

01270
620680

4B Mill Street
Nantwich

Artisan@fruitition

MON - FRI
8.30am - 3.30pm

SATURDAY
8.30am - 4pm

Half a Sandwich
Is Available
From Our Menu.

Complementary Delivery Service to Local Businesses Available

Telephone Orders Taken for both Collection & Delivery

Card payments Accepted by Telephone



Gluten Free
Bread is
Available

Sandwiches are Available on Granary Bread, Brown, White or Granary Sub Rolls. Gluten Free Bread available.

Fresh Salad	£2.15
Fresh Salad & Hummus	£2.75
Peanut Butter & Jam	£3.25
Cheshire or Cheddar Cheese Salad	£3.25
Mature Cheddar Cheese & Coleslaw	£3.60
Tuna, Sweet corn & Red Onion	£3.60
Tuna Salad	£3.60
Prawns in Homemade Marie Rose Sauce	£4.40
with salad	£4.80
with avocado	£5.15
with avocado & salad	£5.65
Free Range Egg Mayo & Watercress	£3.25
Free Range Egg Mayo Salad	£3.25

ADD:

Homemade	
Coleslaw	75p
Salad	60p
Egg	60p
Beans	60p
Hummus	75p
Chutney	30p
Avocado	£1.00
Cheese	£1.00

Signature Sandwiches

Ham, Avocado, Beetroot Chutney & Cress	£4.95
Homemade Coronation Chicken with Salad	£3.95
Free Range Egg Mayo & Cold Crispy Bacon	£4.40
Free Range Chicken, Cold Crispy Bacon & Avocado	£5.15
Hummus, Roasted Peppers with Salad	£3.25

Hand Cut Ham Salad	£3.95
Hand Cut Ham & Homemade Coleslaw	£3.95
Hand Cut Ham, Egg Mayo & Cress	£4.95
Hand Cut Ham & Egg Mayo	£4.80
Hand Cut Ham, Egg Mayo Salad	£4.95
Hand Cut Ham, Cheddar or Cheshire Cheese	£4.80
Hand Cut Ham, Cheese & Chutney	£4.95
Hand Cut Ham, Cheese Salad	£4.95
Hand Cut Ham & Mustard	£3.60
Free Range Chicken Salad	£3.60
Free Range Chicken & Avocado	£4.40
Free range Chicken, Avocado Salad	£4.80
Free Range Chicken & Cold Crispy Bacon	£4.40
Free Range Chicken, Bacon Salad	£4.80
Free Range Chicken, Bacon, Avocado	£5.15
Free Range Chicken, Bacon & Avocado Salad	£5.65

VEGAN OPTIONS

Sandwiches are Available on Granary Bread,
Brown Roll, or Granary Roll with Pure Spread

Hummus & Roasted Peppers Salad	£3.25
Peanut Butter and strawberry jam	£3.25
Avocado, with Hummus and Salad	£3.75
Just Salad	£2.15
Homemade soup (see specials board)	
Fresh Fruit Pot	£2.50

MEDITERRANEAN SALAD BOWL

Mixed leaves, cherry tomatoes, chopped peppers, cucumber, red
onion, avocado, olives and mixed beans and dressed with extra
virgin olive oil

£5.75

Wraps

our salad includes sweetcorn, celery,
cucumber, tomato, red onion & lettuce

Tuna Salad	£3.50
Prawns Marie Rose Salad	£4.65
Prawns Marie Rose, Avocado Salad	£5.45
Free Range Egg Mayo Salad	£3.05
Cheshire or Cheddar Cheese Salad	£3.05
Hummus, Roasted Peppers Salad	£3.05
Hand Cut Ham Salad	£3.50
Hand Cut Ham, Cheese Salad	£4.65
Free Range Chicken Salad	£3.50
Free range Chicken, Avocado Salad	£4.65
Free range Chicken, Bacon Salad	£4.65
Free Range Chicken, Bacon, Avocado Salad	£5.45
Homemade Coronation Chicken Salad	£3.95
Homemade Pesto Chicken Salad	£3.95

Freshly Made Pasta Box

Cold pasta,
Peppers, Cherry tomatoes,
Mozzarella cheese,
Red onion, Basil,
Freshly grated parmesan
cheese,
Homemade Pesto Dressing
or Italian Dressing. £3.95

With Either

Chicken, Chicken/Bacon or Tuna	£5.45
Ham or Prawn Marie Rose	£5.95

Freshly Made
Fruit Pots
£2.50

Freshly Made Salad Boxes

Mixed Salad Leaves, Cucumber, Tomatoes, Beetroot, Celery
Sweetcorn, Red Onion and Homemade Coleslaw.

Just Salad	£3.25
Free Range Chicken	£4.80
Free Range Chicken & Crispy Bacon	£5.75
Free Range Chicken & Avocado	£5.75
Chicken, Crispy Bacon & Avocado	£6.50
Cheddar, Cheshire or Cottage Cheese	£4.30
Egg Mayonnaise	£4.30
Egg Mayonnaise & Cold Crispy Bacon	£5.75
Tuna	£4.80
Tuna & Cheese	£5.75
Hand Cut Ham	£4.80
Prawns in Our Homemade Marie Rose sauce or with Avocado	£5.25 £6.50
Homemade Coronation Chicken	£5.25

OUR SIGNATURE SALAD

Free Range Chicken Hand Cut Wiltshire Ham, Free Range
Egg & Cheddar, Cheshire or Cottage Cheese

£6.95

MEDITERRANEAN SALAD BOWL

Mixed Leaves, Cherry Tomatoes, Peppers, Cucumber,
Red Onion, Avocado, Olives and Mixed Beans Dressed
with Extra Virgin Olive Oil.

£5.75

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**Gluten Free
Bread is
Available**

Oven Baked Potatoes

with fresh side salad

Plain with Lurpak Butter £3.15

Heinz Beans £3.75

Cheese & Bean £4.50

Cheese & Tuna £5.25

Cottage Cheese £3.95

Homemade Coleslaw £3.95

Mature Cheddar Cheese £3.95

Cheese & Homemade Coleslaw £4.95

Tuna, Sweetcorn & Onion £4.25

Homemade Chicken Makhani £4.95

Homemade Chilli Con Carne £4.95

with Cheese £5.95

Prawns in Marie Rose Sauce £4.95

(All Hot & Cold Fillings are Gluten Free)

Toasted Sandwiches & Paninis

Cheese & Beans £3.70

Tuna, Cheese & Red Onion £4.50

Cheese, Tomato or Onion £3.70

Ham & Cheese £4.50

Ham, Cheese & Pineapple £4.75

Ham, Cheese & Tomato £4.75

Our Special Toasted Wraps

Chicken, Bacon & Spinach £5.25

Ham, Brie & Cranberry £5.25

Feta, Tomato & Avocado £4.95

ADD:

Homemade Coleslaw 75p

Avocado or Cheese £1.00

Hummus 75p Chutney 30p

Fresh Salad 60p

Sliced Egg 60p

Hot Bacon Rolls & Muffins

Bacon £4.25

Sausage £4.50

Bacon & Egg £4.75

Sausage & Egg £4.95

Bacon & Sausage £5.50

Bacon, Sausage & Egg £5.95

Bacon, Spinach & Avocado £5.75

Bacon, Chicken & Avocado £5.75

Bacon, Lettuce & Tomato £4.75

Bacon, Chicken & Spinach £5.75

Homemade Soup

	Regular	Large
SOUP ONLY	£2.40	£3.40
With Fresh Roll & Butter	£3.70	£4.70
With Fresh Roll & Hummus	£3.95	£4.95

Half a sandwich is available to order with soup

Fresh Fruit Smoothies & Juices £3.50 (no carton juices used)

Banana Boost

Banana, Strawberry & Orange

Black Beauty

Blackberry, Banana & Apple

Sunshine

Mango, Orange & Strawberry

Yellow Pearl

Apple, Mango & Pineapple

Blueberry Delight

Blueberry, Strawberry & Orange

Green Goddess

Apple, Carrot & Spinach

Our Favourites

Tutti Frutti

Apple, Pear, Pineapple & Strawberry

Green Monster

Pear, Spinach, Lime & Ginger

Spice Kick

Apple, Banana, Cinnamon & Ginger

On The Go

Beetroot, Carrot, Strawberry & Orange

Energise

Apple, Mango, Pineapple & Spinach

Fireball

Apple, Beetroot, Fennel & Ginger

Detox

Beetroot, Carrot, Apple & Ginger

Supercharged

Apple, Carrot, Pineapple & Ginger

Berry Active

Apple, Banana, Blueberry & Raspberry

Jumpstart

Apple, Carrot, Ginger, Lime & Orange

Vitamin C

Orange, Grapefruit, Lemon & Lime

Real Milkshakes £3.50

Made With Dairy Ice Cream, Fresh Fruit & Milk

Banoffee Vanilla Strawberry Chocolate

Chocolate & Banana Chocolate & Strawberry

Vanilla & Strawberry Vanilla & Banana

Strawberry & Banana

Dairy Smoothies

All made with bio yoghurt and milk

Banana and Blueberry £3.50

Banana, Mango and Pineapple £3.50

Banana and Strawberry £3.50

Banana, Maple Syrup and Pecan Nuts £3.75

Breakfast In A Glass

£3.75

Muesli, Banana, Strawberry, Raspberry & Apple

Freshly Squeezed Orange Juice £3.50

Hot Drinks

Americano £2.20 Breakfast Tea £1.95

Cappuccino £2.35 Peppermint Tea £1.95

Latte £2.60 Fruit Teas £1.95

Hot Chocolate £2.95 Flavoured Latte £2.95

Homemade Cakes

Orange & Almond Cake (GF & DF) £2.75

Lemon, Almond, Blueberry & Polenta Cake (GF & DF) £2.75

Homemade Victoria Sponge with Buttercream & jam £2.75

