

# THE MOUNT STREET DELI

## DAILY SPECIALS

W/C 11th March 2019

### SALADS

Antioxidant salad (v, gf)

Spinach, peas, cucumber & radish (v, gf)

Shaved carrot, raisins, walnuts & baby spinach (v, gf)

Spiced cauliflower, roast chickpeas, couscous & mint (v)

Spiced freekeh with roast sweetcorn, avocado, jalapeños, spring onion & roast peppers (v)

Spiced roast chicken, Caesar salad & sourdough croutons

Mixed seed roasted salmon, cherry tomatoes, mixed leaves, cucumber, spring onions & artichokes (gf)

### MONDAY

#### SANDWICHES

Salami, Jalapeno mayo, brie, plum tomato & gem lettuce

Tuna, capers, dill, lemon mayo & watercress

Buffalo mozzarella, pesto, crushed avocado, cherry tomatoes & rocket (vg)

Mushroom, baby spinach, caramelised onions & brie (vg, h)

#### SOUP (v, gf, h)

Carrot, tarragon & white bean

#### QUESADILLA (h)

Chorizo, cheddar, chilli jam, rocket & avocado

#### SUSHI by Sexy Fish

Salmon & avocado maki roll

Spicy yellowtail maki roll

Spicy tuna maki roll

Avocado maki roll (v)

### SALADS

Green beans, broccoli, chilli & almonds (v, gf)

Lentil, butternut squash, dill & yoghurt dressing (vg, gf)

Raw broccoli tabbouleh, mint, parsley, cucumber & spring onions (v, gf)

Moroccan roasted carrots, Israeli couscous, watercress, & harissa dressing (v)

Roast aubergine, roast tomato, artichokes, caraway seed, pearl barley & mixed nut salad (v)

Roast spiced lamb, chickpeas, baby spinach, roast new potatoes, peppers & mint yoghurt dressing (gf)

Seabass, mixed leaves, artichokes, black olives & sundried tomatoes (gf)

### TUESDAY

#### SANDWICHES

Roast chicken, sweet chilli cream cheese, cucumber & mixed leaves

Hot smoked salmon, feta, dill, lemon & rocket

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

Tuna, mustard, cheddar cheese & rocket (h)

#### SOUP (v, gf, h)

Lentil & cardamom

#### HOT DISH (h)

BBQ pulled jackfruit, baked sweet potato & guacamole

#### SUSHI by Sexy Fish

Salmon & avocado maki roll

Spicy yellowtail maki roll

Spicy tuna maki roll

Avocado maki roll (v)

### SALADS

Sugar snap peas, cucumber & radishes (v, gf)

Roast beetroot, bitter leaves, walnuts & blood orange (v, gf)

Black rice, mango, almonds, coriander & avocado (v, gf)

Roast new potatoes, pesto, olives, sundried tomatoes, feta & baby spinach (vg, gf)

Quinoa, pomegranate, roast almonds, mint, kale & golden raisins (v, gf)

Thai grilled beef, Asian greens & peanuts (gf)

Roast salmon niçoise (gf)

### WEDNESDAY

#### SANDWICHES

Roast lamb, spiced hummus, feta cheese, caramelised onion & rocket

Crayfish, tarragon, lemon, cream cheese & watercress

Curry egg mayo, plum tomatoes & mustard cress (vg)

Bacon, brie, tomato & baby spinach (h)

#### SOUP (v, gf, h)

Kale, broccoli & roast garlic

#### HOT DISH (h)

Chickpea, spinach, sweetcorn burger, sriracha mayo & beef tomatoes

#### 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

Caprese salad (vg, gf)  
*(tomato, mozzarella & basil)*

Kale, edamame beans, blueberries & roast hazelnuts  
(v, gf)

Farro, mixed peppers, courgette, aubergine & oregano (v)

Cannellini bean, roast spiced aubergine, pomegranate  
& mange tout (v, gf)

Asparagus, green beans, pea shoots & mixed seeds  
(v, gf)

Chicken satay, sugar snap peas, freekeh, edamame beans,  
sweet potato & bean sprouts

Curry roasted prawns, coronation potato

### SANDWICHES

Chorizo, smoked cheddar, plum tomato  
& gem lettuce

Hot smoked salmon, horseradish mayo,  
cucumber & mustard cress

Avocado, wholegrain mustard, smoked  
cheddar, tomato & rocket (vg)

Pesto, courgette, aubergine, mozzarella &  
olives (vg, h)

### SOUP (v, gf, h)

Carrot & caraway seed

### FRITTATA(h)

Caramelised onion, sweet  
potato, feta & baby spinach

### SUSHI by Sexy Fish

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

## FRIDAY

### SALADS

Asian tofu salad (v, gf)

Ras el hanout spiced couscous, halloumi, pinenuts,  
sundried tomatoes, olives, chilli & mint (vg)

Roast sweet potato, coriander, caramelised onions & baby  
spinach (v, gf)

Scandinavian style potato, radishes, red onion, dill & sour  
cream (vg, gf)

Shaved fennel, mooli, edamame beans, rocket, sunflower  
seeds & cucumber (vg, gf)

Roast herb garlic beef, cannellini beans, sundried  
tomatoes, rocket & radicchio (gf)

Dukkha seabass with fennel, parsley, hazelnuts, orange  
& green beans (gf)

### SANDWICHES

Pastrami, Branston pickle, cheddar,  
tomato & gem lettuce

Prawn, chilli mayo, avocado & gem lettuce

Eggs, seeded mustard mayo & watercress  
(vg)

Hummus, carrot, plum tomatoes,  
halloumi & rocket (h, vg)

### SOUP (v, gf, h)

Roast tomato, garlic & bean

### HOT DISH (h)

Vegetarian lasagne

### 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