



# Healthy Appetites

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Opening Hours: Monday – Friday 7.30am-3.30pm

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

Card payments accepted

## DELICIOUS HOT CHICKEN WRAP - £4.50

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

### **BREAKFAST BAGUETTE/SOFT ROLL – BACON OR SAUSAGE £3.00**

Extra items 80p per portion – slice of bacon, sausage, quorn sausage, cheese, fried mushrooms, fried tomatoes, fried egg.

### **OMELETTE WITH SIDE SALAD**

Plain	£3.00	Cheese	£3.50
Cheese & Ham	£3.95	Mushroom	£3.95

### **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	£3.10	Egg/Egg mayonnaise	£3.20	Chicken/Bacon/Mayo	£3.30
Cheese	£3.10	Ham or turkey	£3.20	Prawns or Tuna	£3.30
Pulled pork	£3.30	Cajun Chicken	£3.30	BLT	£3.50

Add salad from 20p:

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

Extra portions from £1

**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 £3.30

Large – all basic salads plus four special salads £3.90

**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 £1, prawns or tuna or tuna/mayo, chicken/bacon/mayo or Cajun chicken or pulled pork 1.30

### **OVEN BAKED POTATOES – includes side salad**

Plain	£3.00	Cheese	£3.75
Tuna	£4.20	Cajun chicken	£4.20
Chilli	£4.20	Chicken/Bacon/Mayo	£4.20
Quorn Chilli	£4.20	Baked beans	£3.75
Prawns	£4.20	Pulled Pork	£4.20

### **PANINIS**

Tuna Melt	£3.95
Cajun Chicken & Cheese	£3.95
BBQ Pulled Pork & Cheese	£3.95
Cheese & Chorizo	£3.95
Cheese & Ham	£3.95
Spicy Hawaiian	£3.95

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

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