

## TOASTED PANINI/WRAP

OUT

1. Hummus, Feta, red onion, peppers, tomato £5.00
2. Mushrooms, roasted red peppers, Brie, cranberry sauce £5.00
3. Chicken, chilli jam, mozzarella, mayonnaise £5.50
4. Mexican chicken, cheddar, red onion, mayonnaise £5.50
5. Chicken tikka, jalapeños, mozzarella, mango chutney £5.50
6. Cajun chicken, chilli cheese, jalapeños, chilli jam, mayonnaise £5.50
7. Tuna, chilli jam, mozzarella, mayonnaise £5.50
8. Bacon, mushrooms, Brie, red onion marmalade £5.50
9. Roast ham, tomato, red onion, cheddar £5.50
10. Chorizo, mozzarella, peppers, red onion, jalapeños, chilli jam, mayonnaise £5.50
11. Roast beef, red onion, chilli jam, cheddar, mayonnaise £5.70
12. 'Alan' – Mushrooms, sun-blushed tomatoes, roasted red peppers, olives, red onion, rocket, spinach, Dijon mustard £5.50

## SALAD BOXES

OUT

- MEAT** – Chicken, turkey, pork, beef or ham £6.00
- SAVOURY** – Quiche, pork pie or sausage roll £6.00
- FISH**
- Tuna or tuna mayonnaise £6.50
- Salmon or prawn Marie-Rose £6.00
- Seafood £7.00
- VEGETARIAN**
- Greek** – Feta cheese, olives, hummus, falafel, couscous, lettuce, tomatoes, cucumber, peppers, red onion £6.00
- Cheese** – up to three cheeses £5.80

## BREAKFAST (available until 2pm)

OUT

### SANDWICHES

- Egg £3.20
- Bacon or sausage £3.80
- Bacon or sausage and egg £4.20
- Bacon and sausage £4.50
- Bacon, sausage and egg £5.00

### BREAKFAST WITH A TWIST

- Breakfast Panini** – Bacon, cheddar, mushrooms and sun-blushed tomatoes £5.50
- 'Huevos Rancheros' Toasted Wrap** – Chorizo, avocado, cheddar, jalapeños, red onion, soured cream, salsa and two fried eggs £6.50
- Breakfast Wrap** – Spinach, smoked salmon and scrambled egg £6.00
- Veggie Breakfast Sandwich** £5.10  
– Mushrooms, avocado, sun-blushed tomatoes, grilled Halloumi cheese and fried egg

## LUNCH IDEAS

OUT

- SOUP** – Ask for today's soup £2.50
- JACKET POTATOES**
- Cheese, beans or coleslaw £4.50
- Chicken mayonnaise or coronation chicken £4.80
- Tuna mayonnaise £5.00
- Prawn Marie-Rose £6.00

## CAKES

A selection of homemade cakes are available to take away.

**No3 HEWORTH** 3 Heworth Village, York YO31 1AE

Email: [info@No3Heworth.co.uk](mailto:info@No3Heworth.co.uk) Telephone: 01904 422906

 /No3Heworth

[www.No3Heworth.co.uk](http://www.No3Heworth.co.uk)



# TAKEAWAY MENU

**No3 HEWORTH**

3 Heworth Village, York YO31 1AE  
Open Tuesday – Friday, 8.30am – 3pm  
and Saturday, 9am – 3pm.

Pre-orders welcomed  
Please call 01904 422906 before 10am

 /No3Heworth [www.No3Heworth.co.uk](http://www.No3Heworth.co.uk)

**Our sandwiches are freshly made to order and are available on any of the following breads:**

White roll, Brown roll, Mixed seed and sunflower roll, Granary roll, White ciabatta or a Tortilla wrap.

## COLD SANDWICHES

	OUT
1. Egg mayonnaise, sun-blushed tomatoes, rocket	£4.00
2. Hummus, falafel, salsa, red onion, olives, jalapeños, lettuce	£4.50
3. Poached salmon, avocado, cucumber, red onion, rocket, red onion marmalade, mayonnaise	£6.00
4. Smoked salmon, egg mayonnaise, rocket	£6.00
5. Crayfish, sun-blushed tomatoes, chilli jam, rocket	£6.00
6. Crayfish, prawns, lemon, black pepper, mixed leaves, garlic mayonnaise	£6.20
7. Prawns, avocado, black pepper, rocket, garlic mayonnaise	£6.00
8. Roast turkey, stuffing, cranberry sauce, salad, mayonnaise	£4.80
9. Roast turkey, pastrami, Emmental, gherkin, mayonnaise	£5.10
10. Roast ham, mango chutney, red onion, lettuce, mayonnaise	£4.50
11. Roast ham, coleslaw	£4.50
12. Parma ham, mozzarella, tomato, pesto, rocket	£5.80
13. Milano salami, mozzarella, sun-blushed tomatoes, rocket, pesto	£5.00
14. Danish salami, smoked cheese, lettuce, tomato, mayonnaise	£5.00
15. Roast pork, apple sauce, salad	£4.50
16. Roast beef, horseradish sauce, red onion, salad, mayonnaise	£5.00
17. Roast beef, Blue Stilton, red onion, salad, mayonnaise	£5.50
18. Pastrami, smoked cheese, gherkin, red onion, Dijon mustard, lettuce, mayonnaise	£5.00

## COLD SANDWICHES

	OUT
19. Chicken mayonnaise, sun-blushed tomatoes, avocado, rocket	£5.00
20. Chicken, avocado, blue cheese mayonnaise, mixed leaves	£5.00
21. Coronation chicken, salad	£4.50
22. Mexican chicken, Milano salami, mozzarella, chilli jam, lettuce, peppers, red onion, jalapeños, mayonnaise	£5.50
23. Chicken tikka, red onion, mango chutney, lettuce, mayonnaise	£4.50

## HOT SANDWICHES

	OUT
1. Roasted red peppers, mushrooms, red onion, goat's cheese	£5.00
2. Onion bhaji, mango chutney, yoghurt, salad	£5.00
3. Mushrooms, falafel, jalapeños, hummus	£5.00
4. Tuna, red onion, cheddar	£5.50
5. Chicken, Brie, red onion marmalade	£5.50
6. Cajun chicken, mozzarella, mango chutney, mayonnaise	£5.50
7. Mexican chicken, chorizo, jalapeños, cheddar, salsa	£5.70
8. Black pudding, crayfish, red onion, jalapeños, Thai sweet chilli sauce, rocket, mayonnaise	£6.00
9. BLT – bacon, lettuce, tomato, mayonnaise	£4.50
10. BLAST – bacon, lettuce, avocado, salsa, tomato, mayonnaise	£5.50
11. Bacon, Brie, cranberry	£5.50
12. Roast pork, stuffing, apple sauce	£5.50
13. Roast turkey, stuffing, cranberry sauce	£5.50
14. Roast beef, red onion, Blue Stilton	£5.70
15. Roast beef, red onion, Wensleydale, mustard	£5.70
16. Peppered pastrami, Brie, gherkin, Dijon mustard	£5.50

## LUXURY HOT SANDWICHES

	OUT
<b>NEW YORKER</b> Turkey, pastrami, corned beef, Emmental, gherkin, mayonnaise	£6.00
<b>OLD ENGLISH</b> Turkey, roast ham, peppered salami, mature cheddar, English mustard	£6.00
<b>JACK AND DAVE</b> Chicken, chorizo, chilli cheese, red onion, sun-blushed tomatoes, chilli jam, mayonnaise	£6.00
<b>CONTINENTAL</b> Parma ham, chorizo, goat's cheese, jalapeños, red onion, sun-blushed tomatoes, mayonnaise	£6.00
<b>ITALIAN</b> Parma ham, Milano salami, mozzarella, olives, sun-blushed tomatoes, pesto	£6.00
<b>BIG BEEF</b> Roast beef, peppered pastrami, corned beef, red onion, Blue Stilton, wholegrain mustard	£6.00
<b>MEAT FEAST</b> Chorizo, ham, salami, sausage, red onion, mozzarella, pizza sauce	£6.00
<b>VEGGIE HELL</b> Roast pork, bacon, black pudding, cheddar, apple sauce	£6.00
<b>VEGGIE HEAVEN</b> Roasted red peppers, falafel, sun-blushed tomatoes, mushrooms, goat's cheese, hummus, chilli jam	£6.00
<b>VEGAN HEAVEN</b> – goat's cheese replaced with vegan cheese	
<b>VEGGIE SPICE</b> Onion bhaji, vegetable samosa, peppers, jalapeños, red onion, mozzarella, mango chutney	£6.00

### FOOD ALLERGIES AND INTOLERANCES

Please speak to staff about your requirements before ordering.