

# 1762

THE GOURMET DELI

## THE GOURMET DELI MENU

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**zomato**

deliveroo

CHATFOOD:  
[order.chatfood.io/1762](https://order.chatfood.io/1762)

PLEASE CALL OR FOR WHATSAPP ORDERS:  
800-1762 or 055 569 1762

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01

**KETO FRITTATA BAKE**

asparagus, leeks, mushrooms, eggs, cheese, olive oil, salt & pepper

58



02

**KETO SCOTCH EGG**

wagyu beef, almond, sage, thyme, rosemary, egg, onion, salt & pepper

30



03

**WICKEDLY GOOD FOR YOU BIRCHERS MUESLI**

gluten free oats, banana, almond milk, honey, chia, fruit, sunflower & pumpkin seeds

27



04

**SUPER SKINNY EGG WHITE WRAP**

egg white omelette, spinach, salsa & feta

32



05

**MIDDLE EASTERN WRAP**

halloumi cheese, cucumber, tomato, black olives & zaatar

32



06

**TOMATO & CHEESE TOASTIE**

21



**OAK SMOKED SALMON BAGEL** 38  
rocket & wasabi cream cheese



**WAGYU BEEF LASAGNA** 42  
wagyu beef bolognaise, tomato, bechamel, cheddar, parmesan, garlic, onion, pasta, salt & pepper



**SOUP OF THE DAY** 27  
served with two mini rolls



**PROTEIN PACKED POWER WRAP** 32  
harissa-spiced egg white omelette, kale, smashed avocado, slow roasted peppers, spring onion, parsley, vegan protein powder, chia, flaxseed, sunflower seeds & coconut oil



**ZATAAR CHICKEN AND HALLOUMI FLATBREAD** 40  
roasted cherry tomatoes, baby spinach, mozzarella, garlic & parsley



**KETO CLUB WRAP** 36  
cajun chicken, avocado, turkey bacon, mustard cress, boston lettuce & mustard mayo



13

**PASTRAMI & SWISS PRETZEL**  
gherkins, english mustard

32



14

**ARABIC FLATBREAD TOASTIE**  
halloumi, tomato, courgette, kalamata olives,  
zaatar & mint pesto

36



15

**JALAPENO CHICKEN WRAP**  
chicken, cheddar, coriander, spinach wrap,  
smoked chipotle peppers & mayo

40



16

**CHICKEN PARMAGIANA**  
breaded chicken, mozzarella, marinara sauce  
& rocket

40



17

**MEDITERRANEAN CHICKEN SKEWER**  
kalamata & green olives, herb, olive & feta dip

27



18

**POACHED SALMON**  
lemon & dill

30



19

**DUKKAH TAHINI CARROT SALAD**

pomegranate, almond, peanut, coriander seeds, cumin, lemon &amp; parsley

SMALL

**28**

MEDIUM

**37**

LARGE

**65**

20

**MIDDLE EASTERN SPICED BLACK RICE SALAD**

with pumpkin, pomegranate, courgette, eggplant and coriander with a tahini, agave, lemon &amp; cumin dressing

SMALL

**28**

MEDIUM

**37**

LARGE

**65**

21

**PESTO FUSILLI PASTA SALAD**

sundried tomatoes, mozzarella, olives, spinach

SMALL

**28**

MEDIUM

**37**

LARGE

**65**

22

**QUINOA, MANGO & BLACK BEAN SALAD**

with spinach, pumpkin seeds and fresh chilli &amp; smoked paprika, lime, coriander &amp; mustard dressing

SMALL

**28**

MEDIUM

**37**

LARGE

**65**

23

**ROASTED BEETROOT & GOATS CHEESE SALAD**

with walnuts, parsley and a light french dressing

SMALL

**28**

MEDIUM

**37**

LARGE

**65**

24

**CRUNCHY GREEN SALAD**

with asparagus, broccoli, beans, sugar snaps, coriander and lemon zest and a french vinaigrette

SMALL

**28**

MEDIUM

**37**

LARGE

**65**



25

**SMASHED AVOCADO ON CAPE SEED LOAF**  
avocado, lemon & mustard cress

SMALL  
**28**  
MEDIUM  
**37**  
LARGE  
**65**



26

**SMOKED SALMON WITH AVOCADO ON RYE**  
smoked salmon, asparagus pesto & rocket

**42**



27

**PROTEIN POWER TRIO**

**19**



28

**ALMOND BISCOTTI**

**15**



29

**SALTED BILLIONAIRE SHORTBREAD**

**21**



30

**COLD BREW TIRAMISU**

**27**



31

**LOTUS BROWNIE**

**18**

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32

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



33

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



34

EXTRAS

AGAVE VANILLA	6
AGAVE CARAMEL	6
AGAVE HAZELNUT	6
EXTRA SHOT	6
ALMOND MILK	3
SOYA MILK	3
COCONUT MILK	3



35

FRESH JUICES

BLACK MAGIC LEMONADE	24
EXTREME GREEN	24
FRESH ORANGE JUICE	21



36

POWER SHOTS

TURMERIC SHOT	15
THE BOOST	15



37

EXTRAS

SMASHIN PASSION	26
BUTTER ME UP	26
"COAL" ME BABY	26
HI BERRY	26



38

BOTTLED BEVERAGES

SOFT DRINKS	10
DOLOMIA MINERAL WATER	10
DOLOMIA SPARKLING WATER	12
QUCUMBER WATER	21



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