

about our food...

Here at Eighteen, we pride ourselves on the quality of our ingredients. Our principal ethos is to provide you with healthy and fresh, yet fast, food, whether it be a homemade soup, made with fresh vegetables each day, a delicious and healthy salad, or a filling yet nutritious sandwich, made to order.

Call us for our sandwich specials which change each week, and our soup, fresh each day during the cooler months.

We also make all our own cakes to provide the perfect accompaniment to your morning coffee. We stock a wide range of Tyrrells crisps and snacks, along with cold drinks.

Feel free to ring or email us with your order by 11.00 am, and we can have it ready for you to collect at lunchtime.

As well as your everyday lunch, we can provide business platters. Please call in, phone or email us with your requirements.

We try to use biodegradable, recycled and recycleable packaging products wherever possible. Please try to help us with this by recycling or reusing as much of our packaging as you can when you have finished with it.



Eighteen Loyalty Cards
Ask for a loyalty card, get it stamped each time you spend £4 or more and when it's full, your lunch* is on us...
*terms and conditions apply

Eighteen is located on Church Street in the heart of Monmouth, next to the Savoy Theatre & Cinema



Opening Hours

Monday - Friday: 9.15am til 2.30pm

Saturday: 10.00am til 3.00pm

Sunday: Closed

20 Church Street, Monmouth
Monmouthshire NP25 3BU

01600 714361

info@no18monmouth.co.uk

www.no18monmouth.co.uk

Find us on Facebook and Twitter

sandwiches and cakes... salads and soups

freshly prepared at
our premises for
the healthy lunch option

Deliveries now available -
email info@no18monmouth.co.uk
for details

EIGHTEEN

No. 20 Church Street, Monmouth

01600 714361

Eighteen Sandwiches

Here at No. Eighteen, we pride ourselves on the quality of our ingredients. No Eighteen is a very local business - with bread from Wigmores, meats from Le Gourmet and fruit & veg from Munday and Jones, all within a minute's walk of the shop.'

All of our sandwiches are made to order on fresh bread (white, wholemeal or granary).

Any sandwich filling can also be made into a wrap, toastie or panini.

Chicken (locally sourced & barn-reared)

Chicken Salad	£3.10
Chicken and Crispy Bacon	£3.10
Chicken and our homemade Coleslaw	£3.10
Chicken, Bacon and Avocado	£3.40
Chicken and Roasted Peppers	£3.30
Coronation Chicken	£3.10
Chicken, Hoi Sin Sauce, Spring Onion and Cucumber	£3.30
Chicken, Bacon, Mozzarella and Pesto	£3.30

Ham

Ham Salad	£3.00
Ham and our homemade Coleslaw	£3.10
Ham, Cheddar and Onion Marmalade	£3.40

Bacon (cooked to crispy perfection every day)

Bacon, Brie and Cranberry	£3.30
Bacon, Avocado and Mayo	£3.30
Bacon, Stilton and Chutney	£3.30
Classic Bacon Lettuce and Tomato	£3.10
Bacon and Egg Mayo	£3.30

Other meats

Beef and Horseradish	£3.10
Beef, Mozzarella, Tomato and Pesto	£3.40
Chorizo and Mozzarella	£3.10

Fish

Tuna Mayo	£3.00
Tuna, Roasted Peppers and Hummus	£3.30
Smoked Salmon and Cream Cheese	£3.30
Smoked Salmon, Avocado and Mayo	£3.40
Prawn Mayo	£3.10
Prawn, Avocado and Mayo	£3.30

Cheese and Vegetarian

Cheddar Salad	£2.90
Cheddar and Pickle	£2.90
Cheddar and our homemade Coleslaw	£3.10
Brie and Cranberry Sauce	£3.10
Brie and Roasted Peppers	£3.30
Stilton and Onion Marmalade	£3.30
Mozzarella, Tomato and Avocado	£3.30
Cream Cheese, Roasted Peppers and Sweet Chilli Sauce	£3.10
Hummus and Salad	£3.10
Hummus and Roasted Peppers	£3.30
Falafel and Hummus	£3.30
Free-Range Egg Mayonnaise	£3.10

If you cannot see what you want on our menu, just ask! We will always try to oblige. Feel free to mix and match fillings.

Staff may use their discretion to price sandwiches not on the menu, as necessary.

Paninis and Toasted Sandwiches

Choose any filling from our sandwich menu, or make up your own combination.

Panini	add 30p to sandwich price
Toastie	add 20p to sandwich price

Soups

At Eighteen, we prepare a soup every day, only using the same seasonal and fresh produce that we put into our sandwiches and salads. Served with a hunk of crusty bread, it's a delicious and healthy option. Please call us in the morning for our soup of the day. Available during autumn and winter months.

Soup pot	£3.20
Soup pot (served with crusty bread)	£3.40

Salads

All of our salads are made here on the premises, using only the best seasonal produce available. We use as many locally sourced ingredients as possible.

Choose from our wide and ever-changing selection of healthy salads. Either fill a lunch-box to take back to your desk, or take home a single portion to go perfectly with your dinner.

Lunch-box salad	£3.75
Single portion salad	£1.75

Cakes

We always have a range of 18-made cakes available including our famous chocolate brownie.

We stock a wide range of Tyrells Crisps and Snacks along with cold drinks, Fairtrade coffees, teas and hot chocolate.

We will always try to make you aware of foods where nuts are included, but we cannot guarantee that our foods are nut-free

We try our hardest to remove bones from our chicken and fish, but cannot guarantee that small bones will not be present in our foods