

THE MOUNT STREET DELI

DAILY SPECIALS

W/C 3rd December 2018

MONDAY

SALADS

- Bulgur wheat, cherry tomato, button mushrooms, roast aubergine & baby spinach (v)
- Turmeric roasted cauliflower, roast chick peas, almonds & white raisins (v)
- Red & white cabbage, celeriac, pomegranate, carrots, red onions (v)
- Greek salad (v)
- Romaine lettuce, pea, cucumber, radish
- Grilled hot smoked paprika chicken with Oak leaf, roast squash, sundried tomatoes, walnuts & chick peas
- Garlic cashew prawns with roast courgette, Pak choy, carrot, peppers, brown rice, bean sprouts

SANDWICHES

- Ham, chilli jam, brie, plum tomatoes, rocket
- Hot smoked salmon, dill, caper mayo, water cress
- Sundried tomato pesto, gem lettuce, feta, marinated courgette (v)
- Pastrami, gherkins, emmental cheese, sauerkraut (h)

SOUP (v/h) Celeriac

QUESADILLA(h)

Avocado, corn and tomato salsa with cheddar

SUSHI by Sexy Fish

- Salmon & avocado maki roll
- Spicy yellowtail maki roll
- Spicy tuna maki roll
- Avocado maki roll (v)

TUESDAY

SALADS

- Freekeh, avocado, cucumber, roast sweetcorn & cherry tomato (v)
- Moroccan carrot, Israeli couscous, water cress salad, harissa yogurt dressing (v)
- Roast aubergine, tomato, artichoke, caraway seeds & mixed nut salad (v)
- Roast sweet potato, chestnuts, Brussel sprouts, cranberries (v)
- Green beans, broccoli, chilli, almond (v)
- Grilled Thai beef salad with Asian greens
- Salmon fishcakes with new potato, dill, caper, crème fraiche & lemon

SANDWICHES

- Coronation chicken
- Tuna, basil, almond, chilli pesto, mayo, roast peppers and mustard cress
- Plum tomato, mozzarella, basil pesto (v)
- Thyme & lemon roasted mushroom with brie & baby spinach (h)

SOUP (v/h)

Tomato, chickpea, spinach

HOT DISH (h)

Chicken, leek, tarragon pie

SUSHI by Sexy Fish

- Salmon & avocado maki roll
- Spicy yellowtail maki roll
- Spicy tuna maki roll
- Avocado maki roll (v)

WEDNESDAY

SALADS

- Roasted potatoes, chives, crème fraiche, olives, sundried tomatoes & baby spinach (v)
- Mixed quinoa, pomegranate, roast almonds, baby kale & golden raisins (v)
- Roast beetroot, walnuts, goats cheese, winter leaves (v)
- Raw pad thai salad (v)
- Garden salad
- Rosemary roast lamb, roast sweet potato, radicchio, green beans, salsa verde
- Salt and pepper prawns with butter nut squash, rocket & courgette noodles

SANDWICHES

- Pastrami with cheddar plum tomato honey mustard mayo & rocket
- Cray fish with sweet chilli crème fraiche, plum tomatoes & water cress
- Halloumi, tzatziki, feta & red peppers (v)
- Chorizo, baby spinach, roast herb, tomatoes, mozzarella (v)

SOUP (v/h)

Carrot & coriander

HOT DISH (h)

Sausage & bean casserole

SUSHI by Sexy Fish

- Salmon & avocado maki roll
- Spicy yellowtail maki roll
- Spicy tuna maki roll
- Avocado maki roll (v)

(v) Vegetarian (vg) Vegan (h) Served hot
All dishes available to take-away

THURSDAY

SALADS

Lentil, roast parsnip, caramelised onion, roast spiced mixed seeds, sugar snap peas (v)

Squash, barley, tender stem, olives, pumpkin seeds (v)

Winter panzanella salad (cauliflower, capers, sourdough, radishes, white raisins and mozzarella) (v)

Caesar salad, parmesan cheese, croutons, anchovies (v)

Kale, edamame beans, cranberries, roast hazel nuts

Chicken satay skewers with brown rice, edamame, peanuts & pak choi

Almond and herb encrusted sea bass with, sweet potato, lentils & balsamic caramelised onions

SANDWICHES

Roast lamb, harissa mayo, grilled sweet potato & baby spinach

Hot smoked salmon, sundried tomatoes, basil, cream cheese, & alfalfa sprouts

Cheddar cheese & coleslaw (v)

Spiced almond hummus with roast aubergine and halloumi (h)

SOUP (v/h)

Roasted cauliflower & turmeric

HOT DISH (h)

Potato & spinach curry with paratha bread

SUSHI by Sexy Fish

Salmon & avocado maki roll
Spicy yellowtail maki roll
Spicy tuna maki roll
Avocado maki roll (v)

FRIDAY

SALADS

Artichokes, cannellini beans, roast courgette, Kalamata olives, cherry tomatoes & rocket (v)

Roast sweet potato, peas, caramelised onions, baby spinach (v)

Quinoa tabbouleh with mint, coriander, parsley, tomatoes, cucumber & feta (v)

Brussel sprouts, sprout tops, lemon, garlic, toasted flaked almonds (v)

Chopped salad (v)

Mustard and maple roasted beef with bulgur wheat butternut squash, sugar snap peas & baby spinach

Grilled salmon with roast cherry tomatoes green beans, roast potatoes & basil pesto

SANDWICHES

Roast chicken with avocado, plum tomato & gem lettuce

Tuna with olives, pumpkin seed pesto & baby spinach

Curry egg mayo with water cress and plum tomato (v)

Roast red peppers, basil, chilli pesto, marinated courgettes, mozzarella & baby spinach (h)

SOUP (h)

Sweet potato & red pepper

HOT DISH (h)

Moroccan lamb meatballs with harissa yoghurt & couscous

SUSHI by Sexy Fish

Salmon & avocado maki roll
Spicy yellowtail maki roll
Spicy tuna maki roll
Avocado maki roll (v)

ALSO AVAILABLE

CAKES

Carrot, Victoria sponge, walnut, chocolate, lemon drizzle

PATISSERIES

Fruit tart, banoffee pie, chocolate tart, financier

PASTRY

Croissant, pain aux raisins, fruit Danish

MUFFINS

Blueberry, caramel, cherry, walnut

MINI QUICHES

Changes daily

SAUSAGE ROLLS

SPINACH & RICOTTA ROLLS

(v) Vegetarian (vg) Vegan (h) Served hot
All dishes available to take-away