

MEAL DEALS

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| 1. ANY BAGUETTE, S/WICH DRINK & CAKE | 4.00 |
| 2. ANY SAVOURY SLICE / PASTY | 2.80 |
| 3. DAILY SPECIAL CAKE & CAN DRINK
WITH BOTTLE DRINK | 5.00
5.50 |
| 4. HOT MEAT BAGUETTE/BAP
WITH BOTTLE DRINK | 4.70
5.00 |

HOT DRINKS

- | | |
|---------------|------|
| COFFEE | 1.30 |
| TEA | 1.00 |
| HOT CHOCOLATE | 1.65 |

DRINKS

- | | |
|------------------------------|------|
| BOTTLED DRINKS | 1.40 |
| BOTTLED MINERAL WATER | 1.00 |
| JUICE BURST | 1.50 |
| SIMPLY FRUIT | 1.30 |
| APPLE / ORANGE JUICE CARTONS | 1.30 |
| CANNED COKE | 1.00 |
| RED DEVIL | 1.10 |
| MILK | 1.50 |

SNACKS

- | | |
|-------------------------------|------|
| FRUIT | 0.60 |
| CRISPS..... FROM | 0.70 |
| MARS BAR / KIT KAT / SNICKERS | 0.70 |

Flour & Bean
fresh baguettes,
freshly baked savouries,
jackets, salads,
cakes & treats
hot & cold drinks
buffets & catering
available

BUFFETS

PRE-ORDERED BUFFETS FROM 5.00 PER HEAD.
ASK THE DRIVER FOR YOUR CHOICES &
WE'LL DO THE REST

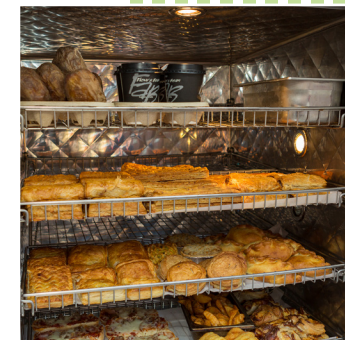
BUFFETS@FLOURANDBEAN.COM

FOR ORDERS & ENQUIRIES,
CALL OUR SHOP KITCHENS ON

Gorleston 01493 663862

Dereham 01362 854580

Fakenham 01328 863433



& TASTY

great
food
fresh
to you



SANDWICHES, BAGUETTES & BAPS

SM SOFT ROLL	FARMHOUSE S/WICH WEDGE	BAGUETTES XL BAP
1.60 EA	FROM 2.40	FROM 2.70
2 FOR 2.60		

GAMMON HAM / CHEESE PLOUGHMANS SALAD

WITH CHUTNEY

MATURE CHEDDAR & GAMMON HAM

TUNA/MAYO & SALAD

CHICKEN BREAST, MAYO & SALAD

EGG (FREE RANGE), TOMATO & BLACK PEPPER

PRAWN COCKTAIL

LEMON PEPPER CHICKEN/ LIME CORIANDER

CHICKEN WITH SALAD

TWO CHEESE & SPRING ONION

CHICKEN TIKKA

CORONATION CHICKEN

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HOT SAVOURIES

PORK & APPLE SAUSAGE ROLL	1.45
PREMIUM PORK SAUSAGE ROLL	1.45
SHORTCRUST CORNISH PASTY	2.05
CHEESE & ONION PASTY	1.75
CHEESE & BACON TURNOVER	1.75
PIZZA BAGUETTE	1.75
HEINZ SOUP & BUTTERED ROLL	1.95
BUTTERED ROLL	0.60
BAKED WEDGES	1.70
CHEESE STRAWS	4 FOR 1.50
STEAK SLICE	1.85
CHICKEN & MUSHROOM SLICE	1.85
VEGETABLE SLICE	1.75
JACKET POTATO	WITH 1 FILLING 3.00 WITH 2 FILLINGS 3.30
HOT CARVERY MEAT BAGUETTE	3.30

DAILY SPECIALS

MON-SPICY MEATBALL SUB	3.30
TUES-BBQ PULLED PORK	3.30
WEDS-HOT DOG W/ONION & CHEESE	3.30
THURS-BURGER W/ONION & CHEESE	3.30
ADD BACON	3.60
FRI-HOG ROAST W/APPLE SAUCE & CRACKLIN	3.50

BREAKFAST RANGE

BREAKFAST BAGUETTE	2.75
BACON ROLL (SML)	1.20
XL BACON OR SAUSAGE BAP	2.40
SAUSAGE & BACON BAP	2.80
BREAKFAST MUFFIN	2.45

SALAD POTS

3.49 PER BOX

SALAD OF THE DAY
GREEK, FRENCH, ITALIAN, SALSA, TOMATO &
MOZZARELLA, CAESAR, GREEN LEAF, PASTA

CAKES ALL 1.00

COOKIES
ECCLES CAKE
FRUIT SCONES
BELGIAN BUN
VANILLA SLICE
JAM DOUGHNUT
CARROT CAKE SLICE
BRAMLEY APPLE SLICE
CHOCOLATE OAT SLICE
CHOCOLATE CARAMEL SLICE
CHOCOLATE FUDGE BROWNIE

Flour & Bean