

munchies[®] to-go southwold 725651 alde 454566

today's homemade soup £2.75
today's hot meal/salad £5.50

munchies sandwiches

suffolk free range egg mayo & bacon salad sandwich	2.55
or plain egg mayo & salad sandwich	2.30
mature cheddar or ham ploughmans sandwich with homemade pickle & salad	3.10
traditional tuna, cucumber, blackpepper, mayo & salad sandwich	3.10
buffalo mozzarella, vine tomato & basil pesto salad sandwich	3.60
local salt beef, horseradish, tomato & salad sandwich	3.70
free range local chicken ceasar, cucumber & salad sandwich	3.70
hummus, caramelised red onion & salad	3.30
lowestoft hot smoked salmon salad with cucumber pickle & mayo	4.00
crayfish & rocket sandwich with lemon mayo	4.05
cromer crab cucumber, salad & mayo sandwich	4.05
munchies own 100% suffolk red poll beef burger in a bap with homemade pickle & mayo	6.05
chef's special surprise hot club sandwich	5.55

would you like your sandwich toasted 15p extra

munchies toasties

suffolk ham & gruyere	3.65
brie & bacon	3.65
cheddar & vine tomato	3.65

munchies panini

suffolk dry cure bacon, vine tomato & gruyere	5.40
goats cheese, & red onion	5.40
mediterranean vegetable, mozzarella & basil pesto	5.40

munchies breakfast

suffolk sausage & egg bap	4.65
suffolk bacon & sausage & free range egg bap	5.15
free range fried egg sandwich	3.30
free range fried egg bap	4.00
suffolk bacon toasted bap sandwich	4.00
suffolk bacon & free range egg toasted bap sandwich	3.50
suffolk bacon & free range egg toasted bap sandwich	4.65
suffolk sausage bap sandwich	4.15
suffolk sausage bap sandwich	4.00
croissant grilled with ham or cheese	3.30
with both	2.50
	2.75

munchies pastries, cakes and puddings

a slice of moist carrot cake	2.15
warm pain au chocolate	1.45
warm pain au raisins	1.45
warm apricot danish	1.45
fresh mango & yoghurt compot	1.65
white or dark chocolate cookie	1.35
warm croissant plain	1.45
warm almond croissant	1.45
double chocolate or blueberry giant muffin	2.15
classic butter shortbread	1.75
warm maple & pecan slice	1.45
all butter flapjack	1.75
millionaire's shortbread	1.75
boston brownie	1.75
warm lemon drizzle slice	1.85
power bar	1.75
sausage roll/cornish pasty	2.00

suffolk soft scoop ice creams

french vanilla	1.90 1scp	3.15 2scp
belgian chocolate	1.90 1scp	3.15 2scp
fresh espresso coffee	1.90 1scp	3.15 2scp
double strawberry	1.90 1scp	3.15 2scp
jamaican rum & raisin	1.90 1scp	3.15 2scp
mango alphonse	1.90 1scp	3.15 2scp
almond toffee crunch	1.90 1scp	3.15 2scp
stem ginger	1.90 1scp	3.15 2scp
pistachio	1.90 1scp	3.15 2scp

our local ice cream is truly amazing with just the fresh ingredients and local milk & cream. there is nothing added or taken away - a real 'must have' experience

salads all with a local wholemeal roll in a takeaway box with cutlery

crayfish salad with mayo	7.40
aldeburgh crab salad with mayo	7.40
buffalo mozzarella, basil pesto & vine tomato	7.10
local free range chicken ceasar salad	7.10
suffolk ploughmans with cheddar, ham & pickle	7.10
hot smoked salmon with cucumber pickle	7.40
suffolk salt beef with horseradish	7.10
munchies special salad	7.10

munchies barista coffees

	regular	large
americano	1.90	2.00
cappuccino	2.10	2.20
caffè latte	2.10	2.30
mochaccino	2.10	2.30
espresso	1.60	1.90
machiato	1.70	2.00
flat white	1.90	2.00
hot chocolate	2.10	2.30
citron pressé (hot or cold)	1.90	2.10
baby chino	1.15	

why not put a delicious syrup shot in your coffee or chocolate

cinnamon, caramel, coffee, chocolate, vanilla	0.35
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teas all organic & fairtrade

	to go
english breakfast / earl grey	2.00
chamomile tea	2.00
darjeeling / assam / ceylon orange pekoe	2.00
milky chai in a mug	2.00
lemon verbena / raspberry	2.00
jasmin, mint & liquorice / mint	2.00
eleven o'clock rooibos	2.00
soleil, herbal sunshine / green tea	2.00
organic lime flower / citronelle	2.00

cold drinks, juices, smoothies

munchies freshly squeezed orange juice	2.05
english mineral water fizzy or still	1.60
suffolk organic juices	2.20
apple	
pear	
apple & cherry	
carrot & apple	
pear & ginger	
pineapple & lime	
local yoghurt munchies smoothies	
with real strawberries & raspberries	2.40
organic victorian lemonade	2.20
organic english ginger beer	2.20
coke & diet coke	1.50
sprite	1.50
glass of suffolk milk	1.35
cranberry & orange juice	2.20
elderflower & apple	2.20
limonata or orangina	1.50
thick shakes with ice cream strawberry, banana, chocolate, coffee and vanilla	2.20

all homemade

owner - susie medland

free wi-fi - aldeburgh - bt business hub 835 - 6507255066
free wi-fi - southwold - munchies - munchies

www.aldeburghmunchies.co.uk

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163 high street, aldeburgh, ip15 5an, 01728 454566

munchies ready meals frozen meals - order form

soups

soup for 1
£2.15

please enter the amount in the boxes below

- carrot & coriander
- tomato & basil
- leek & potato

cheap eats

meal for 1 meal for 2 meal for 4
£3.90 £7.80 £15.60

please enter the amount in the boxes below

- shepherds or cottage pie
- beef lasagne
- vegetable lasagne
- with peas
- creamy tarragon chicken &
- lyonnaise potatoes
- macaroni cheese gratin
- with peas
- pork cassoulet with
- butter beans
- pasta bolognese
- with cheese

posh nosh

meal for 1 meal for 2 meal for 4
£4.40 £8.80 £17.60

please enter the amount in the boxes below

- duck confit with lentils & leeks
- cod and salmon lasagne
- seafood and chorizo paella
- aubergine parmigiana
- with peas
- coq au vin
- lamb navarin
- lamb almond and mint togine
- with rice
- thai green chicken curry with
- lemon rice
- today's special

puddings

pudding for 1 £1.85

- boston brownie
- lemon drizzle
- apple & cinnamon crumble
- lemon tart
- chocolate tart
- bread & butter pudding
- creamy rice pudding
- pear and almond tart

munchies basics fresh & frozen

for 1 £2.50

- fresh tomato sauce
- coriander hummus
- salad dressing
- chicken stock
- ratatouille
- gravy

for 1 £3.50

- bolognese sauce
- basil pesto
- terrines/pates/pies
- quiches

for 1 £2.00

- sausage rolls
- cornish pasties
- french baguette
- demi garlic bread