



Lunch In Out Menu

<https://menuweb.menu>

13 Sea Road, Bournemouth, United Kingdom

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The menu of Lunch In Out from Bournemouth contains about **127** different courses and drinks. On average you pay about £3 for a dish / drink. Fresh, delicious sandwiches and barista coffee served at our sandwich bar. Choose from a variety of high-quality fillings, all served in freshly baked bread or wraps. Don't forget to try our homemade cakes and selection of sides to complete your perfect takeaway lunch. And we also offer CBD-infused barista coffee!.

Lunch In Out Menu



Desserts

SNICKERS £2

Non Alcoholic Drinks

RED BULL £3

Pizza

PASTRAMI SLICE

Dipping Sauce

SWEET CHILLI

Salad

HAM SALAD £5

Drinks

DIET COCA-COLA (GLASS BOTTLE) £3

Baguettes

TUNA MAYO AND SWEETCORN £5

Fish

SEA BASS

Meat

SLICED CHORIZO £2

Dessert

RICH CHOCOLATE CAKE £4

Main Course

BUTCHER'S SAUSAGE

Mexican Dishes

CHILLI SAUCE

Sauce

AMERICAN MUSTARD

Homemade Mayos Und Dips

GARLIC MAYO

Main

CHEESE AND TOMATO £4

Süßigkeiten

TWIX £2

Jacket Potatoes

SWEETCORN £0

Asiatische Alkoholfreie Getränke

COCONUT MILK

Pizza - Mittel

RED ONION £0

Sushi Roll

TUNA MAYO £5

Bread

BAGUETTE

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Egg Delicacies

DOUBLE FRIED EGG £5

Tea

GREEN TEA £2

Hot Beverages

CHIA LATTE £4

Soda

R WHITE'S LEMONADE

Indulgence

HAZELNUT SHOT £1

Specialty Coffee

AMERICANO £3

Some Like It Hot

BACON RASHER

Jackets

EGG MAYO £2

Sandwiches & Panini

TUNA MAYO AND RED ONION

Condiment Bottles

HEINZ TOMATO SAUCE

ALKOHOLFREIE GETRÄNKE

BLACK

Hot Breakfast Sandwiches

BACON FRIED EGG £6

Snacks - Sweets, Chocs & Mints

KITKAT 4 FINGER £2

Hot Fillings

BACON, SAUSAGE EGG £7

Classic Baguette

CHEESE AND PICKLE £5

Signature Steak Set (6:00am - 11:30am)

SAUSAGE AND FRIED EGG £6

Sides

BRIE £2

Coffee And Tea (Hot Drinks)

FLAT WHITE BARISTA COFFEE £3

Dine In Menu

GHERKIN PICKLES £1

Sides \$6

COUNTRY HAM £4

Lunch In Out Menu

Filled With 3 Of These Ingredients

EMMENTAL CHEESE £2

Teas & Infusion

PEPPERMINT TEA £2

Bottle Fruit Juice

APPLETISER £3

Crumbed Schnitzel Wraps

PLAIN WRAP

Snacks, Sandwiches + Finger Food

TOASTED £0

Temple Mini Mart

REAL MAYO

Side Dishes And Meats

BACON AND SAUSAGE £6

Burger

THE ENGLISH £6

CHIPOTLE

Side Dishes

SLICED TOMATO £0

BRANSTON PICKLE £0

Soft Drinks

ORANGE TANGO £2

FROBISHERS ORANGE JUICE

Cold Drinks

FRUIT SHOOT ORANGE £2

FRUIT SHOOT APPLE
BLACKCURRANT £2

Hot Drinks

TEA £3

COFFEE

Sauce Pots

HP BROWN SAUCE

ENGLISH MUSTARD

Salads



HAM AND COLESLAW £5

ROCKET £0

COLESLAW £0

Breakfast

BUTCHER'S BACON FRESH
BAGUETTE £5

HAM SLICE

TOAST IT

Sauces

BBQ SAUCE

MAYO

MAYONNAISE

Vegan And Vegetarian

ROASTED RED PEPPER, HUMMUS
AND ROCKET £4



Lunch In Out Menu

FALAFEL, HUMMUS, ROCKET AND MANGO CHUTNEY £4

ROASTED RED PEPPER, FALAFEL, HUMMUS AND ROCKET £5

Sandwiches



TUNA MELT £7

FRIED EGG £2

ADD CHEESE £2

B.L.T.

Beverages

RICH HOT CHOCOLATE £3

SPRING WATER £2

SPARKLING WATER £2

COCA COLA GLASS BOTTLE

Modifiers

CHEESE AND RED ONION £5

VANILLA SHOT £1

CARAMEL SHOT £1

COWS MILK

Classic's



COUNTRY HAM CHEDDAR CHEESE £5

HAM, CHEESE AND COLESLAW £6

BLT (WITH MAYO AND BLACK PEPPER) £5

TUNA MAYO, RED ONION, CUCUMBER AND LETTUCE £5

Sides (Kettle' Handcooked Crisps)

SEA SALT BALSAMIC VINEGAR OF MODENA, KETTLE CRISPS £2

MATURE CHEDDAR RED ONION, KETTLE HANDCOOKED CRISPS £2

BARBECUE BEEF BRISKET, RIDGE CUT, KETTLE CRISPS £2

LIGHTLY SALTED KETTLE CRISPS £2

Sides (Homemade Cake - Slice)



ZINGY LEMON DRIZZLE £4

YUMMY BANANA £4

CHEWY VEGAN OATY FLAPJACK £3

CHEWY VEGAN GRANOLA FLAPJACK £4

Coffee

CAPPUCCINO £3

MOCHA £4

ESPRESSO £2

DOUBLE ESPRESSO £3

LATTE £3

These Types Of Dishes Are Being Served

BREAD

PANINI

WRAP

SALAD

CHICKEN WRAP

Lunch In Out Menu



Uncategorized



TUNA MAYO AND CHEDDAR
CHEESE
TUNA MAYO, CHEDDAR
CHEESE AND RED ONION

- USE OAT MILK £0
- USE COCONUT MILK £0
- TIGER BREAD WHITE SLICED
- MALTED BROWN SLICED BREAD
- ADD EMMENTAL CHEESE £2
- HEINZ SALAD CREAM
- EXTRA COFFEE SHOT £1
- OAT MILK

Ingredients Used



- CHEDDAR CHEESE £4
- CUCUMBER £0
- LETTUCE £0
- SAUSAGE £2
- EGG
- HAM
- TUNA
- ONION
- CHICKEN BREAST
- BACON
- JALAPENOS

Lunch In Out

13 Sea Road, Bournemouth,
United Kingdom

Opening Hours:
Sunday 09:30-14:30
Monday 08:00-14:30
Tuesday 08:00-14:30
Wednesday 08:00-14:30
Thursday 08:00-14:30
Friday 08:00-14:30
Saturday 09:30-14:30

Made with [Menu](#)

