



toast by the coast

TAKE AWAY MENU

To order telephone: 01273 455515

Toast by the Coast
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Sandwiches/Paninis/Toasties

We offer white or granary bread, bagels and paninis (Paninis and toasties 25p extra supplement)

Meat Options

Sussex Ham, Cheddar & Sussex Pickle	£3.25
Sussex Ham with Salad	£3.25
Sussex Ham with Mustard	£3.25
Roast Beef with Salad	£3.25
Roast Beef with Beetroot & Horseradish Pickle	£3.25
Turkey with Salad	£3.25
Turkey with Coleslaw	£3.25
Turkey with Cranberry	£3.25
Turkey Club (with Bacon, Lettuce, Tomato & Mayo)	£3.95
Chicken with Salad	£3.20
Chicken with Coleslaw	£3.20
Chicken with Pesto	£3.45
Chicken with Avocado	£3.95
Chicken with Mango Chutney	£3.45
Chicken Club (with Bacon, Lettuce, Tomato & Mayo)	£3.95
Bacon	£3.25
Bacon, Lettuce & Tomato	£3.25
Bacon & Brie	£3.45
Bacon & Avocado	£3.45
Breakfast (Bacon, Sausage & Egg Mayo)	£3.70
Sausage	£3.25
Chorizo with Salad	£3.20
Salami with Salad	£3.20
Spanish Special (Chorizo, Manchego Cheese & Olives)	£3.95

Vegetarian Options

Egg Mayonnaise with Salad	£3.05
Egg Mayonnaise with Tomato	£3.05
Cheddar Cheese with Salad	£3.05
Cheddar Cheese with Sussex Pickle	£3.05
Brie with Cranberry Sauce	£3.25
Brie with Grape	£3.25
Goats Cheese with Red Onion Marmalade	£3.45
Houmous & Roasted Vegetables	£3.45
Houmous & Sun-blushed Tomatoes	£3.20
Roasted Vegetables	£3.45
with choice of Houmous or Cream Cheese	£3.45
Avocado & Tomato	£3.25
Tomato, Basil & Mozzarella	£3.25
Scrumpy Sussex Cheese with Salad	£3.20
(Cheddar style cheese with garlic, cider & herbs)	
Manchego Cheese with Olives	£3.45
Stilton & Apple	£3.45
Mediterranean Meze	£3.65
(Olives, Sun-blush Tomato & Red Peppers stuffed with cheese)	

Fish Options

Crayfish, Rocket & Lemon Mayonnaise	£3.95
Smoked Salmon & Cream Cheese	£3.95
Smoked Salmon with Salad	£3.95
Tuna Mayonnaise & Cucumber	£3.25

Toasties & Paninis ideas:

Sussex ham & cheddar cheese	£3.50
Sussex ham, cheese & onion	£3.50
Cheese & tomato	£3.50
Bacon & brie	£3.70
Bacon, cheddar & tomato	£3.70
Brie & Cranberry	£3.50
Mozzarella, tomato & basil	£3.50
Stilton & apple	£3.70
Stilton & tomato	£3.70
Goats cheese with red onion marmalade	£3.70
Tuna & cheese	£3.50

Any extra fillings will be charged from 50p

Salad Options

Choices served with ½ multi grain baguette	£4.50
Smoked Salmon (£1.00 supplement)	
Tuna	
Beef	
Ham	
Med Mezze (olives, sun blush tomatoes and pepper bells filled with feta cheese)	

Hot Food

Home-Made Soup of the Day (served with ½ Baguette)	£4.00
Jacket Potato	£2.00
Jacket Potato with Cheese, Tuna Mayo, Baked Beans, Coleslaw served with side salad	£4.65
Jacket Potato with Craufish Mayo, Bacon & Cheese, Sausage & Beans served with side salad	£5.65
Quiche served with side salad	£5.25

Sweet Treats

Traybakes (phone for daily options)	£2.00
Cakes per slice (phone for daily options)	£2.00
Home-made Cookies	90p
(Spicy Oat & Fruit or Chocolate Chip)	
Crisps	£1.00
(Sea Salt, Sea Salt & Vinegar, Caramelized Onion & Cheddar, Sweet Red Chili)	

Orders over 5 rounds of sandwiches. Please order before 12 noon.