

HOT STUFF

JACKET POTATOES

Plain with Butter	£2.90
Baked Beans or Cheddar Cheese	£3.20
Beans and Cheese or Tuna Mayo	£3.70
Bacon, Mushroom and Cheese	£4.30
Prawns—Naked, Mayo or Marie Rose	£4.50
Chilli Con Carne	£4.90
Italian Meatballs and Mozzarella	£4.90

PANINI'S & HOT BAGUETTES

Tuna and Cheese	£3.90
Ham and Cheese	£3.90
Cheese, Mushroom, Sweetcorn & Peppers	£3.90
Mozzarella & Roasted Vegetables	£4.00
Mozzarella, Tomato and Olives	£3.80
Chicken Salsa, Peppers and Cheese	£4.30
Chicken, Pesto and Roasted Veg	£4.30
Cajun Chicken and Mozzarella	£4.20
Chicken Stuffing & Cheese	£4.30
Bacon and 2 Cheese Mayo & Onion	£4.20
Bacon, Brie and Cranberry	£4.30
Hawaiian (Ham, Cheese, Pineapple)	£4.10
Italian Meatballs and Mozzarella	£4.40
Pizza Panini—Ham, Mushroom, Cheese and Pizza sauce	£4.20
Breakfast Panini—Sausage, Bacon, Cheese with Ketchup or Brown sauce	£4.30

..... AND MORE!

BREAKFAST TIME (all day!)

Giant Breakfast Baps: choose 3 fillings —	£4.20
Fried or Scrambled Free Range Egg, Sausages, Bacon, Mushrooms, Hash Browns, Hash Browns - EXTRA ITEMS	60p
1 Hot item - Sandwich	£2.90 Bap / Baguette £3.30
2 Hot items - Sandwich	£3.40 Bap / Baguette £3.70
3 Hot items - Sandwich	£3.90 Bap / Baguette £4.20

BREAKFAST BOXES

Le Munch: Fried or Scrambled Free Range Egg, Sausages, Bacon, Mushrooms, Beans & 2 Toast	£4.60
Big One: 2 Egg, 2 Bacon, 2 Sausage, Beans, 2 Tomatoes, Mushroom, 2 Hash Brown & 2 Toast	£6.60
Veggie: 2 Fried or Scrambled Free Range Eggs, Halloumi, 2 Hash Browns, 2 Tomatoes, Mushrooms, Spinach, Beans & 2 Toast	£6.60
Omelette: with Mixed Salad & Coleslaw or Baked Beans and Hash Browns	£4.70
Add Cheese, Ham, Mushrooms, Peppers—40p each	
3 Egg Omelette —add 60p	

SNACKS AND DRINKS

Homemade Soup - check soup of day	£3.30
Homemade Sausage Rolls	From £2.20
Crisps, Chocolate bars, Cake bars, Cake	70p - £1.20
Cans & Bottles - Wide selection of cold drinks	90p - £1.60
Teas, Coffees, Hot chocolate etc.	£1.60 - £2.40

BUFFETS BY LE MUNCH

We provide Buffets for a variety of occasions—Breakfast Buffets,
Working Lunches, Parties etc.
—ask for more details or see our website.



Take Away Menu

Freshly baked and filled Baguettes,
Sandwiches, Baps, Wraps, Salads, Panini's,
Melts and so much more!

01202 247220

CALL & COLLECT

800 Christchurch Road, Boscombe

Bournemouth BH7 6DD

email: lemunchcafe@outlook.com

www.lemunch.co.uk



The Menu Board

At Le Munch, we specialise in preparing all food to order, nothing is pre-packed, and our extensive range of delicious fillings are all made in the shop. We pride ourselves on using top quality ingredients that are sourced locally and ethically where possible.

Our baguettes are baked on-site throughout the day and are available in white or wholemeal. Bread is available in white or granary.

Some of our products may contain allergens—please check with staff. Want something different? Why not make up your own combinations or check out our specials on the website!

CHICKEN

	Sandwich or wrap	Baguette, Bap
Roast Chicken Breast	£3.10	£3.50
Chicken Mayonnaise	£3.10	£3.50
Cajun Chicken	£3.10	£3.50
Sweet Thai Chilli Chicken	£3.10	£3.50
Chicken Tikka with Yoghurt & Mint	£3.10	£3.50
Coronation Chicken	£3.10	£3.50
Chicken Mayo and Bacon	£3.50	£3.90

TURKEY

Roast Turkey	£3.10	£3.50
Turkey and Cranberry	£3.10	£3.50
Turkey and Coleslaw	£3.30	£3.70
Turkey and Stuffing	£3.40	£3.80

HAM

Farmhouse Ham	£2.90	£3.20
Ham & Cheese	£3.10	£3.50

BACON

	Sandwich or wrap	Baguette, Bap
Bacon Lettuce Tomato (BLT)	£3.10	£3.50
Bacon and Free Range Egg Mayo	£3.50	£3.90
Bacon and 2 Cheese, Mayo & Red onion	£3.30	£3.70
Bacon and Brie	£3.40	£3.80
Hot Back Bacon (see Breakfast section)	£2.90	£3.30

FISH

Tuna—Plain or Mayo	£2.90	£3.30
Tuna, Sweetcorn and Mixed Peppers	£3.30	£3.70
Prawns— Naked, Mayo or Marie Rose	£3.50	£3.90
Sweet Thai Chilli Prawns	£3.50	£3.90
Smoked Salmon and Cream cheese	£3.70	£4.10

VEGETARIAN

Free Range Egg Mayo	£2.70	£3.10
Cheddar Cheese	£2.50	£2.90
2 Cheese, Mayo and Red Onion	£2.70	£3.10
Brie and Cranberry or Grape	£2.80	£3.20
Hummus and Roasted Veg	£3.10	£3.50
Hummus and Olives	£3.00	£3.40
Mozzarella, Tomato and Olives	£3.10	£3.50
Mixed Salad and Caesar sauce	£2.50	£2.90
Marmite or Peanut Butter	£2.30	£2.70

SALAD & FRUIT BOXES

Crispy Mixed Salad —including lettuce, tomato, cucumber, mixed peppers, sweetcorn and coleslaw, combined with a topping of your choice from the menu	REG from £3.70 LARGE from £4.70
Pasta Pots —Pasta salad with either a delicious Italian tomato or mayo base with mixed peppers, sweetcorn, red onion and chopped tomato and cucumber—mixed with a topping from the menu	from £3.70

Fresh Fruit Bowl —Selection of sliced fresh fruit in season— may include pineapple, melon, grapes, strawberries, kiwi, blueberries etc. (can vary depending on availability)	£2.50
---	-------

EXTRAS

Lettuce, Cucumber, Tomato	Free!
Pickle, Cranberry, Chutney, Pesto, Salad Cream, Mustard, Mayo	20p
Mixed Peppers, Sweetcorn, Cheese, Pineapple, Red Onion, Mozzarella, Olives, Brie, Roasted Veg, Pesto, Coleslaw, Stuffing	40p
Meat or Fish	£1.10
Fried or Sliced Free Range Egg	60p
Baguette—buttered (with soup or salad box)	80p
2 slices buttered Bread (with soup or salad box)	40p

Fancy your Sandwich or Wrap toasted?

Add 30p

WANT SOMETHING HOT? SEE OTHER SIDE!