

## Drinks

### Hot Drinks

Tea	£1.20
Flavoured Tea	£1.20
Latte	£1.80
Cappuccino	£1.80
Americano	£1.70
Mocha	£2.00
Hot Chocolate (+25p for cream)	£1.80
Flavoured Syrups - Hazelnut , Vanilla	£0.40

### Iced Coffee / Frappé

Cookies and Cream, Java Chocolate Chip	£2.50
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### Frozen Fruit Smoothies

Wild Berry Boost, Mango Guava Madness Pineapple & Coconut, Strawberry Sensation	£3.25
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### Cold Drinks

Coke, Diet Coke, Lemonade	£0.75
Still & Sparkling Water	£0.95
Feelgood (Orange or Lemon)	£1.80
Granini Fruit Juices (Orange or Apple)	£0.95

Telephone and Fax Orders Welcome  
Full Menu and Fax Order forms available at...

[www.tfilunch.com](http://www.tfilunch.com)

For catering enquiries...

Tel. (01273) 675903

Fax. (01273) 699242

or email. [catering@tfilunch.com](mailto:catering@tfilunch.com)

56 Queens Road, Brighton

Tel. (01273) 720017

Fax. (01273) 220773

10 Dukes Lane, Brighton

Tel. (01273) 325945



# Take Away Menu

Café & Sandwich Bar  
Outside Catering  
Business Lunches  
Office Deliveries



## Speciality Sandwiches

£3.45

Try one of our delicious house specialities, or feel free to build your own...

### Chicken, Bacon & Spinach

Tender grilled chicken breast, crispy bacon and fresh spinach with black pepper and mayo

### Sweet Chilli Chicken

Marinated grilled chicken breast served hot or cold with fresh salad leaves and vine ripened tomatoes

### Sizzling Cajun Chicken

Hot strips of chargrilled cajun chicken breast with salad and mayo

### Mexican Tuna

Tuna chunks with diced peppers, red onions, sweetcorn and jalapenos in a spicy mayo

### From the Loch

Finest, fresh Scotch smoked salmon and a swirl of cream cheese with fresh lemon and pepper

### From the Deep

North Atlantic prawns in mayo with a hint of lime and chilli served with fresh rocket

### Egg and Bacon

Crispy bacon, free range egg mayo and vine ripened tomato with fresh, crispy salad leaves

### Sausage Sarnie

Speciality pork and leek sausages with caramelised onion and Dijon mustard

### Italian Mozzarella

Mozzarella with fresh basil leaves, avocado vine ripened tomato and toasted pine nuts

### Mediterranean

Feta cheese, olives, sundried tomato with fresh basil

### Chicken Caesar

Chicken breast, crispy bacon, fresh parmesan shavings, lettuce & Caesar dressing

## Jacket Potatoes

Home baked jacket potatoes available with any filling, or topping of your choice, prices from... £3.00

## Toasties

Choose your own fillings, prices from... £2.50

## Daily Specials

Please see blackboard for our constantly changing specials, or call for details.



## Gourmet Paninis

£3.95

Grilled to order on toasted ciabatta...

### Bellissimo!

Chicken breast, parma ham and melted gorgonzola

### Oh La! La!

Smokey bacon, creamy melted French brie and cranberry sauce

### Swiss

Mushroom and melted Emmenthal, onion and BBQ sauce

### Italiano

Chicken breast, red peppers and melted mozzarella with Pesto

### Veggie Delight

Chargrilled vegetables, hummous, melted mozzarella and a sprinkling of pine nuts

### Roma

Parma Ham, melted Mozzarella, sundried tomato with fresh basil leaves and olive oil

### El Beano

Baked beans, melted Cheddar cheese and red onion

### Apollo

Chicken, fresh Parmesan shavings, rocket & balsamic vinegar

## Salads

Basic Salad £2.50

Tuna & Avocado £3.95  
Tuna chunks, hard boiled egg with olives and avocado with a herb dressing

Chicken Caesar £3.95  
Crispy bacon, chicken breast, fresh parmesan shavings with delicious Caesar dressing

Cajun Chicken £3.95  
Hot chargrilled marinated chicken breast (hummas option)

Roasted Vegetable £3.75  
Hummous and roasted vegetables

## Breakfast Sandwiches & Pastries

Bacon (or Sausage) Sarnie on doorstep bread £2.50

Fried Egg Sarnie on doorstep bread £2.50

Bacon (or Sausage) & Fried Egg Sarnie on doorstep bread £3.00

....Add 50p for toasted sandwiches

Toast & Spread £1.30

Pain au Chocolat, Almond Croissant...  
... at various prices

