

Extras	Sandwich	French	Footlong	Potato
ocado*	R6.00	R7.00	R9.00	R9.00
managorhin or pineapple	R4.00	R5.00	R7.00	R7.00
bigy bacon or biltong	R11.00	R15.00	R19.00	R19.00
ced boiled egg	R4.00	R6.00	R7.00	R7.00
icken livers peri-peri/paprika*	R9	R9	R9	R14.00
conchickery/ ham/beef/salami or sams	R7.00	R10.00	R13.00	R13.00
eddar or mozzarella	R4.00	R7.00	R10.00	R10.00
itage cheese or feta	R6.00	R9.00	R12.00	R12.00
shroom/olives	R8.00	R10.00	R12.00	R12.00
luce, onion, tomato, cucumber/				
nyonaise or potato salad	R6.50	R10.50	R13.50	R13.50
matolion/cucumber/green pepper/				
tuce or chili	R2.50	R3.50	R5.00	R5.00
llw/chutney/mayonnaise/piccalilli/sweet chilli				
gimustard (hot english or german/pesto)	R4.00	R6.50	R8.50	R8.50
shroom sauce/ Sour cream	R10.00	R13.00	R17.00	R17.00
rambled egg	R7.00	R9.00	R11.00	na

## Baked potato

- 1 Giant baked potato & butter R27.00
- 2 Giant baked potato & cheese R37.00
- 3 Giant baked potato & creamed spinach R41.00
- 4 Giant baked potato & chicken livers R41.00
- 5 Giant baked potato & mushroom sauce R44.00
- 6 Giant baked potato & sour cream R44.00
- 7 Giant baked potato & steak & mushroom sauce R63.00

Visuals are for descriptive purposes only. No variations are allowed on Salads, Club sandwiches, Wraps, Banting meals, Lunch box or Platters.

## Salad 500ml

- Avocado\* salad R40.00
- Biltong & avocado\* salad R68.00
- Chicken & avocado\* salad R47.00
- Chicken salad R40.00
- Chicken tikka salad R46.00
- Crispy bacon salad R48.00
- Crispy bacon & avocado\* salad R55.00
- Chicken bit salad R45.00
- Greek salad R40.00
- Potato salad R41.00
- Steak & crumbled feta salad R61.00
- Tuna salad R46.00

Extra Dressing: Honey & mustard/ Low calorie dressing French & Greek R7.00

- Fruit salad R37.00
- Fruit salad and ice cream R44.00

## Club

Classic club bacon, gouda, chicken mayo, lettuce & mayonnaise R48.00  
 Caprese salad mozzarella, tomato & pesto R43.00  
 Classic bacon, tomato, lettuce & mayonnaise R36.50

### Wrap

Chicken strips, avocado & fried onion wrap R42.00  
 Ham, mozzarella & salad wrap R38.00

## Banting

**R38.00 BANTING BREAKFAST BOX**  
 2 boiled eggs, 2 rashers of bacon, 2 cocktail pork sausages, 2 slices of tomato with garlic & herbs

**R46.00 BANTING LUNCH OPTION 1**  
 Quarter chicken treated to perfection served with avocado & sliced boiled eggs

**R43.00 BANTING LUNCH OPTION 2**  
 2 chicken drumsticks treated to perfection served with cottage cheese, cucumber & tomato salad with a balsamic vinegar & olive oil dressing

**R48.00 BANTING BURGERS**  
 Avocado, Bacon, 100% meat patty, gouda, lettuce, onion & tomato

**R45.00 BANTING CHICKEN STRIPS**  
 Chicken strips, avocado, salsa & tomato, cooked in butter & flavored with medley of spices

**R28.00 BANTING SOUP**  
 500ml of delicious creamy beef & sweet potato soup

**R27.00 BANTING CHICKEN LIVERS PERI-PERI**  
 200ml tub of creamy chicken livers

**R85.00 BANTING PICNIC BOX**  
 2 Banting smoothies of steaky bacon salad & Banting salad of balsamic vinegar dressing & pecan nuts

## BANTING OMELETTE

R51.00  
 Filled with cheese, avocado, bacon, served with a side salad & a balsamic vinegar & olive oil dressing

**R47.00 BANTING VEGGIE OMELETTE**  
 Filled with mozzarella, beef mince & mushrooms, served with a side salad & a balsamic vinegar & olive oil dressing

## Lunch Box

**R71.50 BREAKFAST BAG**  
 Bacon & cheese sandwich, fruit salad, 30gms Lays chips, 250ml yogurt & a miss yogurt

**R50.50 HEALTHY LUNCH BAG**  
 Whole wheat chicken salad sandwich, an apple or banana & water

**R59.00 SHACK BOX**  
 4 chicken samosas, 4 meatballs, 3 chicken strips & 3 cocktail venenas served with a sweet chili dip

**R65.00 LUNCH BOX**  
 4 spicy vegetable samosas, 4 chicken nuggets, 6 fish files & 4 meatballs served with a sweet chili dip

**R48.50 TRAINING LUNCH BAG OPTION 1**  
 Sandwich, apple or banana & a 250ml yogurt

**R67.50 TRAINING LUNCH BAG OPTION 2**  
 French bread, apple or banana, 36g Lays chips & a 250ml Laysfruit

## The Platters

Half platters at 70% of full price on selected platters only. No variations are allowed

**R200 All Chees Platter**  
 An assortment of cheese sandwiches. Serves 8-10 (not available in half size)

**R270 Anytin Platter**  
 Sausage rolls, meatballs, chicken & cheese russians. Serves 8-10 (not available in half size)

**R320 Baroness's Sandwich Platter**  
 Bite sized healthy sandwiches filled with tuna mayonnaise, salad, cottage cheese & pineapple, cheese & tomato & egg mayonnaise. Serves 10-12

**R340 Baron Party Platter**  
 Open sandwiches, chicken strips, meatballs & sausage rolls. Serves 10-12

**R405 Best of Both Platter**  
 A variety of our best sandwiches Serves 8-10 (not available in half size)

**R329 Breakfast Platter**  
 A selection of toasted sandwiches, bacon & egg spring rolls, ham & cheese muffins, chipolatas & fruit kebabs. Serves 8-9 (not available in half size)

**R305 Businessman's Sandwich Platter**  
 Delicious brown & white sandwiches with an assortment of fillings. Serves 10-12

**R380 Cheese & Biscuit Platter**  
 A selection of biscuits, cocktail viennas, beef ham, salami gouda, mozzarella, cucumber cottage cheese, cocktail gherkins, green olives, black olives & cocktail tomatoes. Serves 8-10 (not available in half size)

**R320 Chicken Platter**  
 Drumsticks, wings & nuggets. Serves 8-10 (not available in half size)

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 Delicious brown & white sandwich with an assortment of fillin. Serves 10

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 A selection of biscuits, cocktail viennas, b ham, salami gouda, mozzarella, cucumber cottage cheese, cocktail gherkins, green olives, black olives & cocktail tomato. Serves 8-10 (not available in half size)

**R320 Chicke Platter**  
 Drumsticks, wings & nuggets. Serves 8-10 (not available in half size)



**Cocktail Platter**  
R435

Sandwiches, cocktail kebabs, spring rolls, cheese, viennas, meatballs & spicy wings. Serves 6-8 (not available in half size)

**Pastry Platter**  
R320

40 mouth watering pastries. Serves 10-12 (not available in half size)

**Cold Meat Fantasy Platter**  
R370

Best quality Italian salami, ham, beef - garnished with parsley, gherkin & black olives. Serves 8-10 (not available in half size)

**Rib & Chicken Platter**  
R495

Drumsticks, wings & cocktail ribs. Serves 10-12

**Director Platter**  
R355

Samosas, chicken nuggets, pork sausages, chicken wings, meatballs, chicken & cheese russians. Serves 8-10 (not available in half size)

**Royal Platter**  
R260

Open sandwiches, pita pockets, spring rolls, cocktail viennas, samosas, green olives & black olives. Serves 8-10 (not available in half size)

**Early Morning Platter**  
R320

An array of delicious toasted sandwiches consisting of cheese & tomato, bacon & cheese, bacon, cheese & egg, ham & cheese. Serves 10-12

**Snack Platter**  
R330

Meatballs, samosas, fish bites, chicken wings & chicken nuggets. Serves 8-10 (not available in half size)

**Exotic Platter**  
R330

Chicken nuggets, spicy wings, meatballs, fish bites, spring rolls & cocktail viennas. Serves 8-10 (not available in half size)

**Summer Time Fruit Platter**  
R340

Seasonal fruits garnished with mint. Serves 8-10 (not available in half size)

**Health Platter**  
R320

Delicious sandwiches with an array of healthy fillings served on low GI bread. Serves 10-12

**Sundowner Platter**  
R400

Sandwiches, meatballs, spicy wings, samosas, spring rolls, beef and chicken kebabs & a selection of cold meats. Serves 8-10 (not available in half size)

**Just Sausage Rolls Platter**  
R205

Everyone's favourite sausage rolls served with two dips. Serves 8-10 (not available in half size)

**Supreme Platter**  
R270

Tasty open sandwiches with an assortment of fillings. Serves 8

**Meatballs & Egg Mayo Platter**  
R245

Meatballs & egg mayonnaise sandwiches. Serves 8-10 (not available in half size)

**Sweet Platter**  
R450

A mouth watering selection of mini cakes. Serves 10-12 (not available in half size)

**Mixed Platter**  
R285

Sandwiches, meatballs, different cheeses, viennas, gherkin & olives. Serves 8-10 (not available in half size)

**Ultimate French Bread Platter**  
ON REQUEST

Choose an assortment of fillings from our menu to create your own platter.

**Munch Platter**  
R305

Samosas & meatballs. The best of our most popular snacks. Serves 8-10 (not available in half size)

**Vegetarian Platter**  
R350

Vegetable spring rolls, cheese & onion samosas, vegetarian sandwiches, mini pita pockets with various fillings, cheese & gherkin. Garnished with parsley & carrot sticks. Serves 10-12



**SANDWICH BARON**  
...undeniably delicious

The Best things in life are healthy food...

**MENU**  
MAY 2017

(Prices subject to change without notice)



www.sandwichbaron.co.za

**Free delivery**  
minimum orders may apply



Sandwich Baron Franchising cc. Reg: 2002/020758/23

**Breakfast**

**Vegetaria Breakfast**  
R48

Scrambled egg, mushrooms & tomatoes topped with mozzarella & served with low toast & bc.

	Sandwich	French	Footlo
Bacon	R26.50	R35.50	R49.00
Bacon & cheese	R30.50	R42.50	R59.00
Bacon, cheese & egg	R34.50	R48.50	R66.00
Bacon, cheese & mushrooms	R38.50	R52.50	R71.00
Bacon & egg	R30.50	R41.50	R56.00
Bacon & scrambled egg	R33.50	R44.50	R60.00
Bacon, scrambled egg & pork sausages	R40.00	R54.00	R72.00
Crispy bacon, scrambled egg & pork sausages	R41.50	R57.50	R77.00
Double bacon, mozzarella & cheddar	R41.50	R59.50	R82.00
Scrambled egg	R27.00	R38.00	R52.00
Pita bacon & scrambled egg		R43.50	

**Sandwich**

	Sandwich	French	Footlo
Avocado	R26.00	R33.50	R45.00
Bacon & avocado	R32.50	R42.50	R58.00
Bacon, feta & avocado	R38.50	R51.50	R70.00
Crispy bacon & avocado	R33.50	R45.50	R60.00
Crispy bacon & chicken mayo	R38.50	R55.00	R73.00
Beef, avocado gherkin & salad	R44.00	R59.00	R76.00
Beef, cheese & avocado	R37.50	R50.00	R65.00
Beef, mustard & cheese	R35.50	R50.50	R65.00
Beef & potato salad	R34.00	R47.00	R60.00
Beef salad	R34.00	R47.00	R60.00
Biltong & chicken mayo	R42.50	R58.00	R75.00
Cheese & avocado	R30.50	R39.50	R53.00
Cheese, mozzarella & feta	R34.50	R48.50	R66.00
Cheese & tomato	R27.00	R36.00	R49.00
Cheese salad	R31.00	R43.00	R59.00
Chicken & avocado*	R32.00	R44.00	R64.00
Chicken mayo	R30.00	R43.50	R63.00
Chicken mayo & avocado*	R36.00	R50.50	R72.00
Chicken mayo & cheese	R34.00	R50.50	R73.00
Chicken mayo, cheese & avo*	R40.00	R57.50	R82.00
Chicken mayo, cheese & pine	R38.00	R55.50	R80.00
Chicken mayo & feta	R36.00	R52.50	R75.00
Chicken salad	R32.50	R47.50	R68.00
Chicken tikka	R30.00	R43.50	R63.00
Creamy peri-peri chicken livers	R27.00	R38.00	R50.00
Egg mayonnaise	R27.50	R40.00	R52.00
Frankfurter & bbq sauce	R34.50	R46.50	R68.00
Ham & cheese	R28.50	R39.50	R54.00
Ham, cheese & avocado*	R34.50	R46.50	R63.00
Ham, cheese & tomato	R31.00	R43.00	R59.00
Meatballs, cheese & chutney	R34.00	R52.00	R72.00
Meatballs & fried onions	R28.50	R42.00	R58.00
Salami & cheese	R31.50	R43.50	R61.00
Steak & cheese	R38.50	R53.50	R68.00
Steak, cheese & avocado*	R44.50	R60.50	R77.00
Steak & fried onions	R37.00	R50.00	R63.00
Steak, fried onions, tomato & bbq sauce	R43.50	R60.00	R77.00
Tuna mayo	R33.00	R46.50	R64.00