutney, carrot, sweet corn, rocket in a wrap		
THE GREEK (V)	£4.00	£4.50
Feta, coriander humous, olives, cucumber, red onion, mixed leaves & mayonnaise in a wrap		
FEEL THE BEET	£3.90	£4.90
English roast chicken, beetroot, rocket, pesto & mayonnaise in white or seeded baguette		
NEW YORK DELI	£4.70	£5.70
Shaved black pepper pastrami, smoked cheddar, mustard mayonnaise, sliced gherkin in white or seeded baguette		
THE PURPLE (V)	£3.90	£4.90
Feta, beetroot, rocket, mayonnaise in sourdough roll		
SWEET CHILLI CHICKEN	£4.40	£5.40
Sweet chilli chicken, mixed peppers, cheddar & mixed leaves in a wrap		
MILANESE	£4.70	£5.70
Salami Milano, mozzarella, sun blushed tomatoes, rocket, mustard mayonnaise in ciabatta		
LA RUSTIQUE (V)	£3.70	£4.70
Brie, cranberry sauce & rocket in white or malted bloomer		
THE ITALIAN JOB	£4.50	£5.50
Prosciutto, mozzarella, tomato, rocket & green pesto in white or malted bloomer bread		
CHICKEN CAESAR	£4.40	£5.40
English roast chicken, tomato, parmesan, garlic croutons, classic Caesar dressing in a wrap		
HAIL CAESAR!	£5.00	£6.00
English roast chicken, prosciutto, tomato, parmesan, garlic croutons, classic Caesar dressing in a wrap		
THE CLUBHOUSE	£5.50	£6.50
English roast chicken, smoked bacon, avocado, tomato, mayonnaise in white or malted bloomer		
THE ABC (VG)	£3.60	£4.60
Avocado, coriander humous, grated carrot, cucumber & rocket in a wrap		
KING OF NEW YORK	£4.90	£5.90
Smoked salmon, cream cheese & rocket in sesame seed bagel		
THE PENNSYLVANIA	£4.70	£5.70
Wiltshire cured ham, cream cheese, caramelised onion & rocket in white or seeded baguette		

PASTA POTS

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

	Out	In
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
SWEET CHILLI CHICKEN English roast chicken, sweet chilli noodles, mixed peppers, sun blushed tomatoes, mixed leaves, coriander & sweet chilli sauce	£5.70	£6.90
VITALITY SALAD (VG) Roasted root vegetables, tomato, mixed leaves, avocado, garlic croutons, coriander humous, mixed seeds	£5.70	£6.90
CORONATION CHICKEN English roast chicken, dried fruit, flaked almonds, mixed leaves, cucumber, mango chutney, coriander, garlic croutons, coronation sauce	£5.70	£6.90
RANCH PASTA Penne pasta, English roast chicken, bacon, grated cheddar, sweet corn, tomato, ranch dressing	£5.70	£6.90
CHICKEN CAESAR English roast chicken, parmesan, garlic croutons, mixed leaves, classic Caesar dressing	£5.70	£6.90
PASTA FRESCA Penne pasta, sun blushed tomatoes, sweet corn, parmesan, prosciutto, mixed leaves & green pesto	£6.00	£7.40
GREEK SALAD (V) Feta, coriander humous, olives, tomato, cucumber, red onion, mixed leaves, House dressing	£5.40	£6.60
HAIL CAESAR! English roast chicken, prosciutto, parmesan, garlic croutons, mixed leaves, classic Caesar dressing	£6.00	£7.40
BISTRO Home roasted beef, stilton, sliced free-range egg, grated carrot, sweet corn, garlic croutons, mixed leaves, House dressing	£6.30	£7.60
GENOVESE English roast chicken, penne pasta, pesto, sweet corn, mixed peppers, mixed leaves, mixed seeds	£5.70	£6.90
NIÇOISE Tuna, free range egg, tomato, cucumber, red onion, olives, mixed leaves, House dressing	£5.70	£6.90

HOT SANDWICHES

	Out	In
THE PORTOBELLO (V/VG) Portobello mushroom, melty cheese, caramelised onion chutney in toasted focaccia <i>(Vegan cheese available)</i>	£5.40	£6.00
HOT FISH FINGER SANDWICH with cucumber & tartar sauce in white or malted bloomer bread. With grated cheddar add 80p	£5.00	£5.50
CATCHY TUNE Tuna, horseradish, melty cheese, mixed peppers, sweet corn in toasted ciabatta	£5.40	£6.00
HAM IT UP Wiltshire cured ham, mature cheddar, caramelised onion chutney in toasted ciabatta	£5.50	£6.00
MEXICAN WAVE Pork & beef meatballs in spicy BBQ sauce, mixed peppers, melty cheese in toasted ciabatta	£5.80	£6.50
FIRECRACKER CHICKEN English roast chicken, melty cheese, tomato, red onion, sweet corn, mixed peppers, hot chilli sauce in a toasted wrap	£5.50	£6.00
THE ALPINE Prosciutto, brie, mango chutney, melty cheese in toasted ciabatta	£5.50	£6.00
THE COWBOY Home roasted beef, creamed horseradish, red onion, jalapenos, melty cheese in a toasted white baguette	£5.50	£6.00
CLASSIC B.L.T. Bacon, sliced tomato, mixed leaves & mayonnaise in white or malted bloomer bread	£4.00	£4.80
ROASTED ROOT MELT (VG) Roasted root vegetables, vegan cheese & balsamic glaze in a toasted wrap	£5.00	£5.50

FRESH SOUPS

Out

In

Soup only	£3.50	£4.00
Add half / whole baguette	50p / £1.00	50p / £1.00
MEAL DEAL: Soup & filled half baguette <i>(price includes 1 main filling & up to 4 salad items)</i>	£5.50	£6.50

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 Hot food. 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

Served with a fresh side salad. For your jacket potato filling:

1. From our Deli bar, choose 1 main filling		
2. Heinz baked beans	£4.80	£5.80
3. Homemade chilli con carne & sour cream		
Add extra premium item or side order*	80p £1.00	80p £1.00

DAILY SPECIALS

Out

In

Fancy something a little bit different for lunch? Try our Chef's Specials - see in store or visit freshtodesk.com or [facebook.com/freshtodesk](https://www.facebook.com/freshtodesk) for the latest dishes.

Served with noodles, pasta, handmade bread, mashed potato (depending upon dish)	£6.00	£6.50
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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. 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. VG = suitable for vegans.

Fresh to Desk sources its cooked meats from British farms & our fish from sustainable sources. Our eggs are free-range. We do not use mass catering meats but cook our own beef which, like our Wiltshire-cured ham, is sourced from a local butcher and is sliced on our premises. Please telephone us on 01489 565 669 or email orders@freshtodesk.com if you require any further information.

BREAKFAST	SERVED 7.30AM TO 11.15AM, MONDAY TO FRIDAY	Out	In
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

FILLINGS & EXTRAS

Smoked salmon £2.00

Bacon, sausage, baked beans, scrambled egg, prosciutto, mushroom, cheese, tomato, poached or fried egg £1.20

FRUIT YOGURT		£1.75	£1.75
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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
Baked flat mushrooms (v)		£4.00	£4.50
Avocado (v)		£4.50	£5.00

FRUIT YOGURT (V)		£1.75	£1.75
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VEGETARIAN BREAKFAST MUFFIN (V)	Baked flat mushroom served with fried, poached or scrambled egg	£3.20	£3.70
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STUFFED BAGEL OR CROISSANT	Price includes 1 filling. Choose your fillings from the list above	£3.10	£3.60
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PORRIDGE	Choose from honey, dried fruit, maple syrup or jam	£2.00	£2.50
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DRINKS

In or Out

Our espresso-based drinks contain 2 shots as standard. Proud to serve Monmouth Coffee

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		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		£1.60
STILL & SPARKLING WATER		£1.00
CANS 330ML		90p
LIPTONS ICED TEA		£1.50
FENTIMAN'S BOTANICAL BREWS		£1.70
FRESHLY SQUEEZED ORANGE JUICE CLOUDY PRESSED APPLE JUICE		£1.80
CRANBERRY JUICE		£1.65
FRUIT OR VEGETABLE SMOOTHIE		£3.30