



36 Grantham Street, Wembley
Phone: 9387 1677 | Email: orders@prontos.com.au

SANDWICH MENU

SANDWICHES, CONTINENTAL ROLLS AND WRAPS

Sandwiches

10.25

Quartered & served on an assortment of bakery fresh multigrain, wholemeal, white & sunflower bread. Choose from the delicious range of Pronto fillings below

Continental Rolls

10.75

Cut into three manageable pieces & served on an assortment of bakery fresh multigrain, wholemeal, white & sunflower rolls. Choose from the delicious range of Pronto fillings below.

Wraps

10.95

Pronto's wraps are filled with selections from the list below, rolled neatly & cut into two manageable halves

Finger Sandwiches (Order in multiples of 3)

Per finger 4.15

Three slices of bread with crusts removed, layered with delicious fillings & cut into thirds. Perfect for a formal afternoon tea or an evening meeting when a regular sandwich just won't do!

Gluten Free Sandwiches

12.25

Sandwiches made with delicious fillings on gluten free bread

Gluten Free Wraps

13.75

A gluten free wrap generously filled with gluten free fillings

PRONTO'S DELICIOUS SANDWICH FILLINGS

- Chicken | Sun Dried Tomatoes | Avocado | Cheese | Mayonnaise
- Gourmet Salad & Homemade Hummus (Vegetarian)
- Continental Meats | Swiss Cheese | Olives | Marinated Eggplant | Chargrilled Vegetable Chutney
- Leg Ham | Swiss Cheese | Shredded Crisp Lettuce | Tomato | Carrot | Cucumber | Mustard
- Leg Ham | Brie | Roma Tomatoes | Shredded Crisp Lettuce | Mustard
- Chicken | Gourmet Salad | Mayonnaise | Bacon
- Tuna | Cucumber | Shredded Crisp Lettuce | Mayonnaise
- Hungarian Salami | Swiss Cheese | Shredded Crisp Lettuce | Tomato | Cream Cheese
- Curried Egg | Shredded Crisp Lettuce | Tomato (Vegetarian)
- Bacon | Lettuce | Tomato | Avocado
- Salmon | Cream Cheese | Avocado | Cracked Pepper | Spanish Onion
- Egg | Salad | Shredded Crisp Lettuce (Vegetarian)
- Swiss Cheese | Sweet Pickle | Tomato | Cucumber | Shredded Crisp Lettuce (Vegetarian)
- Roast Beef | Swiss Cheese | Shredded Crisp Lettuce | Sweet Pickles | Mustard
- Roast Pumpkin | Eggplant | Capsicum | Zucchini | Sun Dried Tomatoes | Feta (Vegetarian)

Delivery available. All prices include GST.
ALL FOOD MADE FRESH TO ORDER.

**PLEASE NOTE: 10% SURCHARGE FOR SUNDAY AND PUBLIC HOLIDAYS
OPEN MONDAY TO FRIDAY 7AM - 7PM, SATURDAY & SUNDAY BY APPOINTMENT**



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PRONTO'S FINGER FOODS

Caramelised Onion Tartlets GF Available Tasty mini tarts with sweet caramelised onions & fetta cheese	3.15 4.20	Mini Quiche GF Available Fetta, olive, sundried tomato; Ham & cheese; Spinach, pumpkin, fetta	3.95 4.75
Cheese Puffs (GF) Brazilian-style cheesy bites	2.65	Mini Sausage Rolls Homemade beef sausage rolls GF Available	2.90 3.40
Chicken Drumettes Mini chicken drumsticks in tandoori spices Mini chicken drumsticks in a honey-soy marinade	3.15	Party Pies - Steak Tasty mini beef steak pies	2.65
Chicken Tikka Skewers Tender chicken in a spiced tikka marinade	4.20	Roast Capsicum & Olive Tarts GF Available Roasted red peppers, olives & tasty cheese	4.15 4.90
Teriyaki Chicken Skewers Tender chicken strips in a teriyaki sauce marinade	4.20	Spinach and Ricotta Triangles A light & tasty vegetarian option	3.50
Beef Satay Skewers Tender beef in satay sauce	7.30	Spinach and Ricotta Rolls Vegetarian sausage roll option GF Available	2.90 3.40
Chickpea Koftas (GF/Vegan) Delicious vegan, gluten and lactose-free bite	3.65	Sliders Served in a freshly baked brioche bun. Beef, Pork & Apple, Lamb & Mint, Thai Chicken & Asian Slaw, Vegetarian	7.30
Cocktail Meatballs Traditional Italian with tomato sauce or Thai chicken with sweet chilli sauce	2.90	Smoked Salmon Blinis Homemade blinis topped with sour cream, smoked salmon & herbs	6.25
Creamy Mushroom Parcels Tasty mini tarts with creamy mushrooms	4.10	Spring Rolls & Samosas Crispy vegetarian snacks served with a dipping sauce	3.65
Curry Pumpkin Puffs Mild Indian flavoured pumpkin curry puffs	3.75	Sushi - Order in lots of 12 Smoked salmon Nori rolls with soy sauce & wasabi Chicken, California, Tuna, Fresh Vegetable or Tempura Vegetable	1.55/pc 1.65/pc
FetaCini Balls Vegetable rice balls with a fetta cheese centre	3.95	Vegetable Arancini Cakes GF Available Mini vegetable rice cakes served with sweet chilli sauce	3.40 3.65
Frittata Bites (GF) Fetta, olive, sundried tomato; Ham & cheese; Spinach, pumpkin, fetta	3.95	Vegetable Potato Cake (GF/Vegan) Spinach, peas and potato hand rolled in GF breadcrumbs	3.10
Homemade Mini Pies Beef & Guinness Chicken & leek Creamy mushroom	from 4.20	Vietnamese Rice Paper Rolls Chicken, beef (GF), or vegetarian (GF) with crisp salad. Cut into two bite-sized pieces	from 5.50
Mexican Empanadas Spicy parcels of beef, corn & black bean	4.15	Prawn Rice Paper Rolls Prawns & crisp salad in two bite sized pieces	6.75
Mini Pizzettes GF available Salami, olive & mushroom Roast capsicum, olive & pesto Chicken, avocado & sundried tomatoes	4.15 5.20	Salmon & Cucumber Rice Paper Rolls (GF) Cucumber, lettuce & Tasmanian smoked salmon Cut into two bite sized pieces	6.75

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