



# 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 – 40p charge under £4

**DELICIOUS HOT CHICKEN WRAP - £4.25**

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

**BREAKFAST BAGUETTE/SOFT ROLL – Two items £2.75**

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 Mushroom £3.50

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

Cup £1.95 Add a baguette or roll for 75p

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

|                |       |                       |       |                    |       |
|----------------|-------|-----------------------|-------|--------------------|-------|
| Salad          | £2.70 | Egg/Egg<br>mayonnaise | £2.70 | Chicken/Bacon/Mayo | £3.20 |
| Cheese         | £2.80 | Ham or<br>turkey      | £3.00 | Prawns or Tuna     | £3.20 |
| Pulled<br>pork | £3.20 | Cajun<br>Chicken      | £3.20 | BLT                | £3.50 |

Add salad from 15p:

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

Extra portions from 80p

**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 £3.00

Large – all basic salads plus four special salads £3.50

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

Add extras:

Egg or cheese or ham or turkey 80p, prawns or tuna or tuna/mayo 1.00

chicken/bacon/mayo or Cajun chicken or pulled pork 1.20

| <b>OVEN BAKED POTATOES</b> – includes side salad |       |                     |       | <b>PANINIS</b>           |       |
|--|-------|---------------------|-------|--------------------------|-------|
| Plain  | £3.00 | Cheese              | £3.50 | Tuna Melt                | £3.50 |
| Tuna   | £3.75 | Cajun chicken       | £3.95 | Cajun Chicken & Cheese   | £3.95 |
| Chilli   | £3.95 | Chicken/Bacon /Mayo | £3.95 | BBQ Pulled Pork & Cheese | £3.95 |
| Quorn Chilli                                     | £3.95 | Baked beans         | £3.50 | Cheese & Chorizo         | £3.50 |
| Prawns   | £3.95 | Pulled Pork         | £3.95 | Cheese & Ham             | £3.50 |
|  |       |                     |       | Spicy Hawaiian           | £3.50 |

**SLIMMING WORLD FRIENDLY SPECIALS AVAILABLE DAILY. SEE FACEBOOK FOR DETAILS**

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