

Lansdowne – 01202 556409
 Towne Centre – 01202 294477
 www.sands2.co.uk

Meats

	Sandwich	Baguette or Crusty Bread	Granary Roll
Roast chicken	£2.50	£3.00	
Tandoori chicken with mint yoghurt	£2.75	£3.15	
Chicken with avocado and lemon mayonnaise	£2.90	£3.30	
Chicken with crispy bacon and avocado	£3.40	£3.80	
Coronation chicken with shredded crispy iceberg	£2.90	£3.30	
Chicken with crispy bacon	£2.90	£3.30	
Roast turkey	£2.25	£2.75	
Turkey with crispy bacon and cranberry sauce	£2.75	£3.20	
Crispy bacon, lettuce and tomato	£2.70	£3.15	
Crispy bacon, avocado and shredded iceberg	£3.00	£3.35	
Crispy bacon with egg mayonnaise	£2.60	£3.10	
Country style ham	£2.35	£2.70	
Ham with mature cheddar cheese	£2.70	£3.05	
Ham with cream cheese and pineapple	£2.80	£3.25	
Roast beef	£2.60	£3.10	
Roast beef with watercress and creamed horseradish	£2.80	£3.20	
Roast beef with red onion chutney	£2.80	£3.20	
Crispy Bacon	£2.50	£2.95	
Crispy Bacon and Brie	£3.00	£3.40	

Fish

Tuna mayonnaise	£2.25	£2.65	
Tuna mayonnaise and sweetcorn	£2.35	£2.75	

Fish Continued

	Sandwich	Baguette or Crusty Bread or Granary Roll
Tuna savoury	£2.45	£2.85
Smoked salmon with lemon mayonnaise and mixed leaves	£3.30	£3.90
Smoked salmon and cream cheese	£3.30	£3.90
Poached salmon with lemon and dill mayonnaise and mixed leaves	£3.30	£3.60
Naked prawns	£2.90	£3.25
Prawns with Marie Rose dressing	£2.90	£3.25

Vegetarian

Mature cheddar	£2.20	£2.50
Triple cheese with spring onion and lite mayonnaise	£2.35	£2.80
Mozzarella cheese with tomato and basil leaves	£2.70	£3.05
Brie and cranberry sauce	£2.65	£2.95
Farmhouse ploughmans	£2.65	£3.00
Cheddar cheese with chutney	£2.35	£2.70
Egg mayonnaise and cress	£2.05	£2.40
Peanut butter	£1.70	£2.10
Avocado salad	£2.40	£2.80
Roasted vegetables	£2.20	£2.60
Cream cheese and pineapple	£2.20	£2.60
Mixed salad	£1.70	£2.10

All of the above are freshly made to order and are available on sliced white, wholemeal or granary bread, crusty bread, granary roll, wrap or a baguette. Any extra salad item 10p extra (up to a maximum price of 40p)

Made to order Salad Boxes

Salad boxes are made to order with a filling of your choice.

Pasta with vinaigrette is available instead of iceberg lettuce as your base (for the same price). Pasta as an extra filling is 20p.

Egg mayonnaise	£3.00	Mature cheddar	£3.00
Tuna savoury	£3.30	Prawn	£3.50
Tuna mayonnaise	£3.10	Tuna sweetcorn	£3.20
Roast chicken	£3.30	Avocado	£3.10
Country style ham	£3.20	Roast turkey	£3.00
Coleslaw	£2.90		

Beat the queue - Telephone or internet orders for lunch can be accepted BEFORE 11am for collection or delivery at lunchtime. Take advantage of our FREE LUNCHTIME DELIVERY service on all orders over £10 within a two mile radius of our Lansdowne shop (delivered between 12pm and 1pm)

S2k Breakfast Sarnies (served until 11.30am)

Bacon	£2.30	£2.60
Sausage	£2.30	£2.60
Bacon and Sausage	£2.60	£2.90

Extras

Egg	£0.45
Mushroom	£0.20
Tomato	£0.20

Toast with Flora and jam or marmalade

(peanut butter extra 35 p per slice on sliced bread or 45p per slice on crusty bread)

White, wholemeal or granary slice	£0.40
Crusty white or crusty granary	£0.50

Soup of the Day	£1.30
Chunk of Crusty Bread	£0.50

Jacket Potatoes (Served from 12 noon daily)
(Winter only – Please check availability)

Plain with butter	£2.50
Baked Beans	£2.90
Baked Beans and Cheese	£3.10
Cheese	£2.90
Cheese and Coleslaw	£3.10
Coleslaw	£2.90
Chilli con carne	£3.30
Prawns	£3.30
Tuna Mayonnaise	£2.90
Tuna Mayonnaise and sweetcorn	£3.00
Tuna Savoury (Extra cheese – 30p)	£3.10

Hot Beverages

	<i>Small</i>	<i>Medium</i>	<i>Large</i>
Filter Coffee	£1.00	£1.40	£1.80
Cappuccino	£1.40	£1.90	£2.30
Americano	£1.20	£1.70	£2.10
Café Latte	£1.40	£1.90	£2.30
Hot Chocolate	£1.40	£1.90	£2.30
Mocha	£1.50	£2.00	£2.40
English Tea	£0.80	£1.10	£1.40
Speciality Tea	£0.80	£1.10	£1.40

Extras

Coleslaw	40p
Cheddar Cheese	40p
Mozzarella	60p
Egg/Egg mayonnaise	50p
Bacon	60p
Avocado portion	40p
Salad items	10p

Hot Grilled Panini (Served all day)

Tuna melt (Tuna mayonnaise with mature cheddar)	£3.10
Tuna melt with sweetcorn (Tuna sweetcorn with mature cheddar)	£3.20
Tuna savoury melt (Tuna savoury with mature cheddar)	£3.30
Chicken with Pesto	£3.05
Chicken with Pesto and Cheddar Cheese	£3.40
Chicken with Pesto and Mozzarella	£3.55
Ham and Brie	£3.15
Ham, Brie and Tomato	£3.25
Brie and Tomato	£2.80
Ham and Cheddar Cheese	£3.15
Mozzarella, tomato and basil	£3.15
Ham, Mozzarella, tomato and basil	£3.30
Turkey, Bacon and Cranberry	£3.20
Coronation Chicken with mature cheddar	£3.20
Bacon and Brie	£3.20
Breakfast Panini (Bacon, Sausage and mature cheddar with either tomato or brown sauce)	£3.20

Buffet menus are available upon request

Prices may vary without notice