



# Healthy Appetites

01522 544944

Opening Hours:

Monday – Friday 7.30am-3.30pm

[www.healthyappetites.co.uk](http://www.healthyappetites.co.uk) ♥ [wendy@healthyappetites.co.uk](mailto:wendy@healthyappetites.co.uk)

[www.facebook.com/healthyappetites](https://www.facebook.com/healthyappetites)

Card payments accepted – 30p charge under £4

LCC/DWP order form on website

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## **BREAKFAST MEAL DEAL - £3.95**

Baguette or Roll with any four of the following:

*Sausage, bacon, egg, mushrooms or tomatoes.*

Includes a free carton of apple/orange juice.

## **DELICIOUS HOT CHICKEN WRAP - £3.95**

Tortilla wrap with salad, cheese, sauce & freshly cooked chicken breast.

**BREAKFAST BAGUETTE/SOFT ROLL – Two items      £2.50**

Extra items 50p per portion – slice of bacon, sausage, quorn sausage, cheese, fried mushrooms, fried tomatoes, fried egg.

### **OMELETTE WITH SIDE SALAD**

Plain                              £2.50    Cheese                              £3.00

Cheese & Ham                  £3.50

**SOUP OF THE DAY – Homemade soup freshly prepared each day.**

Cup £1.40 Add a baguette or roll for 75p

**CREATE YOUR OWN BAGUETTE, SOFT ROLL OR WRAP**

Salad £2.50 Egg/Egg mayonnaise £2.50

Cheese £2.60 Ham or turkey £2.70

Pulled pork £3.00 Cajun Chicken £2.80

Prawns or Tuna £2.80 Chicken/Bacon/Mayo £2.90

Add salad from 10p:

Lettuce, cucumber, tomatoes, sweetcorn, onions & olives.

Extra portions from 45p

**CREATE YOUR OWN SALAD BOX – any of the basic salads: lettuce, tomatoes, cucumber, onion, sweetcorn and olives.**

Regular – all basic salads plus three special salads £2.90

Large – all basic salads plus four special salads £3.30

**SPECIAL SALADS -** Spicy pineapple, mixed beans, Chinese noodles, beetroot, red/green pesto pasta, coleslaw, roast veg, roast potatoes, caesar broccoli, spinach leaves, croutons

Add extras:

Egg or cheese or ham or turkey 60p, prawns or tuna or tuna/mayo 80p  
chicken/bacon/mayo or Cajun chicken or pulled pork 90p

**BAKED POTATOES – includes side salad**

Plain £2.50 Cheese £2.90

Tuna or Prawns £3,00 Ham/turkey/Cajun chicken £2.90

Chilli £3.00 Chicken/Bacon/Mayo £3.00

Quorn Chilli £3.00 Baked beans £2.80

**PANINIS**

Cheese & Ham £3.20 Spicy Hawaiian £3.20

Tuna Melt £3.20 Cajun Chicken & Cheese £3.40

BBQ Pulled Pork & Cheese £3.40

**Hot weekly specials available Thursday & Friday pre-order only**

**All our produce is locally sourced and freshly prepared to order.**