

Sandwiches

(All served in multi-seed or brown bread)

- Veg Salad & Cheese 3.50
- Cheese Pickle 3.50
- Egg Mayo 3.50
- Ham & Cheese 3.50
- Tuna Sweet corn 3.50
- Make it a Meal Deal with a Can of drink* & Crisps 5.50**



Hot Breakfast Baps

- Fried Egg* 4.00
- Bacon 4.50
- Sausage 4.50
- Egg & Bacon 4.50
- Bacon & Mushroom* 4.50
- Egg & Sausage 4.50
- Bacon, Sausage & Egg 5.00
- Halal Breakfast Bap 5.50**



(Turkey rashers, Chicken sausage & Egg)

Baguettes

- Veg Salad & Cheese 4.50
- Cheese Pickle 4.50
- Peri Peri Chicken 4.50
- Roast Chicken & Salad 4.50
- Chicken Jalapeno 4.50
- Chicken Tikka & Salad 4.50
- Ham Salad & Cheese 4.50
- Tuna Sweet corn 4.50
- 6.50*

Wraps

- Falafel & Hummus* 4.00
- Chicken Tikka 4.00
- Sweet Chilli Chicken 4.00
- Peri Peri Chicken 4.00
- Tuna Sweet corn & Salad 4.00
- 6.00*



Burgers

- Veg Burger* 4.00
- Chicken Burger 4.00
- Cheese Burger 4.00



Salads

- Fresh Green Salad 4.00
- (Cheese/Tuna/Egg/Chicken)
- Mix Fruit Salad 4.00
- Pasta Salad 4.50
- Special Salad of the day 4.50



Curry of the day

(All served with Plain Rice or Pilav Rice)

- Butter Chicken (Mon) 5.50
ALLERGENS:- Cereals, Lactose, Mustard, Lupin, Sulphite, Nuts (mc)
- Chicken Curry (Tue) 5.50
ALLERGENS:- Cereals, Lactose, Mustard, Lupin, Sulphite, Nuts (mc)
- Chicken Jalfrezi (Wed) 5.50
ALLERGENS:- Cereals, Lactose, Mustard, Lupin, Sulphite, Nuts (mc)
- Chicken Tikka Masala (Thu) 5.50
ALLERGENS:- Cereals, Lactose, Mustard, Lupin, Sulphite, Nuts (mc)
- Chicken Biryani (Fri) 5.50
ALLERGENS:- Cereals, Lactose, Mustard, Lupin, Sulphite, Egg, Nuts (mc)
- Chana Masala (Chickpeas)* 5.00
ALLERGENS:- Cereals, Lupin, Sulphite, Nuts (mc)
- Veg Karahi* 5.00
ALLERGENS:- Cereals, Lupin, Nuts (mc)



Pasta of the day

- Chicken Arabiatta (Mon) 5.50
ALLERGENS:- Cereals, Gluten, Lupin, Nuts (mc)
- Spaghetti Bolognese (Tue) 5.50
ALLERGENS:- Cereals, Lactose, Gluten, Lupin, Nuts (mc)
- Crispy Bacon & Cheese (Wed) 5.50
ALLERGENS:- Cereals, Lactose, Lupin, Gluten, Nuts (mc)
- Chicken & Mushroom (Thu) 5.50
ALLERGENS:- Cereals, Lactose, Lupin, Gluten, Nuts (mc)
- Meatball & Spaghetti (Fri) 5.50
ALLERGENS:- Cereals, Lupin, Gluten, Nuts (mc)
- Creamy Mushroom & Black Olives 5.00
ALLERGENS:- Cereals, Lactose, Lupin, Gluten, Nuts (mc)
- Mushroom in Tomato sauce 5.00
ALLERGENS:- Cereals, Lupin, Gluten, Nuts (mc)

Drinks, Crisps & Cakes

- Bottled water 500ml 1.00
- Can of drink 330ml 1.50
- Energy Drink 1.50
- Orange Juice 1.50
- Apple Juice 1.50
- Chocomel 2.00
- Pack of Crisps 1.25
- Muffins / Cakes 2.00



Snacks & More

- Veg Spring Roll (3pcs) veg/chicken/meat 3.00
- Veg Samosa (3pcs) veg/chicken/meat 3.00
- Ketchup / Mayo Sachet 0.30



Unit 18, Redbridge Enterprise Centre, Thompson Close,
 Ilford, Essex IG1 1TY
 Tel: 0208 514 1901 Mobile: 0777 818 5533
 info@tangerinecateringuk.com | www.tangerinecateringuk.com

PLEASE NOTE

For any allergy concerns please contact us for a detailed allergen chart before ordering / consumption. All items are prepared in a kitchen that may have traces of nuts and cross contamination cannot be completely ruled out. Items are subject to availability. All prices in GBP

*Pre-order only **Seasonal (Oct-Jan) Selected drinks only