

LUXURY HOT SANDWICHES

	OUT	IN
NEW YORKER	£5.50	£6.60
Turkey, pastrami, corned beef, Emmental, gherkin, mayonnaise		
OLD ENGLISH	£5.50	£6.60
Turkey, roast ham, peppered salami, mature cheddar, English mustard		
JACK AND DAVE	£5.50	£6.60
Chicken, chorizo, chilli cheese, red onion, sun-blushed tomatoes, chilli jam, mayonnaise		
CONTINENTAL	£5.50	£6.60
Parma ham, chorizo, goat's cheese, jalapeños, red onion, sun-blushed tomatoes, mayonnaise		
ITALIAN	£5.50	£6.60
Parma ham, Milano salami, mozzarella, olives, sun-blushed tomatoes, pesto		
BIG BEEF	£5.50	£6.60
Roast beef, peppered pastrami, corned beef, red onion, Blue Stilton, wholegrain mustard		
MEAT FEAST	£5.50	£6.60
Chorizo, ham, salami, sausage, red onion, mozzarella, pizza sauce		
VEGGIE HELL	£5.50	£6.60
Roast pork, bacon, black pudding, cheddar, apple sauce		
VEGGIE HEAVEN	£5.10	£6.15
Roasted red peppers, falafel, sun-blushed tomatoes, mushrooms, goat's cheese, hummus, chilli jam		
(VEGAN HEAVEN – goat's cheese replaced with vegan cheese)		
VEGGIE SPICE	£5.25	£6.30
Onion bhaji, vegetable samosa, peppers, jalapeños, red onion, mozzarella, mango chutney		

All our sandwiches are freshly made to order and are available on any of the following breads:

- White roll
- Mixed seed and sunflower roll
- Brown roll
- White ciabatta
- Granary roll
- Tortilla wrap

Please feel free to personalise your sandwich – we want you to enjoy your food just the way you want it.

We are committed to using eggs from free-range hens and our meats are locally sourced and home cooked.

LUNCH IDEAS

	OUT	IN
SOUP served with bread and butter if eating in	£2.00	£4.50
JACKET POTATOES add a side salad for £2.00		
Cheese, beans or coleslaw	£3.75	£4.50
Chicken mayonnaise or coronation chicken	£4.00	£4.80
Tuna mayonnaise	£4.00	£4.80
Prawn Marie-Rose	£4.25	£5.10
SALAD BOXES	OUT	IN
MEAT		
Chicken, turkey, pork, beef or ham	£5.50	£6.60
FISH		
Tuna or tuna mayonnaise	£5.50	£6.60
Salmon or prawn Marie-Rose	£5.70	£6.85
Seafood	£5.90	£7.05
SAVOURY		
Quiche, pork pie or sausage roll	£5.50	£6.60
VEGETARIAN		
Greek – Feta cheese, olives, hummus, falafel, couscous, lettuce, tomatoes, cucumber, peppers, red onion	£5.25	£6.30
Cheese – up to three cheeses	£5.25	£6.30

CAKES

Selection of homemade cakes are available to take away or eat in.

AFTERNOON TEAS @ No3

Sandwiches and cakes £10 per person

Sandwiches, savouries and cakes £12.50 per person

Available from 1pm on Tuesday – Saturday. These must be booked in advance (at least 24 hours) and for a minimum of two people.

Takeaway afternoon teas and gift vouchers available.

OUTSIDE CATERING

We welcome requests for outside catering and would love to speak to you about your requirements. See website for sample menus.

FOOD ALLERGIES AND INTOLERANCES

Please speak to staff about your requirements before ordering.

No3 HEWORTH

3 Heworth Village, York YO31 1AE

Email: info@No3Heworth.co.uk

Telephone: 01904 422906

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www.No3Heworth.co.uk



No3 HEWORTH

3 Heworth Village, York YO31 1AE
Open Tuesday – Saturday, 9am – 3pm.

Pre-orders welcomed
Please call 01904 422906 before 10am



www.No3Heworth.co.uk

BREAKFAST (available until 2pm) OUT IN**SANDWICHES**

Egg	£3.00	£3.60
Bacon or sausage	£3.50	£4.20
Bacon or sausage and egg	£4.00	£4.80
Bacon and sausage	£4.25	£5.10
Bacon, sausage and egg	£4.75	£5.70

FULL ENGLISH BREAKFAST £7.00

Bacon, sausage, fried egg, black pudding, mushrooms, tomato, beans and toast

BREAKFAST WITH A TWIST

Breakfast Panini – Bacon, cheddar, mushrooms and sun-blushed tomatoes £5.00 £6.00

'Huevos Rancheros' Toasted Wrap – Chorizo, £5.50 £6.60

avocado, cheddar, jalapeños, red onion, soured cream, salsa and two fried eggs

Breakfast Wrap – Spinach, smoked salmon and £5.40 £6.50

scrambled egg

VEGETARIAN

Veggie Breakfast Sandwich – Mushrooms, avocado, £4.75 £5.70

sun-blushed tomatoes, grilled Halloumi cheese and fried egg

Veggie Breakfast – Two fried eggs, mushrooms, £5.60

tomato, beans and avocado

PORRIDGE £4.50

Honey, blueberries and yoghurt

PANCAKES

Bacon and maple syrup £5.00

Banana and Nutella (or blueberries and maple syrup) £4.00

Sausage, bacon and egg £5.70

EGGS (two eggs served with toast)

Poached or scrambled £4.50

Smoked salmon and scrambled egg £6.45

Spinach, smoked salmon and scrambled egg £6.95

POACHED EGGS

Eggs Florentine – Wilted spinach and Hollandaise £5.50

Eggs Forestiere – Mushrooms and Hollandaise £5.50

Eggs Benedict – Roast ham and Hollandaise £6.50

Eggs Royale – Smoked salmon and Hollandaise £6.75

Eggs 'Eric' – Chorizo, avocado and Hollandaise £6.75

TOAST

Toasted teacake with butter £2.45

Toast with butter, jam or marmalade £2.45

Mini pastries £2.50

(croissant, pain au chocolat and pain au raisin)

COLD SANDWICHES OUT IN

1. Egg mayonnaise, sun-blushed tomatoes, rocket £3.75 £4.50

2. Hummus, falafel, salsa, red onion, olives, jalapeños, lettuce £4.25 £5.10

3. Poached salmon, avocado, cucumber, red onion, rocket, red onion marmalade, mayonnaise £4.75 £5.70

4. Smoked salmon, egg mayonnaise, rocket £4.70 £5.65

5. Crayfish, sun-blushed tomatoes, chilli jam, rocket £4.75 £5.70

6. Crayfish, prawns, lemon, black pepper, mixed leaves, garlic mayonnaise £5.00 £6.00

7. Prawns, avocado, black pepper, rocket, garlic mayonnaise £5.00 £6.00

8. Roast turkey, stuffing, cranberry sauce, salad, mayonnaise £4.25 £5.10

9. Roast turkey, pastrami, Emmental, gherkin, mayonnaise £4.70 £5.65

10. Roast ham, mango chutney, red onion, lettuce, mayonnaise £4.00 £4.80

11. Roast ham, coleslaw £4.00 £4.80

12. Parma ham, mozzarella, tomato, pesto, rocket £5.00 £6.00

13. Milano salami, mozzarella, sun-blushed tomatoes, rocket, pesto £4.50 £5.40

14. Danish salami, smoked cheese, lettuce, tomato, mayonnaise £4.25 £5.10

15. Roast pork, apple sauce, salad £4.10 £4.95

16. Roast beef, horseradish sauce, red onion, salad, mayonnaise £4.25 £5.10

17. Roast beef, Blue Stilton, red onion, salad, mayonnaise £4.70 £5.65

18. Pastrami, smoked cheese, gherkin, red onion, Dijon mustard, lettuce, mayonnaise £4.45 £5.35

19. Chicken mayonnaise, sun-blushed tomatoes, avocado, rocket £4.45 £5.35

20. Chicken, avocado, blue cheese mayonnaise, mixed leaves £4.45 £5.35

21. Coronation chicken, salad £4.10 £4.95

22. Mexican chicken, Milano salami, mozzarella, chilli jam, lettuce, peppers, red onion, jalapeños, mayonnaise £5.00 £6.00

23. Chicken tikka, red onion, mango chutney, lettuce, mayonnaise £4.10 £4.95

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HOT SANDWICHES OUT IN

1. Roasted red peppers, mushrooms, red onion, goat's cheese £4.50 £5.40

2. Onion bhaji, mango chutney, yoghurt, salad £4.50 £5.40

3. Mushrooms, falafel, jalapeños, hummus £4.50 £5.40

4. Tuna, red onion, cheddar £4.50 £5.40

5. Chicken, Brie, red onion marmalade £4.80 £5.75

6. Cajun chicken, mozzarella, mango chutney, mayonnaise £5.00 £6.00

7. Mexican chicken, chorizo, jalapeños, cheddar, salsa £5.35 £6.40

8. Black pudding, crayfish, red onion, jalapeños, Thai sweet chilli sauce, rocket, mayonnaise £5.25 £6.30

9. BLT – bacon, lettuce, tomato, mayonnaise £4.50 £5.40

10. BLAST – bacon, lettuce, avocado, salsa, tomato, mayonnaise £5.00 £6.00

11. Bacon, Brie, cranberry £5.00 £6.00

12. Roast pork, stuffing, apple sauce £4.80 £5.75

13. Roast turkey, stuffing, cranberry sauce £4.80 £5.75

14. Roast beef, red onion, Blue Stilton £5.10 £6.15

15. Roast beef, red onion, Wensleydale, mustard £5.10 £6.15

16. Peppered pastrami, Brie, gherkin, Dijon mustard £5.10 £6.15

TOASTED PANINI/WRAP OUT IN

1. Hummus, Feta, red onion, peppers, tomato £4.50 £5.40

2. Mushrooms, roasted red peppers, Brie, cranberry sauce £4.50 £5.40

3. Chicken, chilli jam, mozzarella, mayonnaise £4.80 £5.75

4. Mexican chicken, cheddar, red onion, mayonnaise £4.90 £5.85

5. Chicken tikka, jalapeños, mozzarella, mango chutney £4.90 £5.85

6. Cajun chicken, chilli cheese, jalapeños, chilli jam, mayonnaise £4.90 £5.85

7. Tuna, chilli jam, mozzarella, mayonnaise £4.80 £5.75

8. Bacon, mushrooms, Brie, red onion marmalade £4.90 £5.85

9. Roast ham, tomato, red onion, cheddar £4.80 £5.75

10. Chorizo, mozzarella, peppers, red onion, jalapeños, chilli jam, mayonnaise £4.80 £5.75

11. Roast beef, red onion, chilli jam, cheddar, mayonnaise £5.10 £6.15

12. 'Alan' – Mushrooms, sun-blushed tomatoes, roasted red peppers, olives, red onion, rocket, spinach, Dijon mustard £4.80 £5.75