

THE MOUNT STREET DELI

DAILY SPECIALS

W/C 11th February 2019

SALADS

Antioxidant salad (v, gf)

Bulgur wheat with celery, apple, hazelnuts, chilli flakes, pomegranate & mixed herbs (v)

Roasted cauliflower with cavolo nero, pinenuts & pesto dressing (v, gf)

Curry roasted fennel salad with red peppers, crispy chickpeas & tahini dressing (v, gf)

Cucumber, peas, oak leaf, radishes & mixed seeds (v, gf)

Coconut & chilli chicken with turmeric rice, pak choi, edamame beans & cashews (gf)

Harissa roasted prawns with couscous, golden raisins, almonds, roast peppers, roast aubergine & baby spinach

SALADS

Butternut squash & kale salad with walnuts, sourdough croutons and a honey & mustard dressing (vg, gf)

Vietnamese noodle salad with beansprouts, edamame, peanuts, grated carrot, cucumber & mint

Black rice salad with mango, avocado, chopped almonds & coriander dressing (vg, gf)

Grilled halloumi, roast courgettes, green beans, cherry tomatoes & rocket (vg, gf)

Broccoli, chilli, tofu, cashews & green beans (v, gf)

Roast harissa lamb with chick peas, baby spinach, roast potato, tomatoes & peppers

Thai seabass with brown rice, pak choi and edamame beans & cashews

SALADS

Bombay potato salad (vg)

Mediterranean orzo pasta salad with feta & oregano (vg)

Edamame beans, peas, gem lettuce & cucumber (v, gf)

Herbed couscous with roast peppers, golden raisins, rocket, olives & roast almonds (v)

Shaved pear & fennel, with celery, hazelnuts & baby spinach (v, gf)

Chimichurri grilled beef, new potato & herb salad

Roast salmon with mixed leaves, artichokes, black olives & sundried tomatoes

MONDAY

SANDWICHES

Salami with chilli jam, plum tomatoes & gem lettuce

Smoked salmon with dill, caper mayo & watercress

Sundried tomato pesto, feta cheese, avocado, cucumber & alfalfa sprouts

Honey roast ham, smoked cheddar, plum tomato & rocket

SOUP (v, gf, h)

Leek & potato

QUESADILLA (h, vg)

Black bean, aubergine, tomato & mozzarella quesadilla

SUSHI by Sexy Fish

Salmon & avocado maki roll

Spicy yellowtail maki roll

Spicy tuna maki roll

Avocado maki roll (v)

TUESDAY

SANDWICHES

Chicken with pepper, hazelnut pesto, goats cheese & baby spinach

Crayfish, avocado, cream cheese, cucumber & mustard cress

Egg mayo with chives, plum tomato & watercress (vg)

Chorizo, roast peppers, mozzarella & basil

SOUP (v, gf, h)

Courgette & sweetcorn

HOT DISH (h)

Meatballs with rice & grated parmesan

SUSHI by Sexy Fish

Salmon & avocado maki roll

Spicy yellowtail maki roll

Spicy tuna maki roll

Avocado maki roll (v)

WEDNESDAY

SANDWICHES

Roast lamb, caramelised onions, mayo, Emmental & mustard cress

Tuna mayo with red peppers and spring onion, plum tomato & gem lettuce

Branston pickle, cheddar cheese, plum tomatoes & baby spinach (vg)

Goats cheese, roast mushroom, baby spinach & chilli jam (vg)

SOUP (v, gf, h)

White bean, roast garlic & parsnip

HOT DISH (h, gf)

Thai chicken curry with coconut rice

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

Mixed bean salad (v, gf)

Waldorf salad (vg)

Roast beetroot, red onion, cumin, brown rice, lentils, baby spinach & almonds (v, gf)

Bulgar wheat with roast broccoli, feta, chilli & walnuts (vg)

Spiralised cucumber & mooli with mange tout (v, gf)

Lemon & thyme roast chicken with rice, peas, fennel & pea shoot salad

Sea bass with fennel, parsley, hazelnuts, orange & green bean salad

SANDWICHES

Roast beef with chilli mayo, tomato, gem lettuce & cheddar cheese

Hot smoked salmon, whole grain mustard mayo, cucumber & mustard cress

Herbed egg mayo with watercress & cucumber (vg)

Roast chicken, wholegrain mustard mayo, brie, caramelised onions & rocket

SOUP (v, gf, h)

Lentil & vegetable

HOT DISH (h, v, gf)

Vegan ramen

SUSHI by Sexy Fish

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

FRIDAY

SALADS

Butternut squash, pearl barley, broccoli, red onion, olives, basil, capers & pumpkin seeds (v)

Freekeh, sweetcorn, avocado, cherry tomatoes & cucumber (v)

Marinated artichokes, olives, cherry tomatoes, sugar snap peas & frisse (v, gf)

Roast heritage carrots with pumpkin seeds, watercress & chickpeas (v, gf)

Broccoli, edamame beans with chilli & coconut (v, gf)

Roast herb & garlic beef with green beans, cannellini beans & radicchio

Moroccan spiced salmon with Freekeh, beetroot, mint, pomegranate & rocket salad

SANDWICHES

Honey roast ham, cheddar cheese, tomato, whole grain mustard mayo & gem lettuce

Tuna mayo with avocado, cheddar, tomato & baby spinach

Pesto, cucumber, avocado, sundried tomato, cream cheese & alfalfa sprouts (vg)

Hummus with goats cheese, roast peppers & baby spinach (vg)

SOUP (v, gf, h)

Moroccan roasted vegetable

HOT DISH (v, h)

J Sheekey's fish pie

SUSHI by Sexy Fish

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

ALSO AVAILABLE

CAKES

Carrot, chocolate brownie, lemon drizzle, flap jack, cupcakes, slow bake vanilla Cheesecake (48 hour's notice), gluten free chocolate flourless orange & almond cake (48 hour's notice)

PATISSERIES

Lemon tart, chocolate tart, fruit tart, Bakewell tart, banoffee pie, apple pie, fruit scone, strawberry, raspberry & chocolate mousse pots, cherry and pistachio financier

MUFFINS

Changes daily

MINI QUICHES

Changes daily

SAUSAGE ROLLS

SPINACH & RICOTTA ROLLS

All by 34 Mayfair, Scott's, Annabel's

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