

# THE GOURMET DELI MENU

## BREAKFAST

♦ <b>blat wholemeal bagel</b>	32		
turkey bacon, lettuce, avocado & tomatoes			
♦ <b>breakfast burrito</b>	32		
potato, cheddar, garlic, onion, coriander & redpepper			
♦ <b>tomato &amp; herb omelette</b>	30		
fresh herbs & tomatoes (NO cheese)			
♦ <b>breakfast sunrise croissant</b>	30		
eggs, monterey jack cheese, tomatoes & rocket			
♦ <b>wickedly good for you birchers muesli</b>	27		
gluten free oats, banana, almond milk, honey, chia, fruit, sunflower & pumpkin seeds			
♦ <b>oak-smoked salmon bagel</b>	38		
rocket & wasabi cream cheese			
♦ <b>tomato &amp; cheese toastie</b>	21		
♦ <b>super skinny egg white wrap</b>	32		
egg white omelette, spinach, salsa & feta			
♦ <b>smoked turkey &amp; emmental croissant</b>	24		
turkey ham & emmental cheese			
♦ <b>middle eastern wrap</b>	32		
halloumi cheese, cucumber, tomato, black olives & zaatar			
♦ <b>morning mix</b>		small	large
individual pots of muesli, yoghurt & more		21	26
♦ <b>fruit salad</b>		10	21
mango, peach, kiwi, strawberry, pomegranate, watermelon, papaya, grapes, apple, pineapple & melon			

## HOT OUT THE OVEN

♦ <b>greek cottage pie with sweet potato mash (monday)</b>	42
angus beef mince, carrot, onion, tomato, cream, garlic, salt & pepper	
♦ <b>carb-free lamb moussaka (tuesday)</b>	45
lamb mince, ricotta, aubergine, parmesan, tomato, onion, cheddar, cream, salt & pepper	
♦ <b>italian meatballs with zoodles (wednesday &amp; sunday)</b>	40
wagyu beef, almond flour, parmesan, tomatoes, garlic, oregano, courgette, basil, salt & pepper	
♦ <b>wagyu beef lasagna (thursday)</b>	42
wagyu beef bolognese, tomato, bechamel, cheddar, parmesan, garlic, onion, pasta, salt & pepper	

## SALADS

♦ <b>1762 salads</b>		small	large
deli selection available		28	37
♦ <b>add a protein to your salad</b>			
mediterranean chicken skewer			27
poached salmon with lemon & dill			30
♦ <b>smashed avocado on cape seed loaf</b>		one slice	two slice
avocado, lemon & mustard cress		16	30

## BEVERAGES

♦ coffee	single origin	house blend	
		12oz	16oz
espresso single			13
espresso double			15
macchiato single			13
macchiato double			15
americano   iced	19	16	18
cappuccino   iced	21	19	21
latte   iced	21	19	21
flat white	21	19	21
mocha   iced	21	19	21
spanish latte   iced	23	21	
hot choco   iced	19	19	
♦ tea			
apple elderflower cocktail	18		
peppermint whole leaf	18		
chamomile blossoms	18		
green earl grey - organic	18		
jasmine mao jian - organic	18		
majestic earl grey - organic	18		
english breakfast - organic	18		
rooibos masala - organic	18		
♦ extras			
agave vanilla	6		
agave caramel	6		
agave hazelnut	6		
extra shot	6		
almond milk	3		
soya milk	3		
♦ fresh juices			
black magic lemonade	24		
extreme green	24		
zest for life	24		
berry boost smoothie	24		
homemade rose lemonade	21		
peach iced tea	21		
fresh orange juice	21		
infused water	12		
fresh lemon & mint	21		
♦ power shots			
acv shot	15		
turmeric shot	15		
beauty shot	15		
spirulina shot	15		
green shot	15		
glow shot	15		
the boost	15		
♦ smoothies			
smashin passion	26		
butter me up	26		
"coal" me baby	26		
hi berry	26		
♦ bottled beverages			
soft drinks	10		
dolomia mineral water	10		
dolomia sparkling water	12		
qucumber water	21		

\*PLEASE NOTE all prices are inclusive of VAT

# THE GOURMET DELI MENU

**1762**  
THE GOURMET DELI

## SANDWICHES, WRAPS & ROLLS

♦ <b>1762 roast beef yorkshire pudding wrap</b> spinach, caramelised onions, horseradish mustard & a pot of gravy	42
♦ <b>keto club wrap</b> cajun chicken, avocado, turkey bacon, mustard cress, boston lettuce & mustard mayo	36
♦ <b>protein packed power wrap</b> harissa-spiced egg white omelette, kale, smashed avocado, slow roasted peppers, spring onion, parsley vegan protein powder, chia, flaxseed, sunflower seeds & coconut oil	38
♦ <b>veggie protein packed power wrap</b> chickpeas, baby spinach, basil, spring onion, celery, carrot, peppers, gherkins, egg-free mayo, vegan protein powder, chia, flaxseed, sunflower seeds & coconut oil	36
♦ <b>homemade caprese focaccia</b> mozzarella, rocca, basil, tomato, pesto & black olives	38
♦ <b>arabic flatbread toastie</b> halloumi, tomato, courgette, kalamata olives, zaatar & mint pesto	36
♦ <b>smoked salmon sushi bun</b> wasabi mayo, boston lettuce, smoked salmon, pickled ginger & avocado	42
♦ <b>jalapeno chicken wrap</b> cheddar, coriander, spinach wrap, smoked chipotle peppers & mayo	40
♦ <b>organic free-range egg mayo on granary</b> chives, rocket, mustard & low fat mayo	28
♦ <b>tuna salad on granary</b> celery, spring onion, parsley, capers, gherkins, lemon, mixed greens & mayo	34
♦ <b>the deli club</b> pulled bbq chicken, crispy turkey bacon, avocado, egg, tomato, rocket & mustard mayo	42
♦ <b>chicken parmigiana</b> breaded chicken, mozzarella, marinara sauce & rocket	40
♦ <b>smoked salmon with avocado on rye</b> asparagus pesto & rocket	42
♦ <b>pepper-crust beef pastrami &amp; swiss on rye</b> gherkins, emmental cheese & mustard mayo	40
♦ <b>sandwich of the day</b> check the blackboard for today's specials	37/42
♦ <b>salmon &amp; avocado nori roll</b> red cabbage, mango, spring onion, lime, sesame, pickled ginger, japanese mayo, sushi rice & nori	half 26 full 42

## SIDES & ACCOMPANIMENTS

♦ <b>stuffed avocado of the day</b> - prawn, lime & mango - cherry tomato & mozzarella - chicken pesto & sundried tomato	29
♦ <b>quiches of the day</b> served on a bed of mixed leaves top it up with a scoop of salad (+AED 16)	22 -37
♦ <b>soup of the day</b> served with two mini rolls	27

## COMBOS

♦ <b>hearty combo</b> your choice of a pastry with a hot beverage. - substitute for a bagel or an orange juice for (+AED 6)	26
<b>choose from the below:</b> - croissant - muffin - toast - scone - pain au chocolat	
♦ <b>healthy combo</b> your choice of one breakfast pot with a hot beverage. - substitute for an orange juice for (+AED 6)	36
<b>choose from the below:</b> - coconut chia birchers - wickedly good for you birchers - large morning mix	
♦ <b>protein combo</b> your choice of one breakfast item with a hot beverage. - substitute for an orange juice for (+AED 6)	42
<b>choose from the below:</b> - filled omelette - super skinny egg white wrap	

## SWEETS

♦ <b>protein power trio</b>	19
♦ <b>cake of the day</b>	19 - 27
♦ <b>salted billionaire shortbread</b>	21
♦ <b>raw vegan cake of the day</b>	27
♦ <b>coconutter slice</b>	19
♦ <b>brownie</b> - lotus - nutella	18
♦ <b>tartlet of the day</b>	18

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