



OUR SOUPS CHANGE REGULARLY, PLEASE CALL FOR SPECIALS...

### SOUPS, STEWS & CASSEROLES

VALUE!	red cabbage and apple soup...(v)	135p/160p
SKINNY!	red lentil and country vegetable...(v)	170p/195p
VEGGIE!	mexican chilli bean...(v)	230p/265p
FISH!	smoked haddock and corn chowder...	315p/340p
BOWL FOOD!	asian style chicken curry with lime leaf and coconut milk...	315p/340p
MEAT!	steak and kidney with a flaky pastry crust...	340p/375p

### SANDWICHES – on your choice of a wrap, long soft wholemeal roll, ciabatta, bagel or pita.

	mixed salad of lettuce, tomato, onion, celery, carrot & cucumber...(v)	215p
	feta cheese & roasted pepper, with mixed leaf...(v)	275p
	ploughman's – mature cheddar, tomato chutney, celery & onion...(v)	275p
	cajun chicken, with mixed leaf, tomato & red onion...	295p
	shredded oriental duck with hoi sin sauce, cucumber & lettuce...	295p
	blackened chicken caesar salad with fresh anchovies...	295p
	skinny tuna and salad...	275p
	teriyaki salmon, with mixed leaf and cucumber...	295p
	thai chilli beef, with mixed leaf, cucumber & onion...	295p
	peppered mackerel with salad...	295p

### SALAD BOXES

TRADITIONAL!	greek salad with marinated olives and feta...(v)	350p
CLASSIC!	caesar salad with fresh anchovies and parmesan...	315p
VALUE!	brown rice, apples, walnuts, celery & red onion...(v)	215p
SKINNY!	mixed leaf, celery, carrots, cucumber, tomato & onion.(v)	215p
FRUIT!	pineapple and kiwi...(v)	215p
SPECIAL!	wild rice and red lentils with an orange & mint dressing...(v)	295p

### FRESH SMOOTHIES!

	fresh apple juice...	120p
	orange and banana smoothie...	170p
BREAKFAST!	low fat yoghurt, banana, honey, oats, milk and peanut butter...	200p

(add chicken, beef, salmon, cheddar, tuna, duck, prawns, peppered mackerel or feta 100p)

(add capers, sundried tomatoes, olives, anchovies, toasted seeds or parmesan)

choice of honey mustard, lemon, caesar or balsamic vinaigrette dressings  
or plain lemon juice if preferred...

**SHLURP!**

2 brazennose house east brazennose street Manchester m2 5bp  
tel: 0161 839 5199 email: soup@shlurp.co.uk



## BREADS

BAGELS!	toasted with butter or cream cheese	100p
CIABATTA!	served warmed	65p
ROLLS!	selection of white, seeded, wholemeal & granary	40p
PITAS!	served warmed	50p
SOFT SEEDED WHOLEMEAL HOAGIE ROLLS!		65p
BUTTER PORTIONS!		5p

## EXTRAS

CRISPS!	selection of burts hand fried crisps – including parsnip...	85p
YOGHURT!	selection of ann forshaws yoghurts – fruit, low fat & thick +creamy	95p
CEREAL BARS!	selection of eat natural cereal bars...	95p
CHOCOLATE!	divine fairtrade chocolate in milk or dark...	85p
CAKES & COOKIES!	fantastic range of adore cakes, cookies & muffins...	150p

## DRINKS

WATER!	still or sparkling	70p
SODAS!	fentimann's cola, mandarin & seville orange, lemonade, ginger beer dandelion & burdock shandy	125p
SMOOTHIES!	innocent smoothies	190p
FIREFLY!	detox drinks lemon, lime and ginger green tea and peach	150p
FEEL GOOD DRINKS CO!	pink citrus spritz lemon & lime spritz	150p

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