

WEEKLY SPECIALS

MENU

1762
THE GOURMET DELI

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP					
	broccoli & cheddar	chicken noodle	sweet potato & coconut	lemon & lentil	chicken & mushroom
SANDWICH OF THE DAY					
	buffalo chicken wrap	mexican beef fajita	sticky chicken bap	down under steak sandwich	cajun chicken pretzel
QUICHES					
	turkey bacon quiche	portebello onion & thyme quiche	roasted tomato and mozzarella quiche	roasted cauliflowe parmesan & sage	potato and leek quiche
	-	-	wf kale broccoli quiche	-	-
SALADS					
	chicken caesar	chicken couscous	chicken satay	chicken couscous	caesar chicken
	pesto fusilli pasta	NEW: tuna & bean whole wheat pasta	orzo salad	NEW: tuna & bean whole wheat pasta	orzo
	mango puy lentil	mixed bean	balela vegan	roasted chickpea	loaded potato
	superfood quinoa	super raspberry	asparagus grilled halloumi quinoa	asian gabba	super raspberry
	greek farro	new keto cucumber cabbage radish	NEW: watermelon feta	NEW: keto cucumber cabbage radish	NEW: watermelon feta
	tom pom	healthy nut	healthy green	beetroot green bean feta	green mix
	vitamin k	kale tabbouleh	bulgur beetroot	kale rainbow	kale walnut

*PLEASE NOTE all prices are inclusive of VAT



(NF) Nuts Free



(EF) Egg Free



(GF) Gluten Free



(DF) Dairy Free



(V) Vegetarian



(VE) Vegan

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