

THE MOUNT STREET DELI

DAILY SPECIALS

W/C 15th April 2019

MONDAY

SALADS

Antioxidant salad (v, gf)

(mixed sprouts, grated carrot, kale, blueberries, spinach & celery)

Couscous with chickpeas, tomatoes, peppers, olives, rocket & spring onion (v)

Fattoush (v)

(tomato, cucumber, radish, cos lettuce, sumac & pitta bread)

Shaved fennel, carrot, radicchio, dill & oranges (v, gf)

Penne pasta with spring vegetables and pearl mozzarella (vg)

Cucumber, mixed leaves, mooli & pumpkin seeds (v, gf)

Pesto roast chicken chestnut mushrooms, butternut squash, walnuts and rocket (gf)

Chilli prawns with green beans, cherry tomatoes, basil and rocket (gf)

SALADS

Quinoa with almonds, dried apricots, pistachios, rocket & edamame beans (v, gf)

Potato salad with chives & crème fraiche (vg, gf)

Cauliflower, white beans, basil, sundried tomatoes and capers (v, gf)

Greek salad (vg, gf)

Green beans, peas, mixed leaves and edamame (v, gf)

Roast garlic & herb lamb with cucumber, spring onions, tomatoes, chick peas and a yoghurt dressing (gf)

Tamari roast sea bass with brown rice, edamame, broccoli & sesame seeds (gf)

SALADS

Spelt, capers, herb baked tomato, roast carrot, rocket and parmesan (v)

Borlotti beans, caramelised onions, broccoli & mushrooms with a balsamic dressing (v, gf)

Asparagus salad with walnuts and goats cheese (vg, gf)

Chilli baked sweet potato with, cashew nuts, sesame seeds and spinach (v, gf)

Shaved fennel, sugar snap peas and mint salad (v, gf)

Soy and honey grilled beef with egg noodles, red pepper, spring onions, bean sprouts & coriander (gf)

Chermoula prawns with spiced quinoa, roast squash, feta & almonds (gf)

SANDWICHES

Chorizo, tomato, cheddar, jalapeno mayo and baby spinach

Tuna, peppers, capers & herb mayo with watercress

Avocado, pesto, tomato, brie and rocket (vg)

Salami, pickle, tomato, mozzarella and rocket (h)

SOUP (v, gf, h)

Asparagus and sweetcorn

QUESADILLA (h)

Chicken, mozzarella, tomato & olive

SUSHI by Sexy Fish

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

TUESDAY

SANDWICHES

Pesto chicken, tomato & gem lettuce

Hot smoked salmon with avocado, chilli cream cheese & watercress

Egg mayo with chives and baby spinach (vg)

Hummus, halloumi, roast peppers rocket, roast tomato and brie (vg, h)

SOUP (v, gf, h)

Pea & mint

FRITTATA (h)

Butternut squash, chorizo, baby spinach and cheddar

SUSHI by Sexy Fish

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

WEDNESDAY

SANDWICHES

Roast lamb with roast peppers, feta, sundried tomatoes and baby spinach

Crayfish with paprika mayo, cucumber and rocket

Roast courgette, sundried tomato, goats cheese, pesto & spinach (vg)

Honey roast ham, onion relish, emmental, tomato and gem lettuce (h)

SOUP (gf, h)

Carrot & roast fennel

QUESADILLA (h)

Jalapeno, smoked cheddar, rocket and tomato

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



SALADS

THURSDAY



Sweetcorn and cucumber salad with freekeh, coriander and roast tomatoes (v, gf)

Chickpea, tomato, red onion and basil salad with feta (vg, gf)

Couscous with beetroot, feta and mint & watercress (vg, gf)

Steamed broccoli, coconut, mange tout & chilli salad (vg, gf)

Harissa roast chicken with Israeli couscous, roast aubergine, pomegranate, watercress & mint

Roast herb salmon, green beans, roast potatoes, tomatoes, basil & baby spinach (gf)

SANDWICHES

Roast beef, mustard, cheddar, pickles and gem lettuce

Tuna & olive mayo with tomato and mustard cress

Curried egg with tomato (vg)

Cajun chicken mayo, avocado & baby spinach (h)

SOUP (v, gf, h)

Sweet potato, tomato & basil

FRITTATA (h)

Roast tomato, courgette & parmesan (vg, gf)

SUSHI by Sexy Fish

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



FRIDAY



Closed

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

