



FOOD ON THIRD

378 Third Avenue . Trafford Park . M17 1JE
www.foodonthird.com · hello@foodonthird.com

breakfast barm

Sausage barm or toast · 3.00

Bacon barm or toast · 3.00

Double egg barm or toast · 3.00

Bacon & sausage barm or toast · 3.50

Bacon & egg barm or toast · 3.50

[top!] Bacon, sausage & egg barm or toast · 4.00

Spam barm or toast · 3.00

BLT: Bacon, lettuce & tomato · 3.50

BELT: Bacon, egg, lettuce & tomato · 4.00

Scrambled egg on toast · 4.00

Toasted teacake with butter · 2.00

Cheese on toast: 2 slices · 4.00

Toast: 2 slices with butter · 1.50 +honey/jam· 2.00



Add-ons & extras · 0.75

Hash Brown	Baked Beans	
Black Pudding	Fried Tomato	Cheese
Mushrooms	Plum Tomato	Fried Onions

Bread upgrades · 0.75

Choose from soft white or brown vienna or freshly baked white or brown baguette

full english breakfasts

Full English Breakfast · 6.00

2 bacon, 2 sausages, an egg, mushrooms, beans, tomatoes & 2 toast plus tea or coffee

The Big Breakfast · 7.00 **[top!]**

bacon, 2 sausages, 2 eggs, hash brown, mushrooms, black pudding, beans, tomatoes & 2 toast plus tea or coffee

The Daddy Breakfast · 8.50

3 bacon, 2 sausages, 2 spam, 2 eggs, 2 hash browns, mushrooms, black pudding, beans, tomatoes & 2 toast plus tea or coffee



breakfast specials

The Works · 4.50

Bacon, egg, cheddar cheese, lettuce & tomato

The Breakfast Stack · 6.00

Triple decker sandwich, with bacon, egg, sausage, black pudding & mushrooms, served on white or wholemeal toast

Club Sandwich · 5.50

Triple decker, toasted brown bread with chicken, bacon, cheese, lettuce, tomato & mayo



handmade sandwiches

served on sliced bread, or barm cake

Ham · 3.50

[top!] Ham and cheese · 3.75

Three cheese savoury · 3.50

Cheddar cheese · 3.50

Egg mayonnaise · 3.50

Tuna mayonnaise · 3.50

Tuna savoury · 3.50

Tuna & sweetcorn · 3.50

Turkey breast · 3.50

Chicken breast · 3.50

Tikka chicken · 3.50

Piri Piri chicken · 3.50

Coronation chicken · 3.50

Chicken, bacon & sweetcorn · 3.50

Add fresh salad · 0.50

Add coleslaw · 0.50

Add cheese · 0.50

Bread upgrades · 0.75

Soft white or brown Vienna or freshly baked white brown baguette



toasted paninis

Bacon & cheddar cheese · 5.00

Three cheese savoury melt · 5.00

Cheese & tomato melt · 5.00

[top!] Tuna & cheese melt · 5.00

Tuna savoury & cheese melt · 5.00

Ham & cheddar cheese melt · 5.00

Spicy meatballs & cheese melt · 5.00

Piri Piri chicken & cheese melt · 5.00

Coronation chicken & cheese melt · 5.00

BBQ chicken & cheese melt · 5.00

Chicken, bacon & cheese melt · 5.00

slow cooked jacket potatoes

Plain with butter · 4.50

Cheddar cheese · 5.25

Three cheese savoury · 5.50



top! Cheddar cheese & baked beans · 5.50

Tuna mayonnaise · 5.75

Tuna mayonnaise & sweetcorn · 5.75

Tuna savoury · 5.75

Egg mayonnaise · 5.75

Tikka chicken · 5.75

Piri Piri chicken · 5.75

Add cheese · 0.50

Add coleslaw · 0.50

Add side salad · 1.00

Chicken, bacon & sweetcorn · 5.75

Chilli con carne · 5.75

Coronation chicken · 5.75

Selection of cakes, crisps, hot & cold drinks in-store

handmade wraps, baguettes & burritos

freshly made with your choice of salads and dressings

Falafel wrap · 5.50

Falafel & halloumi wrap · 6.50

Crispy chicken wrap · 5.50

Chicken breast wrap · 5.50

Tikka chicken wrap · 5.50

Piri Piri chicken wrap · 5.50

Halloumi wrap · 5.50

Steak baguette · 5.00

Chilli burrito · 5.50

Falafel 4 pieces · 2.00



Check our social media to see our daily specials

@foodonthird



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Telephone orders welcome

0161 873 7885

or order at foodonthird.com

fresh salad bowls

Plain house salad bowl · 4.50

Cheddar cheese salad bowl · 5.50

Tuna salad bowl · 5.50

Chicken salad bowl · 5.50

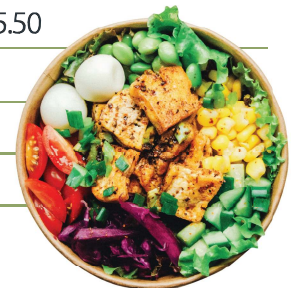
Tikka chicken salad bowl · 5.50

Piri Piri chicken salad bowl · 5.50

Ham salad bowl · 5.50

Turkey salad bowl · 5.50

Falafel salad bowl · 5.50



buffet menu

Enjoy our freshly prepared sandwich platters with a variety of fillings on white & brown sliced bread, wraps or baguettes. Add crisps, cakes, fruit & drinks as required.

We can also provide fresh salads, pie & quiches, falafels & sausage rolls.

We have a wide range of sandwich fillings.

Made fresh in store everyday

Ham

Ham and cheese

Three cheese savoury

Cheddar cheese

Egg mayonnaise

Tuna mayonnaise

Tuna savoury

Tuna & sweetcorn

Turkey breast

Chicken breast

Tikka chicken

Piri Piri chicken

Coronation chicken

Chicken, bacon & sweetcorn

Chicken salad

Cheese salad

Ham Salad

Falafel



Hungry? Try...

· THE ·
Beast
Tamed by FOOD ON THIRD

7 inch barm · fully loaded

Breakfast
Beast

Crammed with layers of bacon, sausages, eggs, mushrooms, cheese & hash browns

8.50

Chicken Diablo
Beast

Triple portion of chicken breast, dressed with fresh salad & smothered in sweet chilli sauce

7.00

Club
Beast

Lightly toasted barm with layers of bacon, chicken breast, cheese, lettuce, tomato & mayo

8.00