

THE GOURMET DELI MENU

1762
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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	
♦ 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)	42
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	

PASTRY BAKE OF THE DAY

♦ asparagus & feta puff (monday & wednesday)	22
homemade puff pastry, cream cheese, spring onion & egg	
♦ cherry tomato, mozzarella & basil filo (tuesday & thursday)	22

SALADS

♦ 1762 salads	small	medium	large
check the blackboard for today's specials	28	37	65
♦ 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

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SANDWICHES, WRAPS & ROLLS

♦ philly cheese steak wrap NEW	36
roast beef, rocket, peppers, provolone, thyme, whole wheat wrap, salt, pepper, olive oil & onion	
♦ zataar chicken and halloumi flatbread	40
roasted cherry tomatoes, baby spinach, mozzarella, garlic & parsley	
♦ cheddar, tomato & lettuce pretzel	25
♦ pastrami & swiss pretzel	32
gherkins, english mustard	
♦ 1762 roast beef yorkshire pudding wrap	42
spinach, caramelised onions, horseradish mustard & a pot of gravy	
♦ brie & tangy tomato chutney onion & nigella sourdough baguette	32
rasins, cumin, ginger, paprika, onion, peppers, basil, chili, sugar, vinegar, bay leaf, lemon, salt & pepper	
♦ 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	
♦ jalapeno chicken wrap	40
chicken, 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
smoked salmon, asparagus pesto & rocket	
♦ cajun chicken pretzel baguette (thursday & saturday)	40
roasted peppers, basil & cajun light mayo	
♦ salmon & avocado nori roll	half 26 full 42
red cabbage, mango, spring onion, lime, sesame, pickled ginger, japanese mayo, sushi rice & nori	
♦ sandwich of the day	37/42
check the blackboard for today's specials	

SIDES & ACCOMPANIMENTS

♦ stuffed avocado of the day	29
- prawn, lime & mango	
- cherry tomato & mozzarella	
- chicken pesto & sundried tomato	
♦ 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	
- 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

♦ gluten free zesty lemon bars	18
♦ protein power trio	19
♦ cake of the day	19-27
♦ salted billionaire shortbread	21
♦ almond biscotti	15
♦ coconut slice	19
♦ brownie	18
- lotus	
- nutella	
♦ omega energy fuel cookie	20
♦ cold brew tiramisu (tuesday & thursday)	22

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