

THE MOUNT STREET DELI

DAILY SPECIALS

W/C 7th January 2018

MONDAY

SALADS

Roasted pear, beetroot, walnut, lentil (v, gf)

Tex- mex black bean and avocado (v, gf)

Winter slaw (vg)

Coconut quinoa, kale, chilli & coriander dressing (v, gf)

Mixed leaves, cucumber, peas, roast mix seeds (v, gf)

Grilled spiced chicken with sweetcorn, wild rice, green chilli, avocado (gf, h)

Roasted salmon with green beans, roast chest nuts, brussels sprouts (gf, h)

SANDWICHES

Honey roast ham, seeded mustard mayo, gem lettuce, emmental cheese, plum tomato

Tuna, mayo, basil, roast garlic, rocket

Roasted red pepper, basil pesto, rocket, mozzarella

Pastrami, American mustard, sauerkraut, emmental cheese, gherkins (h)

SOUP (v, gf, h)

Tuscan bean and barley

QUESADILLA (vg, h)

Halloumi, roast pepper, basil pesto

SUSHI by Sexy Fish

Salmon & avocado maki roll

Spicy yellowtail maki roll

Spicy tuna maki roll

Avocado maki roll (v)

TUESDAY

SALADS

Wild rice, roasted nuts, cranberries (v, gf)

Moroccan spiced aubergine, pearl barley, pomegranate, almonds (v, gf)

Tumeric roasted cauliflower, chickpeas, parsley (v, gf)

White bean, sundried tomato, parsley (v, gf)

Tenderstem broccoli, chilli, lemon, almonds (v, gf)

Char-grilled beef with Thai vegetable salad (gf)

Grilled sea bass with salsa verde, fennel mange tout, roast almonds, baby spinach (gf)

SANDWICHES

Grilled chicken, chilli mayo, plum tomato, emmental, rocket

Tuna, roast peppers, capers, basil, mayo, baby spinach

Egg, plum tomato, gem lettuce

Roast field mushrooms, caramelised onions, brie, baby spinach (vg, h)

SOUP (v, gf, h)

Spiced cauliflower

HOT DISH (h, v, gf)

Satay sweet potato curry with brown rice

SUSHI by Sexy Fish

Salmon & avocado maki roll

Spicy yellowtail maki roll

Spicy tuna maki roll

Avocado maki roll (v)

WEDNESDAY

SALADS

Fregola, pearl mozzarella, roast peppers, tomatoes (vg)

Sweetcorn, cherry tomato, kidney bean, avocado (v, gf)

Freekeh, tomatoes, mint, cucumber, pomegranate (v, gf)

Baby spinach, oranges, black olives, walnuts (v, gf)

Green bean, radish, frisee (v, gf)

Roast harissa lamb with couscous, courgette, mixed roast peppers, cherry tomatoes, rocket

Lemon pepper prawns with shaved carrot (gf)

SANDWICHES

Roast beef, horseradish mayo, rocket, tomatoes

Cray fish, Marie rose sauce, baby gem

White bean roast garlic hummus, marinated courgette, caramelised onion, rocket (vg)

Parma ham, mozzarella, tomatoes, rocket, pesto (h)

SOUP (v, gf, h)

Miso soup

HOT DISH (h)

Portobello mushroom tart with pinenuts and feta

SUSHI by Sexy Fish

Salmon & avocado maki roll

Spicy yellowtail maki roll

Spicy tuna maki roll

Avocado maki roll (v)

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

THURSDAY

SALADS

- Honey and mustard roast carrots, quinoa, radicchio (v, gf)
- Bulgar wheat, mixed nuts, broccoli, peas, carrot, mint yogurt dressing (vg)
- Roast squash, harissa, cherry tomato, rocket, pomegranate, Turkish bread (v)
- Sprouted peas, edamame, peashoots, lime dressing (v, gf)
- Garden salad (v, gf)
- Indian roast chicken with coronation potato salad
- Roast salmon, pinenut, tomato, basil salsa (gf)

SANDWICHES

- Pastrami, Dijon mustard mayo, cheddar cheese, caramelised onion, rocket
- Smoked salmon, caper, dill, cream cheese, watercress
- Cheddar, avocado, mayo, plum tomato, gem lettuce
- Honey roast ham, Dijon mustard mayo, cheddar cheese (h)

SOUP (v, h, gf)

Roast carrot and cumin

HOT DISH (h, v, gf)

Lentil and sweet potato shepherd's pie

SUSHI by Sexy Fish

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

FRIDAY

SALADS

- Israeli cous-cous, roasted baby artichokes, cucumber mint, feta (vg)
- Shaved fennel, mooli, edamame, rocket, sunflower seeds, cucumber (v, gf)
- Tomato, red onion, capers, pumpkin seeds, black olives, basil (v, gf)
- Waldorf salad (vg, gf)
- Broccoli, baby spinach, coconut, mixed seeds (v, gf)
- Roast chimichurri beef, black beans, avocado, chilli, cherry tomatoes
- Herb and almond crusted sea bass, radicchio, green beans, roast potatoes

SANDWICHES

- Chorizo, chilli jam, smoked cheddar and rocket
- Smoked mackerel fillet, cayenne, lemon cream cheese, bay water cress
- Kale chilli pesto, plum tomato, roast sweet potato, brie
- Chicken, avocado, tomato, mayonnaise (h)

SOUP (h, v, gf)

Parsnip

HOT DISH (h, gf)

Sweet potato jackets with chilli con carne, sour cream

SUSHI by Sexy Fish

Salmon & avocado maki roll
Spicy yellotail 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