

## BREAKFAST

Served until 11am.

	1 filling	2 fillings	Choose from -
Roll	£1.00	£1.50	■ Grilled Cumberland Sausage
Sandwich	£1.90	£2.30	■ Grilled Bacon
			■ Sliced Hard Boiled Egg

■ X2 slices of toast with your choice of spread **£1.00**■ X2 slices of bloomer toast with your choice of spread **£1.20**■ Toasted bagel with your choice of spread **£1.20**Or why not have a freshly made **fruit smoothie?**

## DON'T FANCY A SANDWICH?

### Salad Bar

Our pick and mix salad bar is the best in Romford. You'll find a mouth-watering selection of mixed leaves, marinades, Jill's famous homemade potato salad and coleslaw, olives, pastas, meats and dressings.

So, have it your way and create a salad bowl to suit you.

**Regular - £3.00 / Large - £3.80**

### Jacket Potatoes

**Simple Fillings £3.00**

- Grated Cheddar
- Cream Cheese
- Heinz Baked Beans
- Tuna Mayonnaise
- Egg Mayonnaise & Cress
- Houmous
- Jill's Homemade Coleslaw

**Deluxe Fillings £3.50**

2 of the above fillings **OR** any other filling from the deli counter

**Add a side salad? 50p**

**SOUP** Fresh, wholesome and filling.  
See our daily specials board!

# SANDWICHES

**Any filling on any bread!**  
**Fancy it toasted? No problem!**  
**Free salad in every sandwich!**

**1st price** = traditional bread (white, granary, wholemeal or bagel) **2nd price** = speciality bread (ciabatta, panini, baguette, wrap or bloomer)

## Gourmet Sandwiches

■ **The Cumbrian** £2.80 / £3.60

Cumberland sausage, handmade red onion chutney + creamy mayonnaise, served with mixed leaves. **Best on bloomer!**

■ **Old English** £2.95 / £3.75

Sliced roast beef, creamy wholegrain mustard mayonnaise, sliced tomato and mature Cheddar. **Perfect toasted on a Ciabatta!**

■ **Classic Chicken** £2.80 / £3.60

Sliced Chicken breast served with Jill's homemade coleslaw. **Delicious on a baguette!**

■ **Italian Job** £2.95 / £3.75

Sliced ham, mozzarella, tomato chutney, balsamic vinegar and fresh basil. **The ideal panini!**

■ **Hoi Sin Duck** £2.95 / £3.75

Shredded Duck, hoi sin sauce, spring onion, sliced cucumber. **Amazing in a wrap!**

■ **Romford's Best Tuna Melt** £2.60 / £3.40

Tuna served in Jill's homemade tomato + onion relish, with mature Cheddar cheese. **A show-stopping panini!**

■ **Rockpool** £2.95 / £3.75

Salmon, prawn and crab flakes served in lemon mayonnaise with rocket leaves. **A delicious wrap!**

■ **Sweet Carrot Crunch (V)** £2.80 / £3.60

Houmous, grated carrot + sultanas served with mixed leaves and rocket. **Mouth watering in a ciabatta!**

**Specials Board**

**Don't forget to check our weekly specials board too!**

\*The menu lists our take-away prices, to keep the tax man happy we have to add VAT to our eat in prices.

## Classic Sandwiches

■ **Ploughman's** £2.80 / £3.60

■ **Sliced Boiled Egg** £2.30 / £3.10

■ **Tuna Mayonnaise** £2.50 / £3.30

■ **Cream Cheese** £2.30 / £3.10

■ **Mature Cheddar** £2.30 / £3.10

■ **Coronation Chicken** £2.80 / £3.60

■ **Egg Mayonnaise + Cress** £2.50 / £3.30

■ **Sliced Chicken** £2.60 / £3.40

■ **Sliced Ham** £2.60 / £3.40

■ **Sliced Beef** £2.80 / £3.60

■ **Crispy Bacon** £2.30 / £3.10

■ **Prawn Marie-Rose** £2.90 / £3.70

■ **Cumberland Sausage** £2.50 / £3.30

■ **Houmous + Red Peppers** £2.70 / £3.50

■ **Smoked Salmon + Cream Cheese** £2.90 / £3.70

## Have it your way!

Combine the fillings from our deli counter however you like, or add our yummy extras...including mozzarella cheese, spiced apple chutney, olives, sun-dried tomatoes, Heinz Salad Cream, Branston Pickle, English mustard, avocado and many more!

# HOT DRINKS

Prices are for regular / large sizes

FULL  
FLAVOUR  
GUARANTEE

2 COFFEE  
SHOTS AS  
STANDARD!

## Coffee

- Espresso £1.50
- Traditional Black Coffee £1.70 / £2.00
- Traditional White Coffee £1.80 / £2.10
- Café Latte £2.00 / £2.30  
(milky coffee)
- Cappuccino £2.00 / £2.30  
(frothy coffee with chocolate sprinkles)
- Mocha Chocolate Cappuccino £2.20 / £2.50

## Tea

- Traditional tea with milk £1.25 / £1.55
- Earl Grey £1.35 / £1.65
- Herbal Tea £1.35 / £1.65  
(Green, Fruit, Camomile etc)

## Something Different

- Vanilla Chai Latte £2.00 / £2.30
- Spiced Cinnamon Latte £2.00 / £2.30
- Hot Chocolate £2.30 / £2.60

## Naughty but Nice!

We pride ourselves on our handmade cakes. Check our daily specials!

## WHAT ELSE DO WE DO?

### Taste to share

We really enjoy making healthy buffet platters for all occasions – with simple platters that are perfect for office meetings and speciality platters that will wow guests at a party.

Pick up a menu in the café or view online.

### Taste to you

Grub! is the pre-packed service from Taste. It is designed specifically for busy office workers who want a quick and easy way to buy a fresh and delicious lunch, but without leaving their desk, or breaking the bank!

Ask in the café for more information about joining the daily delivery round.

## WE'D LIKE TO HELP YOU EAT MORE HEALTHILY, SO...

- We make our sandwiches and salads freshly by hand each day
- We use naturally wholesome and delicious ingredients
- The result is 'fast' food that's not only good for you, but tastes great too

## Our Awards

- Best Sandwich Bar in Britain 2009
- Best New Company 2008
- Young Business of the Year 2007



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