

THE GOURMET DELI MENU

BREAKFAST

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

HOT OUT THE OVEN

♦ loaded veggie chili with steamed rice (monday)	38
labneh, cheddar, spring onion & jalapeno	
♦ carb-free lamb moussaka (tuesday)	45
lamb mince, ricotta, aubergine, parmesan, tomato, onion, cheddar, cream, salt & pepper	
♦ italian meatballs with zoodles (wednesday & sunday)	40
wagyu beef, almond flour, parmesan, tomatoes, garlic, oregano, courgette, basil, salt & pepper	
♦ wagyu beef lasagna (thursday)	42
wagyu beef bolognese, tomato, bechamel, cheddar, parmesan, garlic, onion, pasta, salt & pepper	

SALADS

♦ 1762 salads	small	large
deli selection available	28	37
♦ add a protein to your salad		
mediterranean chicken skewer		27
poached salmon with lemon & dill		30
♦ smashed avocado on cape seed loaf	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	
♦ cold brew coffee	28		
♦ 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		
elderflower hibiscus ice tea	21		
fresh orange juice	21		
fresh lemon & mint	21		
infused water	12		
♦ 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

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1762
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SANDWICHES, WRAPS & ROLLS

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

SIDES & ACCOMPANIMENTS

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

COMBOS

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

SWEETS

♦ protein power trio	19
♦ cake of the day	19-27
♦ salted billionaire shortbread	21
♦ raw vegan cake of the day	27
♦ coconutter slice	19
♦ brownie	18
- lotus - nutella	
♦ tartlet of the day	18
♦ cold brew tiramisu (thursday)	22

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