

# LUNCH MENU

**CONTACT**  
BAR AND KITCHEN

**Served 12 - 3, Tuesday - Friday**

## COLD WRAPS

### **THE LEBANESE CHICKEN WRAP** £6.50

Lebanese 7 spice chicken, roasted aubergine & pepper conserve, pickled red onions, lettuce, tomato, cucumber and a garlic tahini dressing

### **THE MEDITERRANEAN CHICKEN WRAP** £6.75

Roast chicken, basil pesto, olives, pickled red onions, lettuce, tomato, cucumber and a roasted red pepper mayo

### **THE FALAFEL WRAP** £5.95 (VE)

Falafel, roasted aubergine & pepper conserve, pickle  
d red onions, lettuce, tomato, cucumber and a garlic tahini dressing

### **THE HALLOUMI WRAP** £6.75 (V)

Halloumi, potato salad, oregano, olives, lettuce, tomato, cucumber and a lemon & herb dressing

### **THE MEDITERRANEAN WRAP** £6.50 (VE)

Vegan pesto, vegan cheese, olives, lettuce, tomato, cucumber, oregano, pickled red onions, and a roasted red pepper mayo

## DISCLAIMER

Please be advised that our kitchen uses a variety of ingredients to create our dishes so if you have any concerns regarding allergens or intolerances, please do speak to a member of the team before placing your order.

**V = VEGETARIAN | VE = VEGAN | GF = GLUTEN-FREE**

## TOASTED SANDWICHES

### **THE CONTACT CLUB SANDWICH** £7.50

A triple layered toasted sandwich with roast chicken, smoked bacon, lettuce, tomato and a lemon & herb mayo

### **THE CHICKEN MILANO SANDWICH** £7.50

A triple layered toasted sandwich with roast chicken, mozzarella, basil pesto, tomato, spinach, onions and a roasted red pepper sauce

### **THE VEGGIE ITALIAN TOASTIE** £5.50

A triple layered toasted sandwich with basil pesto, mozzarella, tomato and red onion  
\*can be made vegan

### **THE BIG CHEESE** £5.50 (V)

Add bacon for £1.50

A triple layered toasted cheese sandwich with cheddar, mozzarella, red onion and black pepper

## FRIES

### **SEASONED FRIES** £3.50 (VE)(GF)

A generous portion of crispy skin on fries tossed in our house seasoned salt with any sauce (ketchup, mayo, vegan mayo, chilli, BBQ)

### **CHIPS & GRAVY** £4.25 (VE) (GF)

A generous portion of crispy skin on fries tossed in our house seasoned salt and smothered in a delicious veggie gravy. Proper northern!

Add cheese / vegan cheese £1

### **CONTACT SUMMER FRIES** £4.50 (V)(GF)

A generous portion of crispy skin on fries tossed in our house seasoned salt, topped with our roasted garlic, beetroot and dill sauce, crumbled feta and chives

**WELCOME TO CONTACT BAR & KITCHEN / WE SERVE INDEPENDENT, LOCALLY PRODUCED DRINKS  
OUR FOOD MENU IS FIERCELY NORTHERN & GLOBALLY INSPIRED / WE STRIVE TO BE SUSTAINABLE**

**FOLLOW US ON SOCIAL MEDIA @CONTACTBARKITCH / EMAIL US AT CONTACTBARKITCH@GRUBMCR.COM  
BAR OPENING TIMES / MONDAY TO FRIDAY 10AM - 8PM / SATURDAY 12NOON - 8PM**