

GRAB & GO MENU

**“Get Fresh Get Naked”**

**Pre Order & Collect**

**Order Line:- 0161 770 5717**

Breakfast Menu “Wake up Naked” (until 11.30am)

Toasted Current Teacake £1.20 V

Hot Buttered Toast (2 bits) Jam or Honey optional £1.00 V

Fresh Baked Buttered Croissant Jam or Honey optional £1.50 V

Hot Porridge Pot served with honey & mixed berries £1.80 V

Warm Savoury Breakfast Croissant with cheddar, tomato & herbs £2.00 V

Hot Griddled Bacon **or** Herby Sausage Muffin £2.20

Double Egg Banjo Muffin £2.20 V

Add extra breakfast item (tomatoes, mushrooms, eggs etc) £0.50 per item

The “Full Monty” breakfast baguette Bacon, Sausage, Egg, Tomatoes & Mushrooms £3.75

Hot Savoury Sandwiches

When is a cheese on toast not a cheese on toast? When it’s a Welsh Rarebit with 7 secret ingredients

Welsh Rarebit The original classic on thick farmhouse toast £2.80 V

Welsh & Ham Savoury Welsh rarebit topped off with our gammon roast ham £3.30

Welsh “Fireman” Welsh rarebit topped off with sweet chilli jam & red onions £3.30 V

The “Lincoln” Welsh rarebit topped off with herby pork sausages £3.30

The “Buck” Rarebit rarebit topped off with a fried egg £3.30 V

Hot Grilled Panini’s £3.30

Roast Gammon ham & Cheddar Cheese With English Mustard optional

Sweet Chilli Chicken & Cheddar Cheese With red onions & chilli jam

Tuna & Cheddar Cheese Melt With red onions, tomatoes & sweet peppers

Creamy Brie & Bacon With homemade fruit chutney

Tangy Goats Cheese, red onion & roasted tomato With pesto V

“Classic” Sandwiches £2.00

Available on a choice of thick white, wholemeal or granary sliced

Creamy Egg Mayo & Cress V

Cheddar & Ploughmans Pickle V

Tuna Mayo & Cucumber V

Home Roast Gammon Ham & Tomato

Chicken Mayo & Crispy Bacon bits

“Deep Fill” Sandwiches £2.45

Available on a choice of thick white, wholemeal or granary sliced

Warm Bacon, Lettuce & Tomato

Home Roast Gammon Ham, Chutney & Salad

Tuna Provencal & Crisp Salad

Home Roast Beef & Rocket Salad

Chicken Mayo & Crisp Salad

“Fresh Baked” Baguettes £2.70

Available on a choice of white or granary

Creamy French Brie, Cherry Tomato & Fresh Basil V

Home Roast Gammon Ham, Chutney & Cheddar

Tuna Provencal & Crisp Salad

Posh Cheese & Ploughmans Pickle

Chicken & Bacon Super Club

“Dinner Jackets” £2.80

Baked & salted jacket potatoes

Heinz Baked beans V

Cottage Cheese V

Creamy Brie & Crispy Bacon

Sweet Chilli Chicken

Herby Sausage Chunks & Heinz Baked beans

Cheddar Cheese V

Tuna Mayo/Provencal

Add an extra filling for 75p

“Skinny Dippin” Salads £4.50

Greek Feta Salad V Mixed leaves, cherry tomatoes, red onions & cucumber. Finished off with tangy

Feta cheese, marinated olives, Hummus & warm pitta bread

Warm Chicken & Chorizo Salad Mixed leaves, cherry tomatoes, red onions & cucumber. Finished

Off with griddled chicken, potato & chorizo flambéed in Spanish sherry and a Smokey tomato dressing.

Served with warm Rustic garlic bread.

Tuna St Tropez Salad Mixed leaves, cherry tomatoes, red onions & cucumber. Finished

Off with tuna, marinated olives , boiled egg , croutons & anchovies . With a lemon & mint dressing and

Served with warm Rustic garlic bread.

House Salad of the Month During the summer months we use seasonal ingredients to create House

Salads :- Please ring through to find out what we are serving.

Naked Bean Meal Deals

The “ Early Bird” (until 11.00am)

But any hot drink & get a bacon, sausage or double egg muffin for an extra £1.70

The “Classic” 3 piece

Any fresh made “Classic” sandwich **+** cold drink **+** home baked cake/crisps £3.35

The “Deep Fill” 3 piece

Any fresh made “Deep Fill” sandwich **+** cold drink **+** home baked cake/crisps £3.80

The “Baguette” 3 piece

Any fresh made “Baguette” **+** cold drink **+** home baked cake/crisps £4.00

The “Soup & Roll” Combo

A healthy 12oz portion of wholesome homemade soup **+**a roll £2.00

The “Soup & Sandwich” Combo

Any fresh made Sandwich **+** a 12oz portion of wholesome homemade soup £3.75

The “Soup & Baguette” Combo

Any fresh made Baguette **+** a 12oz portion of wholesome homemade soup £4.00

Hot Beverages (Drinks are also available in both skimmed & soya)

Assorted Teas Early Grey, English breakfast, fruit & herbal £1.00 £1.20

Latte or Cappuccino Ground to order using our distinctive “9 Bar Dream” roast £2.20 £2.50

Americano Ground to order, available in three strengths £1.90 £2.20

Hot Chocolate Thick & creamy, topped off with chocolate dusting £2.20 £2.65

Chocomello Deluxe chocolate, topped off with whipped cream & mellows £2.90 £3.35

Mocha Thick & creamy chocolate, laced with rich intense espresso £2.45 £2.95

Mocha Flake Topped off with whipped cream & chocolate flake £2.90 £3.20

Mint Choc Bliss Mint Chocolate topped off with whipped cream & choc sauce £2.90 £3.35

Chunky Monkey Banana Chocolate topped off with whipped cream & choc chips £2.90 £3.35

Strawberry Blizzard White Chocolate whipped cream & strawberry sauce £2.90 £3.35

Decaf Shot Freshly ground to order £0.30

Flavour Shot Caramel, Vanilla, Hazelnut, Irish Cream, Amaretto & many more £0.45

Whipped Cream Cap £0.45

“Something for Dessert” £1.05

All our cakes & muffins are baked fresh in store daily

Blueberry Burst Muffin

Cherry & Almond Muffin

Apple & Raspberry Crumble Muffin

Dutch Apple Crumble Muffin

Chocolate Chip Muffin

Super Sticky Toffee Muffin

Moist Chocolate Brownie Cake Bar

Zesty Lemon Drizzle Cake Bar

Moist Carrot Cake Bar

Banoffee Cake Bar

Oreo Cookie Cake Bar

Salted Caramel Nut Cake Bar

Please note that we often have weekly special cake variations, just ask when you order.

Take Home a Box of 4 Fresh Baked Muffins & Cakes only £3.60

Order Line:- 0161 770 5717

Because all our food is made to order and not pre packed, lunchtime orders need to be in for 11.00am to ensure they are ready for 12noon pick up.

We will endeavor to give you an estimated time of collection when you order