

BREAKFAST

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| MUNCHIE BRUNCHIE Hot fried bacon, egg, sausage with Ballymaloe relish on a toasted ciabatta | 5.60 |
| BACON TOASTIE Toasted bacon sandwich | 4.40 |
| SAUSAGE TOASTIE Toasted sausage sandwich | 4.40 |
| HENRY'S HEAVEN Two fried eggs on toast | 4.40 |
| STRANGLER EGG ON TOAST | 4.40 |
| HUGO SPECIAL Scrambled eggs, melted cheddar and Munchies jalapeno relish on a toasted bap | 5.60 |
| MUNCHIES NO CARB SPECIAL Scrambled eggs, bacon, tomato and cheese | 5.80 |

OMLETTES

WE'RE NEW*

3 EGGS OMELETTE MADE TO ORDER
with your favourite ingredients

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| STARTING PRICE – includes any 2 ingredients | 4.50 |
| -Ham 'n' cheese | |
| -Bacon 'n' cheese | |
| -Tomatoes 'n' mushrooms | |

Each additional ingredient 40/80

CREPES

SWEET

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| Lemon & sugar | 3.20 |
| Nutella & banana | 3.70 |

SAVOURY

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| Classic ham, cheese and tomatoes | 4.20 |
| Breakfast – sausage, bacon, Ballymaloe relish and fried egg | 5.20 |
| Design your own Crepe from | 3.00 |

BREADS & SOUPS

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| Toast - Regular | 2.40 |
| Rustic breads toasted | 2.60 |
| Soup with bread | 4.50 |

TOASTED BAGELS

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| Ham, melted swiss cheese, Ballymaloe relish | 4.90 |
| Cream Cheese and crispy bacon | 4.60 |
| Crispy bacon and melted swiss cheese | 4.60 |
| Scrambled eggs, smoked salmon and chives | 5.95 |
| Smoked salmon and cream cheese | 5.95 |
| Cream cheese | 2.60 |

CLASSICS

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| YODEL Ham, swiss cheese and mixed lettuce on ciabatta | 4.40 |
| B.L.T. A Munchies classic on ciabatta | 4.50 |
| SANTAS DELIGHT Turkey, stuffing, cranberry, crispy bacon and lettuce on ciabatta | 5.90 |
| SIZZLER Chicken tikka, guacamole, salsa, cheddar cheese and coleslaw on ciabatta | 5.90 |
| SAM N IVAN Poached Salmon, lemon mayo, lettuce and cucumber on rustic wholegrain | 6.00 |
| SALMON RUSHDIE Smoked salmon, cream cheese, chives and lemon on rustic wholegrain | 6.00 |
| THE ITALIAN SCALLION Whiskey salami, black pepper and imported provolone cheese served with marinated roast red peppers, scallions, mixed leaves and olive oil on ciabatta | 5.90 |
| WALLSTREATER Pastrami, swiss cheese, dill, pickle, lettuce and wholegrain mustard on walnut and rye | 6.00 |
| MUNCHIES LITE Tandoori chicken, tomato, lettuce and cucumber in a wrap | 4.60 |
| <i>Design your own</i> | from 3.20 |

MELTS & TOASTIES

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| TUNA MELT Hot tuna, Munchies salsa and melted farmhouse cheddar in a toasted wrap | 5.30 |
| CHICKEN SALSA MELT Hot roast chicken, melted farmhouse cheddar and Munchies Salsa in a toasted wrap | 5.30 |
| CHICKEN PESTO MELT Hot pesto chicken, melted mozzarella and mixed leaves in a toasted wrap | 5.60 |
| BACON WHOOPIE Hot bacon, melted cheddar, chilli mayo, Ballymaloe relish lettuce and tomato on ciabatta | 5.90 |
| CHICKEN WHOOPIE Hot roasted chicken, melted cheddar, chilli mayo, Ballymaloe relish, lettuce and tomato on ciabatta | 5.90 |
| TUNA WHOOPIE Hot tuna, melted cheddar, chilli mayo, Ballymaloe relish, lettuce and tomato on ciabatta | 5.90 |
| TOASTED MONSTER MUNCHIE Chicken, crispy bacon, farmhouse cheddar, lettuce and tomato on ciabatta | 6.10 |
| MONSTER CLUB Chicken, crispy bacon, farmhouse cheddar, lettuce and tomato on three slices of toast | 6.70 |
| NO CARB MELT Hot tuna, Munchies salsa, melted cheddar and baby spinach | 5.50 |

MEAT FREE

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| PUCK FAIR SPECIAL (V) Melted goats cheese, Ballymaloe relish, tomato and mixed greens on ciabatta | 5.80 |
| BJORN AGAIN (V) Goats cheese, toasted walnut, swedish beetroot and iceberg lettuce on ciabatta | 5.60 |
| RED HOT ROASTED PEPPERS (V) Chilli, hummus, roasted peppers and mixed leaves on tomato bread | 5.40 |
| VEGGIE SANTAS DELIGHT (V) Fried haloumi, stuffing and cranberry on a toasted ciabatta | 5.60 |
| BUFFALO BILL (V) Buffalo mozzarella, basil pesto, tomatoes, sun-dried tomato pesto and mixed leaves on ciabatta | 5.60 |
| SIMPLY VEGETABLES (V) Mixed leaves, grated carrot, alfalfa sprouts, cucumber, Semi sun dried tomato and Munchies dressing in a wrap | 5.80 |
| GREEK (V) Feta, tapenade, sun-dried tomato paste, tomato, mixed leaves, cucumber & chopped scallions on ciabatta | 5.90 |
| VEGGIE SIZZLER (V) Salsa, guacamole, cheddar, coleslaw, tikka sauce and mixed leaves in a wrap | 4.80 |
| VEGGIE MUNCHIE BRUNCHIE (V) Veggie sausage, egg and Ballymaloe relish on ciabatta | 5.60 |
| SWEET AND SOUR VEGGIE (V) Pineapple, Munchies coleslaw, swiss cheese and dry roasted peanuts in a wrap | 4.70 |
| EGGSTRAVAGANZA (V) Munchies egg mayonnaise, chives, black pepper and lettuce on brown wholegrain | 4.80 |
| HUMMUS THE TANK ENGINE (V) Hummus, cucumber, tomato and lettuce on tomato bread | 4.90 |

SALADS

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| Goats Cheese | 7.40 |
| Ham & Swiss | 7.40 |
| Tuna Salsa Salad | 7.40 |
| <i>Design your own salad</i> | from 4.90 |

Heated sandwiches an additional 40¢

Eat in 13.5% extra