

## HOT DRINKS

We only use the finest illy coffee, award-winning Teapigs teas & the amazing Monbana hot chocolate.



teapigs.



Small	Large	
N/A	£2.00	Tea by Teapigs (see menu for over 20 varieties)
£2.00	£2.50	Chai Latte
£2.00	£2.50	Americano
N/A	£2.00	Espresso
£2.00	£2.50	Latte
£2.00	£2.50	Cappuccino
£2.00	N/A	Flat White
N/A	£2.00	Macchiato
£2.00	£2.50	Cafe Mocha
£2.00	£2.50	Hot Chocolate

**GOOD TO KNOW**

Add a croissant for just 50p Mon – Fri until 11am!



## BREAKFASTS

£2.25	<p>► <b>Porridge &amp; Muesli</b></p> <p>Freshly made wholesome porridge or muesli*</p> <p><b>Porridge is served with any 3 toppings (see in-store)</b></p> <p>Add £1 Add whey protein</p> <p>Add £1 Add vegan protein</p> <p><b>FREE coffee or juice with every breakfast wrap</b></p>
	<p>► <b>Breakfast wraps (12" wrap)</b></p>
£5.00	The English: sausage, bacon, egg, mushroom & tomato
£5.00	The New York: smoked salmon & cream cheese
£5.00	The Veggie: Egg, mushroom, cheese & tomato
	<p>► <b>Sarnies</b></p>
£3.50	Grilled Cumberland sausage sandwich bloomer
£3.50	Grilled bacon sandwich bloomer
£3.50	Free range boiled egg, mushroom & tomato bloomer
	<p>► <b>Bread &amp; Pastries</b></p>
£1.20	Plain croissant*
£1.50	Toasted bagel with butter*
£1.80	2 slices of Bloomer Toast with butter*
£3.50	Free range scrambled eggs on toast



\*Also available with spreads or fillings at an additional charge

## PROTEIN SHAKES, SMOOTHIES & JUICES

£3.50 | All served in large cups

### MAXIMUSCLE Protein Shakes

Served with banana, oats & honey & your choice of milk or water.

- 1 Sculptress for Women
- 2 Promax Diet
- 3 Promax
- 4 Cyclone

Here at Danny's we are committed to helping you achieve your 5 a day. All our Smoothies contain three or more portions towards your daily target. All our juice is freshly made on the premises.

**GOOD TO KNOW**

We guarantee we use more whole fruits in our Smoothies than any local competitor want the proof ask to see the jug before its blended!

### ► Smoothies – £3.50

Add **AS MANY** of the following for **FREE**:

Banana / Low-fat Yoghurt / Oats / Honey / Seeds

Why not add a natural health booster for an extra cost? (See in-store)

1 <b>Energy Refueller</b>	Raspberry, mango & orange	8 <b>Ultimate NRG</b>	Kiwi, melon, pineapple, mango & orange
2 <b>Low Cal</b>	Strawberry, raspberry & apple	9 <b>Bug Blaster</b>	Strawberry, raspberry, blackberry & apple
3 <b>Cold Buster</b>	Peach strawberry & orange	10 <b>Brazilian Wonder</b>	Acai (Brazilian fruit with higher anti oxidant levels than blueberries a true super fruit) and apple
4 <b>Immune Booster</b>	Raspberry, blueberry & apple	11 <b>Breakfast 2 go</b>	Whole oats, low fat milk, honey, strawberry & mango
5 <b>Refresher</b>	Strawberry, mango & apple		
6 <b>D-Tox Special</b>	Pineapple, strawberry & apple		
7 <b>Head Cleanser</b>	Strawberry & orange		

### ► Juices – £3.50

All our juices can be served single or in any combination

1 <b>Orange</b>	Ginger (mix only)
2 <b>Apple</b>	Pear (mix only)
3 <b>Carrot</b>	Whole Banana (mix only)
4 <b>Pink Grapefruit</b>	Kiwi (mix only)
5 <b>Pomegranate</b>	Avocado (mix only)
6 <b>Beetroot</b>	Celery (mix only)
7 <b>Pineapple</b>	Water cress (mix only) Cucumber (mix only)

## LUNCH SANDWICHES

£3.50 | Served on thick bloomer or wheat & gluten free Genius bread

**GOOD TO KNOW**

Here at Danny's, we use the best sliced bread around. You won't eat a better sandwich!

### ► Cheese & Dairy

- 1 Free range egg mayonnaise
- 2 Grated mixed cheese & tomato
- 3 Mixed cheese with spring onion & mayonnaise
- 4 Mozzarella with sun dried tomato & pesto

### ► Seafood

- 1 Tuna & cheese
- 2 Dolphin friendly tuna mayonnaise & sweet corn
- 3 Prawn mayonnaise with mixed leaves
- 4 Smoked salmon & cream cheese
- 5 Prawn mayo with avocado
- 6 Smoked salmon, salad & lemon juice



### ► Poultry

- 1 Breast of herb chicken with salad & mayonnaise
- 2 Chicken tikka with salad & mint yogurt mayonnaise
- 3 Mexican chicken, salad & guacamole
- 4 Breast of herb chicken with mixed leaves & coleslaw
- 5 Breast of herb chicken, pesto, avocado & roasted veg
- 6 Aromatic duck with spring onion, cucumber, hoi sin & plum sauce

### ► Meats

- 1 Honey roast ham & mixed cheese
- 2 Honey roast ham, tomato & mustard mayonnaise
- 3 Sweet cured crispy bacon with mixed leaves & tomato (BLT)
- 4 Crispy bacon, mixed cheese & avocado
- 5 Roast beef salad & horseradish mayonnaise
- 6 Lamb kofte with tzatziki & Greek salad with sweet or hot chilli
- 7 Salt beef, American mustard, coleslaw & gherkin

### ► Extra Healthy Options

- 1 Grilled herb chicken, Tzatziki & salad
- 2 Humus, grated carrot, Californian raisins & salad
- 3 Mediterranean roasted vegetables & humus
- 4 Falafel, humus & salad, sweet or hot chilli
- 5 Peanut butter & banana

# Danny's

DANNYSGOURMETWRAPS.COM

## TAKE AWAY MENU

### ► About our website

Order & pay online on our fully secure website. Beat the queue & benefit from our fantastic monthly offers.

Secured by sagepay

### ► About our juices and smoothies

All our Juice is freshly made on the premises. All our smoothies contain 3 or more of your 5 a day.



### ► About our unique wraps

We use the finest quality ingredients in our original & exciting freshly prepared recipes. Made with an authentic 12" wholemeal Khobez Bread



### ► About our catering

**FREE DELIVERY ON ALL CATERING** Lovingly prepared by our



dedicated & friendly team, delivered in our very own environmentally friendly bicycle or electric van.

**PICK UP OUR CATERING CATALOGUE IN-STORE.**

### ► About us

It is our mission to provide you an original & unique eating experience, serving freshly prepared, healthy, wholesome & great quality food with a fast & friendly service.



**Danny's**

HOME OF THE GOURMET WRAP

**020 7404 5128**

DANNYSGOURMETWRAPS.COM

**31 LAMBS CONDUIT ST. LONDON WC1N 3NG**

INFO@DANNYSGOURMETWRAPS.COM

## SALAD IN A BOX



£4.50 | Small Salad

£5.50 | Large Salad

### DESIGN YOUR OWN SALAD IN 4 EASY STEPS!



Design your own healthy & nutritious salad from our delicious range. Served on a bed of mixed leaves, choose any portion of healthy protein, a mixture of salads, a mouth watering dressing & one of our exciting toppings.

## GOURMET HOT FOOD & SOUPS



All our gourmet dishes & soups are freshly prepared by hand using the finest quality fresh ingredients.

- £4.50** | **► Soups**  
 Up to five varieties daily depending on the season, served with two slices of extra thick bloomer bread.
- £5.95** | **► Baked Sweet Potato**  
 An extra healthy sweet potato. Served with up to three hot or cold fillings & a side salad.



## RICE DISHES

£5.95 | Served with brown basmati rice & a side salad

- Spicy Chilli Con Carne** with prime extra lean mince **G L D E**
- Spicy Vegetarian Chilli** with mixed beans & vegetables **G L D E V**
- Italian Meatballs** in a rich tomato & herb sauce **L**
- Vegetable Italino** with lentils, sweet potatoes & vegetables *(winter only)* **G L D E V**
- Halal Red Thai Chicken Curry** *(winter only)* **G L D**

## OUR FAMOUS GOURMET WRAPS (ALL £5)

Made on 12" wholemeal Khobez Bread which is 98% Fat Free & low GI, or choose our wheat & gluten free option on a soft corn tortilla.

### ► Vegan

#### THE MARRAKECH

Humus, couscous, roasted Mediterranean vegetables, grated carrot, Californian raisins, mixed leaf & tomato. **L D V E**

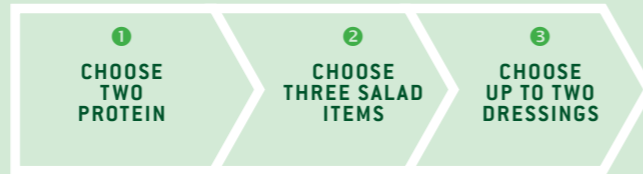
#### THE ARABIAN

Falafel, humus, choice of hot or sweet chilli sauce, mixed shredded leaf, tomato, red onion, cucumber & mixed leaf. **G L D V E**

#### THE L.A

Humus, grated carrot, Californian raisins, assorted seeds, mixed leaf, tomato & cucumber. **G L D V E**

### BUILD YOUR OWN WRAP FOR £6.00!



### ► Cheese & Dairy

#### THE ATHENIAN

Greek salad with feta cheese mixed peppers, avocado, olives, mixed leaf, tomato, cucumber & Tzatziki dressing. **G**

#### THE ITALIAN

Mozzarella, green pesto, roasted Mediterranean vegetables, avocado, sun dried tomato, mixed leaf & basil. **G**

#### THE HOLBORN

Free range egg mayo, spring onions, green pesto, tomato & mixed leaf. **G**

#### THE LONDONER

Red Leicester & Cheddar cheese, spring onion, mayonnaise, mixed leaf, tomato & cucumber. **G**

#### THE PROTEIN BUSTER

High protein spicy mixed beans & peppers, a free range sliced egg, mixed seeds, low calorie mayonnaise, mixed leaf & tomato. **G L E P**

### ► Seafood

#### THE NEW YORKER

Smoked salmon, cream cheese, mixed leaf, tomato & cucumber. **G**

#### THE LOW

Dolphin friendly tuna chunks with low fat mayonnaise, sweet corn, mixed leaf, tomato & cucumber. **G L E P**

#### THE VITALITY

Prawns, low fat mayonnaise, mixed seeds, avocado, grated carrot, mixed leaf & tomatoes. **G L E**

### ► Meats

#### THE RUSSELL SQUARE

Honey roast ham, mixed cheese, grain mustard mayonnaise, coleslaw, tomato, mixed leaf & red onion. **G**

#### THE BLOOMSBURY

Roast beef, horseradish mayonnaise, mixed leaf, tomato, cucumber & red onion. **G**

#### THE GREEK

Lamb kofte, greek salad with feta cheese, mixed leaf & tzatziki (yogurt mint, garlic & cucumber dressing).

#### THE CLERKENWELL

Crispy bacon, egg mayonnaise, avocado, tomato, mixed leaf & cucumber. **L P G**

#### THE GREAT ORMOND ST.\*

Salt beef, pickled cucumber, coleslaw, mixed leaf, red onion & American mustard. **G L**

\*[50p of each sale donated to Great Ormond street hospital] GOSHCC – Registered charity No. 235825

- G** Gluten Free\*
- L** Lactose Free
- D** Dairy Free
- V** Vegan
- E** Extra Healthy
- P** High Protein

\*Gluten Free only when requested on our Gluten Free wrap



### ► Poultry

#### THE WORKOUT

High Protein, a large breast of chicken, a free range sliced egg, mixed seeds, low calorie mayonnaise, mixed leaf & tomato. **G P E**

#### THE SICILIAN

Breast of chicken, mozzarella, green pesto, avocado, roasted Mediterranean vegetables & mixed leaves. **G**

#### THE MOGUL

Prime breast of chicken tikka, yogurt & mint mayonnaise, cucumber, mixed leaf & red onion. **P**

#### THE PEKING

Aromatic duck, hoi sin & plum sauce, cucumber, spring onion & mixed leaf. **L D P**

#### THE TURKISH

Chicken kebab, humus, choice of hot or sweet chilli sauce, roasted Mediterranean vegetables, mixed leaf, tomato & red onion. **G L D E**

#### THE MEXICAN

Spicy Mexican chicken, guacamole, mixed leaf, red onion, tomato, mixed beans & pepper salad. **E**

#### THE HEALTH

Grilled breast of herb chicken with extra light low fat mayonnaise, avocado, mixed leaf, tomato & cucumber. **G E**

### ► Hot Wraps

£6.00 | Price includes VAT charged on hot food

#### THE GANGSTER

Meatballs, mozzarella, mixed cheese, fresh Pesto, tomato, red onion, basil & mixed leaf served with sweet or hot chilli

#### THE SULTAN

Lamb Kofta kebab, hummus, hot or sweet chilli, Greek Feta salad, just a sprinkle of raisins & mixed leaf

#### THE VEG SULTAN

Vegetarian Falafel, hummus, hot or sweet chilli, Greek Feta salad, just a sprinkle of raisins & mixed leaf **G**

**GOOD TO KNOW**

Why not try any of our delicious wraps toasted for £6.00! Simply ask a member of the team when placing your order!