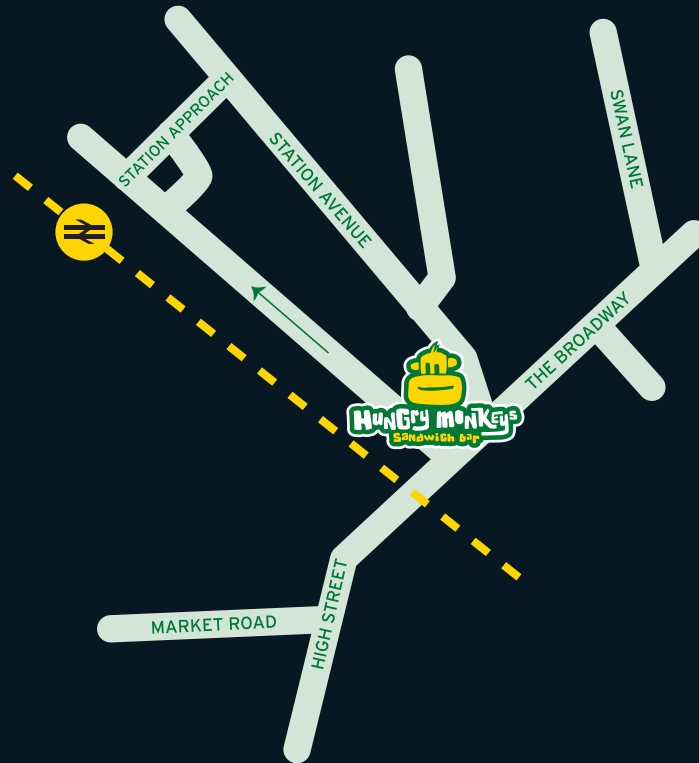




**FRESH PRODUCE
DELIVERED DAILY**

**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

new menu from 2024



www.hungry-monkeys.co.uk

**DELIVERIES AVAILABLE
ON ORDERS OVER £12.00**

early starters

	Roll	Sandwich	Baguette
Bacon	2.20	2.90	3.70
Sausage	2.20	2.90	3.70
Bacon & Sausage	2.70	4.20	4.30
Sausage & Egg	2.50	3.50	4.00
Bacon & Egg	2.50	3.50	4.00
Sausage, Bacon & Egg	2.90	4.20	4.50
Extra: Mushrooms, Tomato, Onion			0.60
Extra: Cheese			1.00
All Day Breakfast Box (x2 bacon, sausage, egg, x2 hash browns, beans, mushrooms or tomato, slice toast/bread). Extras from 60p			7.50

toast

Toast x2 with butter	1.00
Toast x2 with spread	1.50
Jam, Marmalade, Peanut Butter, Marmite	

toasties

Ham & Cheese	3.90
Tuna & Cheese	3.90
Cheese & Tomato	3.10
Cheese & Onion	3.10

paninis

Filling of your choice	4.00
e.g 'Monkeys Special' Bacon, Brie & Cranberry	

NOT FAVOURITES

Grilled Mexican Chicken in French Stick	4.70
Peppered Steak, Mushrooms & Onions in French Stick	5.70
Salt Beef Bagel with Gherkin & Mustard	4.20
6oz Steakhouse Burger with optional Cheese, Onion, Bacon	6.20

baked JACKET POTATOES

Plain with butter	2.20
Beans	4.00
Cheese	4.00
Coleslaw	4.00
Chicken Tikka	5.50
Prawns in Sauce	5.50
Chicken, Bacon & Mayo	5.50
Extra Filling	1.00

FRESHLY made SANDWICHES

	Roll	Sandwich	Baguette
Cheese	2.10	2.70	3.00
Cheese & Ham	2.60	3.10	3.30
Egg Mayonnaise	2.10	2.70	3.00
Prawns in Sauce	2.60	3.10	3.70
Ocean Mix	2.60	3.00	3.50
Plain Tuna	2.10	2.50	3.10
Tuna Mayonnaise	2.20	2.90	3.20
Plain Chicken Breast	2.30	2.90	3.30
Chicken Stuffing & Cranberry	2.40	3.10	3.60
Chicken Tikka	2.30	3.10	3.30
Chicken Coronation	2.30	3.10	3.30
Chicken Bacon Mayo	2.30	3.10	3.30
Ham	2.30	3.00	3.30
Sliced Beef	2.30	3.00	3.30
Salt Beef, Gherkin & Mustard	2.80	4.10	4.60
Corned Beef	2.10	2.90	3.10
BLT	2.30	2.90	3.30
Liver Sausage	2.30	3.00	3.30
Breaded Chicken Escalope	2.80	3.80	4.30

For 'Monkeys Specials' ask in shop

tortilla WRAPS

Filling of your choice start from	3.50
-----------------------------------	------

SALAD BOX

Salad mix of your choice with x1 filling	4.40
Lettuce, Cherry Tomatoes, Cucumber, Red Onion, Mixed Peppers, Sweetcorn, Coleslaw, Beetroot, Boiled Egg etc.	0.50
Extra filling	1.00
Pastry Sausage Roll (hot or cold)	1.60
Cornish Pasty (hot or cold)	2.50

drinks

Hot Drinks	
Cappuccino	2.00
Black Coffee	1.80
Espresso	1.80
Mocha	2.20
Latte Macchiato	2.00
Instant Coffee	1.40
Tea	1.20
Hot Chocolate	2.00
Hazelnut or Caramel Syrup	0.50
Cold Drinks	
Cans	1.20
Cartons	1.00
Bottled Water	1.00
Red Bull	1.70
Apple Juice Bursts	1.80
Orange Juice Bursts	1.80

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