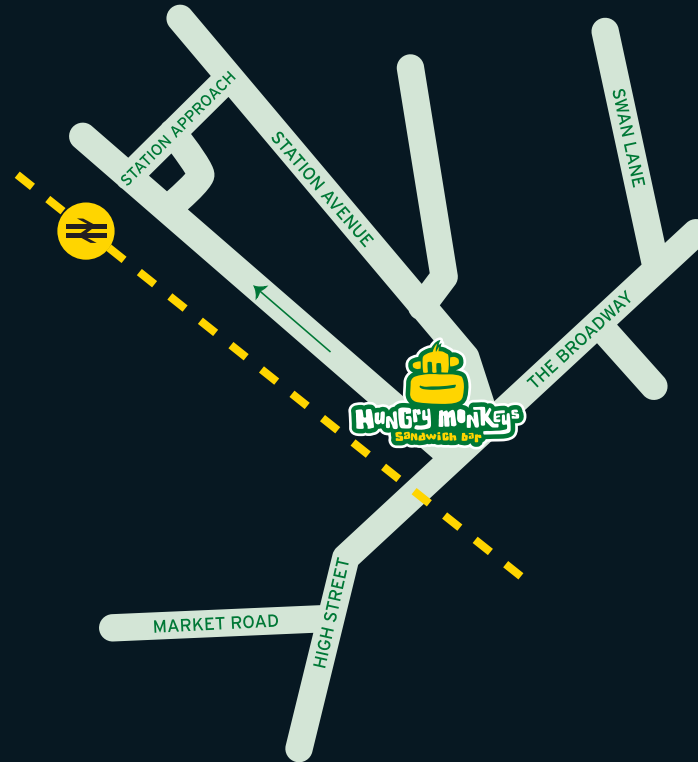




**FRESH PRODUCE  
DELIVERED DAILY**

**Monday to Friday 6am-3pm  
Saturdays 7.30am-3pm**

We also cater for  
office lunches/meetings,  
please call 07786463951  
for more information



**Swing by and see us!**

**HUNGRY MONKEYS SANDWICH BAR  
1 ARCADE HIGH STREET WICKFORD ESSEX SS11 7AH**

**Tel: 07786463951**



**[www.hungry-monkeys.co.uk](http://www.hungry-monkeys.co.uk)**

## early starters

	Roll	Sandwich	Baguette
Bacon	1.70	2.20	2.95
Sausage	1.70	2.20	2.95
Bacon & Sausage	2.20	3.50	3.50
Sausage & Egg	1.90	2.80	3.30
Bacon & Egg	1.90	2.80	3.30
Sausage, Bacon & Egg	2.50	3.50	3.80
Extra: Mushrooms, Tomato, Onion			0.40
Extra: Cheese			0.60

## toast

Toast x2 with Butter	0.85
Toast x2 with Spread	1.00
Jam, Marmalade, Peanut Butter, Marmite	

## toasties

Ham & Cheese	2.95
Tuna & Cheese	2.95
Cheese & Tomato	2.50
Cheese & Onion	2.50

## Paninis

Filling of your choice	3.50
e.g 'Monkeys Special' Bacon, Brie & Cranberry	

## Hot favourites

Grilled Mexican Chicken in French Stick	3.80
Peppered Steak, Mushrooms & Onions in French Stick	4.50
Salt Beef Bagel with Gherkin & Mustard	3.50

## baked Jacket potatoes

Plain with Butter	2.00
Beans	3.00
Cheese	3.00
Coleslaw	3.00
Chicken Tikka	3.95
Prawns in Sauce	3.95
Chicken, Bacon & Mayo	3.95
Extra Filling	0.80

## freshly made sandwiches

	Roll	Sandwich	Baguette
Cheese	1.70	2.20	2.60
Cheese & Ham	2.00	2.60	3.00
Egg Mayonnaise	1.70	2.20	2.70
Prawns in Sauce	2.00	2.70	3.20
Ocean Mix	2.00	2.60	3.00
Plain Tuna	1.70	2.20	2.60
Tuna Mayonnaise	1.70	2.10	2.50
Plain Chicken Breast	1.90	2.40	2.90
Chicken Stuffing			
& Cranberry	2.10	2.80	3.00
Chicken Tikka	2.00	2.50	2.90
Chicken Coronation	2.00	2.50	2.90
Chicken Bacon Mayo	2.00	2.50	2.90
Ham	1.90	2.50	2.80
Sliced Beef	2.00	2.40	2.80
Corned Beef	1.70	2.40	2.70
BLT	1.90	2.40	2.90
Liver Sausage	2.00	2.50	3.00
Breaded Chicken Escalope	2.50	3.20	3.75

For 'Monkeys Specials' ask in shop

## tortilla wraps

Filling of your choice start from	3.00
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## Salad box

Salad mix of your choice with x1 filling	3.60
Lettuce, Cherry Tomatoes, Cucumber, Red Onion, Mixed Peppers, Sweetcorn, Coleslaw, Beetroot, Boiled Egg etc.	0.50
Extra Filling	0.80
Pastry Sausage Roll (hot or cold)	1.30
Cornish Pasty (hot or cold)	2.00
Peppered Steak Slice (hot or cold)	2.50

## drinks

### Hot Drinks

Cappuccino	1.60
Black Coffee	1.40
Espresso	1.40
Mocha	1.80
Latte Macchiato	1.60
Instant Coffee	0.90
Tea	0.80
Hot Chocolate	1.60
Hazelnut or Caramel Syrup	0.40

### Cold Drinks

Cans	0.80
Cartons	0.90
Bottled Water	0.90
Red Bull	1.50
Apple Juice Bursts	1.50
Orange Juice Bursts	1.50

A selection of Homemade cakes, crisps, chocolate and fruit available daily, please ask in shop.