



FOOD ON THIRD

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

breakfast barm



- Sausage barm or toast · 3.25
- Bacon barm or toast · 3.25
- Double egg barm or toast · 3.25
- Bacon & sausage barm or toast · 4.00
- Bacon & egg barm or toast · 4.00
- top!** Bacon, sausage & egg barm or toast · 4.75
- Spam barm or toast · 3.25
- BLT: Bacon, lettuce & tomato · 3.75
- BELT: Bacon, egg, lettuce & tomato · 4.25
- Scrambled egg on toast · 3.50
- Toasted teacake with butter · 2.00
- Cheese on toast: 2 slices · 4.25
- 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 · 7.00
 2 bacon, 2 sausages, an egg, mushrooms, beans, tomatoes & 2 toast plus tea or coffee



The Big Breakfast · 8.50 **top!**
 bacon, 2 sausages, 2 eggs, hash brown, mushrooms, black pudding, beans, tomatoes & 2 toast plus tea or coffee

The Daddy Breakfast · 9.50
 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 · 5.00
 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 · 6.00
 Triple decker, toasted brown bread with chicken, bacon, cheese, lettuce, tomato & mayo



breakfast wraps

Breakfast wrap · 5.00
 Scrambled eggs, hash brown and melted cheese

Classic Breakfast wrap · 6.00
 Scrambled eggs, bacon, sausage, hash brown, melted cheese wrapped in a 12 inch tortilla wrap

Bacon breakfast wrap · 6.00
 Scrambled eggs, bacon, hash brown and melted cheese

Sausage breakfast wrap · 6.00
 Scrambled eggs, sausage, hash brown, melted cheese

Veggie breakfast wrap · 6.00
 Scrambled eggs, mushroom, spinach, onion, tomato and melted cheese

Spicy breakfast wrap · 6.00
 Scrambled eggs, jalapenos, hash brown, hot sauce, and melted cheese

BYO breakfast wrap · 6.00
 Scrambled eggs, choice of meat, hash brown and melted cheese, plus choose 2 items from our add ons menu

Breakfast bowl · 6.00
 Scrambled eggs, hash brown, bacon, avocado, salad & cheese in a bowl



handmade sandwiches

served on sliced bread or barm cake with choice of fresh salad

top! Ham and cheese · 4.00

Three cheese savoury · 4.00

Cheddar cheese · 4.00

Egg mayonnaise · 4.00

Tuna mayonnaise · 4.00

Tuna savoury · 4.00

Tuna & sweetcorn · 4.00

Turkey breast · 4.00

Chicken breast · 4.00

Tikka chicken · 4.00

Piri Piri chicken · 4.00

Coronation chicken · 4.00

Chicken, bacon & sweetcorn · 4.00

Add coleslaw · 0.50

Add cheese · 0.50

Bread upgrades · 0.75

Soft white or brown Vienna or Freshly baked white brown baguette

slow cooked jacket potatoes



Plain with butter · 5.00

Cheddar cheese · 6.00

Three cheese savoury · 6.00

top! Cheddar cheese & baked beans · 6.00

Tuna mayonnaise · 6.00

Tuna mayonnaise & sweetcorn · 6.00

Tuna savoury · 6.00

Egg mayonnaise · 6.00

Tikka chicken · 6.00

Piri Piri chicken · 6.00

Chicken, bacon & sweetcorn · 6.00

Chilli con carne · 6.00

Coronation chicken · 6.00

Add cheese · 0.50

Add coleslaw · 0.50

Add side salad · 1.00

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

handmade wraps, baguettes & burritos

freshly made with your choice of salads and dressings

Falafel wrap · 6.50

Falafel & halloumi wrap · 7.50

Crispy chicken wrap · 6.50

Chicken breast wrap · 6.50

Tikka chicken wrap · 6.50

Piri Piri chicken wrap · 6.50

Halloumi wrap · 6.50

Steak baguette · 6.50

Chilli burrito · 6.50

Falafel 4 pieces · 3.00



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 · 5.50

Cheddar cheese salad bowl · 6.50

Tuna salad bowl · 6.50

Chicken salad bowl · 6.50

Tikka chicken salad bowl · 6.50

Piri Piri chicken salad bowl · 6.50

Ham salad bowl · 6.50

Turkey salad bowl · 6.50

Falafel salad bowl · 6.50



toasted paninis

Bacon & cheddar cheese · 5.50

Three cheese savoury melt · 5.50

Cheese & tomato melt · 5.50

top! Tuna & cheese melt · 5.50

Tuna savoury & cheese melt · 5.50

Ham & cheddar cheese melt · 5.50

Spicy meatballs & cheese melt · 5.50

Piri Piri chicken & cheese melt · 5.50

Coronation chicken & cheese melt · 5.50

BBQ chicken & cheese melt · 5.50

Chicken, bacon & cheese melt · 5.50

buffet menu

Get in touch to find out more about our buffets

Made fresh in store everyday



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

9.50

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