

# THE GOURMET DELI MENU

## BREAKFAST

♦ keto scotch egg	30		
wagyu beef, almond, sage, thyme, rosemary, egg, onion, salt & pepper			
♦ keto frittata bake	22		
asparagus, leeks, mushrooms, eggs, cheese, olive oil, salt & pepper			
♦ 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)	42		
wagyu beef, almond flour, parmesan, tomatoes, garlic, oregano, courgette, basil, salt & pepper			
♦ wagyu beef lasagna (thursday)	42		
wagyu beef bolognaise, 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	15	15	
macchiato	15	15	
americano	18	16	18
americano   iced	19	19	
cappuccino	21	19	21
latte   iced	21	19	21
flat white	21	19	21
mocha   iced	21	19	21
spanish   iced	23	21	
hot choco		19	21
♦ cold brew coffee	22		
♦ 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		
coconut milk	3		
♦ fresh juices			
heart beet	22		
golden sunrise	22		
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

# THE GOURMET DELI MENU

**1762**  
THE GOURMET DELI

## SANDWICHES, WRAPS & ROLLS

♦ <b>1762 roast beef yorkshire pudding wrap</b>	42
spinach, caramelised onions, horseradish mustard & a pot of gravy	
♦ <b>brie &amp; tangy tomato chutney onion &amp; nigella sourdough baguette</b>	32
rasins, cumin, ginger, paprika, onion, peppers, basil, chili, sugar, vinegar, bay leaf, lemon, salt & pepper	
♦ <b>keto club wrap</b>	36
cajun chicken, avocado, turkey bacon, mustard cress, boston lettuce & mustard mayo	
♦ <b>protein packed power wrap</b>	38
harissa-spiced egg white omelette, kale, smashed avocado, slow roasted peppers, spring onion, parsley vegan protein powder, chia, flaxseed, sunflower seeds & coconut oil	
♦ <b>veggie protein packed power wrap</b>	36
chickpeas, baby spinach, basil, spring onion, celery, carrot, peppers, gherkins, egg-free mayo, vegan protein powder, chia, flaxseed, sunflower seeds & coconut oil	
♦ <b>homemade caprese focaccia</b>	38
mozzarella, rocca, basil, tomato, pesto & black olives	
♦ <b>arabic flatbread toastie</b>	36
halloumi, tomato, courgette, kalamata olives, zaatar & mint pesto	
♦ <b>smoked salmon sushi bun</b>	42
wasabi mayo, boston lettuce, smoked salmon, pickled ginger & avocado	
♦ <b>jalapeno chicken wrap</b>	40
cheddar, coriander, spinach wrap, smoked chipotle peppers & mayo	
♦ <b>organic free-range egg mayo on granary</b>	28
chives, rocket, mustard & low fat mayo	
♦ <b>tuna salad on granary</b>	34
celery, spring onion, parsley, capers, gherkins, lemon, mixed greens & mayo	
♦ <b>the deli club</b>	42
pulled bbq chicken, crispy turkey bacon, avocado, egg, tomato, rocket & mustard mayo	
♦ <b>chicken parmigiana</b>	40
breaded chicken, mozzarella, marinara sauce & rocket	
♦ <b>smoked salmon with avocado on rye</b>	42
asparagus pesto & rocket	
♦ <b>pepper-crusted beef pastrami &amp; swiss on rye</b>	40
gherkins, emmental cheese & mustard mayo	
♦ <b>brie &amp; tangy tomato chutney onion &amp; nigella sourdough baguette</b>	32
rasins, cumin, ginger, paprika, onion, peppers, basil, chili, sugar, vinegar, bay leaf, lemon, salt & pepper	
♦ <b>cajun chicken pretzel roll (thursday and saturday)</b>	40
roasted peppers, basil & cajun light mayo	
♦ <b>sandwich of the day</b>	37/42
check the blackboard for today's specials	
♦ <b>salmon &amp; avocado nori roll</b>	half full 26 42
red cabbage, mango, spring onion, lime, sesame, pickled ginger, japanese mayo, sushi rice & nori	

## SIDES & ACCOMPANIMENTS

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

## COMBOS

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

## SWEETS

♦ <b>gluten free zesty lemon bars</b>	18
♦ <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>	18
- lotus - nutella	
♦ <b>tartlet of the day</b>	18
♦ <b>cold brew tiramisù (tuesday &amp; thursday)</b>	22

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