

# Sandwich

## FILLING IDEAS



Here's some ideas, but feel free to think outside the box. Try these on Wraps, Bread Rolls, Pitta Bread, Focaccia, English Muffins, Flat Bread. Choose wholegrain varieties for best nutrition.

- Bacon, chicken, cos lettuce, shaved parmesan and caesar dressing
- Bacon, lettuce and tomato
- Bacon, avocado and cheese
- Bacon, cos lettuce, pineapple and grated cheese
- Banana and honey
- Banana, honey, sultanas and ricotta cheese
- Bbq chicken, cherry tomato, corn, lettuce and cheese. Add a little sweet chilli sauce for some zing.
- Baby spinach, beetroot, carrot and fetta cheese. Optional chargrilled capsicum.
- Chicken schnitzel, lettuce and tomato
- Chicken, avocado and grated cheese
- Chicken, beetroot, grated carrot, grated cheese, baby spinach, hommus
- Chicken satay, red onion, cucumber and lettuce
- Chorizo, baby spinach and tomato chutney
- Egg and lettuce
- Ham, lettuce, egg and mayonnaise
- Ham, avocado and cheese
- Ham, cheese and tomato
- Ham, tomato and beetroot
- Lamb, hommus, grated carrot, cheese and lettuce. Add sweet chilli sauce for some zing.
- Lettuce, avocado, grated carrot, cucumber, tomato, cream cheese
- Meatballs, lettuce, tomato and grated cheese
- Meatball sub - meatballs cooked in tomato sauce, baby spinach and cheese
- Roast beef and salad
- Roast beef, lettuce and guacamole (avocado smash & tomato & your choice of seasoning)
- Roast pork and salad
- Sausage, tomato and cheese
- Salmon mixed with a little mayonnaise, lettuce and avocado
- Silverside, baby spinach, cream cheese and semi-dried tomatoes
- Tomato, beetroot and cheese
- Tuna, grated cheese and salad
- Tuna, cucumber, baby spinach, sweet chilli and cream cheese mixed together
- Tuna, corn and mayonnaise
- Turkey, cream cheese and grated carrot