

The Rural Lunch Co.

Sandwich Wrap Menu



Sandwich or Wrap Fillings

Large White Tortilla Wrap, Sliced 7 Cereal or Soft White Bread

Gluten Free Granary Bread also available on Request - Please advise if you have any allergies

Fillings -

Meat & Fish

Sliced Turkey, Bacon, Cranberry, Mayo, Homemade Sausage Stuffing, Spinach & Sun Dried Tomato

Rare Roast Beef, Sliced Gherkin, Horseradish Mayo, Spinach & Tomato

Coronation Chicken

Pulled Pesto Mayo Chicken, Roasted Red Peppers & Spinach

Honey Roasted Ham, Egg Mayo & English Mustard

Smoked Bacon, Brie, Mayo & Cranberry

Tandoori Chicken, Tatziki & Salad

Smoked Salmon, Cream Cheese & Cucumber

Tuna Mayo Mixed with Peppers, Red Onion & Cucumber

Homemade Chunky Coleslaw & Sliced Chicken

Smoked Bacon, Chicken Breast, Mayo & Avocado

Fresh Prawns, Salad & Mayo

or Create Your Own

Vegetarian & Vegan (Vegan Mayo, Butter & Cheddar available on request)

Goats Cheese, Beetroot, Mayo, Red Onion Chutney & Salad

Chunky Egg Mayo & Watercress

Garlic Mushroom, Mayo, Gorgonzola & Spinach

French Brie, Mayo & Cranberry

Feta, Olives, Hummus, Salad & Mint Mayo

Mature Cheddar, Red Onion Chutney & Salad

Homemade Chunky Coleslaw, Mature Cheddar & Sun Dried Tomatoes

Hummus, Grated Carrot, Falafel, Salad & Sweet Chilli Sauce

Avocado, Crushed Cashew, Mustard, Mayo, Mixed Leaves & Mango Chutney

Roasted Veggies, Hummus, Spinach & Sweet Chilli Sauce

Avocado, Roasted Red Peppers, Pesto, & Salad

Or Create Your Own

If there is something not on there that you fancy, then just let me know and I'll see what I can do :)

Delivering Fresh Food Direct to Your Door - 7 Days a Week

Plus Free Delivery

www.rural-lunch.co.uk

Tel - 07812 030366