



# deli

MEDITERRANEAN FOOD STORE



Cured Meats & Cheeses  
Salads & Sandwiches  
Cooked Meats & Vegetables  
Condiments & Sauces  
Herbs & Spices

Desserts & Pastries  
Chocolates & Crisps  
Wine & Beer  
Picnic Boxes  
Hampers & Gift Boxes



# Deli Breakfast

## Granola

Granola with Oat Milk. (1,3,7)

## Scones & Pastries

We serve a selection of Scones & Pastries from the Stable Yard Bakery. (v,1,2,6,7)

## Avocado on Toast with Feta Cheese

Smashed Avocado with Olive Oil, Lemon Juice & a pinch of Chilli on Toasted Honey & Spelt Loaf, topped with Feta Cheese & Tomato. (g,3)

## Croissant with Ham & Cheese

Homemade Croissant with Cured Ham & Emmental Cheese. (1,3,7)

## Sausage Sandwich

Irish Pork Sausages on Rustic White Loaf with Butter & Ketchup. (1,3,7)

## Deli Breakfast Baguette

two Irish Pork Sausages, two Rashers, Mascarpone, Parmesan & Cheddar Cheese on Rustic Baguette with Relish. (1,3,7)

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## Allergens

1. Cereals / Gluten - Wheat, Rye, Oats, Barley 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts  
6. Soybeans 7. Milk / Dairy 8. Nuts - Cashew, Hazel, Walnut, Pistachio, Almont's, etc. 9. Celery  
10. Mustard 11. Sesame Seeds 12. Sulphites 13. Lupins 14. Molluscs

(g) gluten free (go) gluten free option (v) vegetarian (vo) vegetarian option (ve) vegan option

**WARNING**; While we take extra care when informed of an allergy, we cannot guarantee the inadvertent presence of allergens in any dish.

We advise you take no risks.

# Deli Sandwiches



## **Lemon & Herb Chicken Wrap**

Baked Breast of Chicken marinated in Olive Oil & Lemon Juice with fresh herbs, with Fennel & Feta Salad, Harissa Spiced Mayo, Salad Leaves, served with Italian Salted Crisps. (go,1,3,7,9)

## **Moroccan Chicken Wrap**

Baked Breast of Chicken marinated in Moroccan spices, with Feta Cheese Dip, Olive Salad, Salad Leaves & Harissa Spiced Mayo, served with Italian Salted Crisps. (go,1,3,9,12)

## **Cured Ham Baguette**

Cured Ham with Pickled Cucumber, Ruby Slaw, Iceberg Lettuce, Dijon Mustard & Mayo on rustic Baguette, served with Italian Salted Crisps. (go,1,3,10,12)

## **Mediterranean Pulled Pork Wrap**

Slow Cooked Shoulder of Pork, with a BBQ dressing, Ruby Slaw, Grilled Veg, Parmesan & Cheddar, Iceberg & Harissa Spiced Mayo, served with Italian Salted Crisps. (go, 1,2,3,7,10)

## **Free Range Egg Mayonnaise Sandwich**

Free Range Egg Mayonnaise with Fresh Dill, Iceberg Lettuce, Pickled Cucumber, Parmesan & Cheddar Cheese on Rustic White Loaf, served with Italian Salted Crisps. (go,1,3,7,12)

## **Falafel Pita**

Homemade Falafel, Hummus, Pickled Cucumber, Tomato, Iceberg Lettuce, Tabouleh, Feta Cheese Dip, Harissa Spiced Mayo served with Italian Salted Crisps. (go,1,3,7,12)

## **Ham & Cheese Croissant**

Homemade Croissant with Cured Ham & Emmental Cheese. (1,2,3,7)

## **Sausage Sandwich**

Irish Pork Sausages on Rustic White Loaf with Butter & Ketchup. (1,3,7)

## **Deli Breakfast Baguette**

two Irish Pork Sausages, two Rashers, Mascarpone, Parmesan & Cheddar Cheese on Rustic Baguette with Relish. (1,3,7)

## **DIY SANDWICH**

Choose your own Sandwich Fillings from the Deli Counter, served with Italian Salted Crisps. Sandwich / Wrap / Baguette (go, Allergens)

# Deli Lunch



## Soup of the Day

Homemade Soup served with fresh bread from The Stable Yard Bakery.  
(go,1,7,9)

## The Deli Flatbread Salad

A warm Flat Bread with:

Hummus, Tabbouleh, Beetroot Salad,  
Fennel & Feta Salad, Olive Salad,  
Vegetables, Pickled Cucumber  
& Feta Cheese Dip.  
(v, ve, go, 1,3,7,10,12)

you can add to your flatbread with:

- Rice Stuffed Vine Leaves (g,12)
- Moroccan Spiced Chicken (g,9,12)
- Mediterranean Pulled Pork (g,12)
- Falafel (v,g,)

## Salad Plate

Mix & Match from any of our Salads on the Deli & Sandwich Counters  
(go,ve,allergens)

## Anti pasti

Parma Ham, Napoli Salami, Feta Cheese Dip & Emmental,  
Olive Salad, Balsamic Glaze & Bread Sticks. (go,17,12)

## Mini Fish Cakes with Tzatziki

Mini Fish Cakes of marinated fresh salmon, Haddock, Smoked Coley,  
with Potato & Fresh Herbs, served with  
Tzatziki Cucumber Dip & your choice of salads. (1,3,4,6,7,8,10,12)

## Sausage Roll with Relish

Homemade Pork Sausage Roll in Flaky Pastry,  
served with relish & your choice of Salad (1,3,6,7)

## Italian Lemon Chicken with warm Potato Salad

Grilled Breast of Chicken Marinated in Lemon Juice, Olive Oil & Fresh Herbs.  
Served with warm Italian Pesto Potato Salad & Grilled Vegetables. (g,7,8,9)

## Lasagne & Salad

Locally Reared Beef Lasagne served with your choice of Salads. (1,3,4,7,8)

## Pies & Quiche

We make various Pies & Quiche for you to choose from.

# Deli Salads

## **Rustic Beetroot Salad**

Beetroot, Olive, Carrot, Chickpea, Walnut, Roast Pine Nuts, Cherry Tomato, Basil, Chives, Parsley, Salad Leaves, Maple Syrup, Balsamic Reduction, Sea Salt, Cracked Black Pepper, Garlic, Mixed Herbs & Extra Virgin Olive Oil. (g,8,12)

## **Tabbouleh Salad**

Bulgar Wheat, Pomegranate, Red Onion, Tomato, Mint Leaves, Parsley, Extra Virgin Olive Oil & Lemon Juice. (1)

## **Salami Pasta Salad**

Penne Pasta with Napoli Salami, Red Onion, Peppers, Black & Green Olives, Red & Yellow Peppers, Red Onion, Freshly Shaved Parmesan Cheese, Fresh Basil, Fresh Parsley, Balsamic Vinegar, Balsamic Glaze, French Mustard, Sea Salt, Cracked Black Pepper, Extra Virgin Olive Oil. (1,7,10,12)

## **Mediterranean Chicken Salad**

Grilled Chicken Breast, Pasta, Fresh Basil, Sundried Tomato, Walnuts, Salad Leaves, Parmesan Cheese, Pesto, Rocket, Extra Virgin Olive Oil. (g,1,7,8,12)

## **Pesto Pasta Salad**

Pasta Salad with Real Genovese Pesto with Extra Virgin Olive Oil and crushed Pine Nuts & fresh Basil. (1,7,8)

## **Pesto Potato Salad**

Genoa is the spiritual home of Pesto and dishes “al Genovese” always include pesto and potato in the recipe, so our potato salad was bound to have pesto. (g,7,8) This is delicious served hot or cold.

## **Fennel & Feta Salad**

Fresh Fennel Shavings, Orange Pieces, Cherry Tomato, Feta Cheese, Rocket, Balsamic Vinegar, Extra Virgin Olive Oil, Sea Salt, Cracked Black Pepper. (g,7,12)

## **Grilled Vegetable Salad**

A cold Salad of Grilled Vegetables; Courgette, Carrot, Red Onion & Peppers with fresh Herbs & Extra Virgin Olive Oil. (g)  
This is Delicious Served hot or cold.

## **Egg & Dill Mayo**

Free Range Boiled Egg, with Fresh Dill, Chive, Mayo & Sea Salt. (g,1,3,7)

## **Ruby Slaw**

Coleslaw of Red and White Cabbage, Carrot, Red Onion & Chickpea with Mayo. (g,3,7)

## **Olive Salad**

Chopped Black & Green Olives, Sundried Tomato, Artichoke, Pickled Gherkin & Roast Red Peppers. (1,12)

# Cured Meat & Cheese

## **Prosciutto di Parma**

*Prosciutto di Parma* or Parma Ham is a Prosciutto Crudo **dry cured ham**, from the region Emilia-Romagna. The same region as Parmesan Cheese. This premium Prosciutto is aged for 16 months, to give it extra depth of flavour.

## **Spicy Fennel Salami**

*Ventricina* is a **spicy salami** from Abruzzo in central Italy. It contains roughly chopped pork & pancetta, with peppers, paprika & chilli. This one is a fennel variety.

## **Napoli Salami**

*Salami Napoli* a salami with **pepper corns**. While it doesn't have a smoked taste it smoked over apple wood for a week before drying for 4 months. It is a hugely popular & has become the definitive salami flavour.

## **Pepperoni**

*Salsiccia Piccante* (sausage spicy) is a **medium spicy Napoli Salami**. Pepperoni isn't actually Italian, it's American in origin, so you can think of this as a premium Pepperoni, with a better texture and flavour.

## **Panchetta**

An Italian Pork Belly Dry Cured Pork belly cured in pink salt

## **'Nduja**

Pronounced (en-DOO-ya) it's a **hot & very spicy spreadable pork sausage** from Calabria. It gets its flavour from roast chilli peppers. It is delicious spread on bread, in lumps on a pizza or in a pasta sauce. The name comes from the Breton sausage Andouille which inspired it 700 years ago.



## Antipasti Boxes

We offer a select range of premium cheeses and cured meats with homemade condiments.

We can also prepare DIY Antipasti Box's to your particular taste.

# Cheese

## Nostrala

*Nostrala* is a **hard cheese** made with Piedmontese cows milk. It has earthy notes, a subtle creamy texture, and a pale golden colour. Firmer than French **Gruyere** but with a similar flavour.

## Gorgonzola

*Gorgonzola* is a **soft creamy blue cheese** with smooth taste. Making good gorgonzola starts exactly the same as Stracchino, then it's aged for 60 days to grow the blue green veins which give it its unique flavour.

## Provolone

A **stretched cheese** like Mozzarella, it uses the same ingredients and process, but is seasoned and matured giving it a more flavour (this one is medium). Dolce means sweet (mild). It makes great toasted sandwiches.

## Smoked Scarmorza

*Scarmorza* is another **stretched cheese**, but with a much stronger flavour. This is the **smoked variety** (Scarmorza Affumicata) which has a nice background flavour. Try serving it is grilled on some crusty bread.

## Buffalo Mozzarella

Premium Organic **Buffalo Mozzarella** from Campana. This fresh organic buffalo milk cheese is very soft and creamy in taste and texture. Its great in a salad or anti-pasto.

## Parmesan

*Parmigiano Reggiano* is a **hard cheese** from two neighbouring towns in northern Italy "Parma" and "Reggio Emilia". It is made using whole milk from the morning milking and skimmed milk from the previous evenings' milking. It is brined in sea salted water and then dry aged for two years.

## Pecorino

Pecorino is a traditional Sheep's Cheese. It's a great addition to an anti-pasti, and is well suited to garnishing pastas, such as carbonara or in creamy pasta sauces and is often used over Parmesan for its richer flavour.

## Emmental

Emmental is a swiss cows cheese, light yellow in colour with a medium hard texture and extra large holes. Emmental is a popular addition to a cheese board and also melts very well making it ideal for cooking and adding to sandwiches.

## Brie

Brie is the classic soft cows cheese from the north of France. It has a buttery, earthy taste & the white rind of penicillium is edible and is commonly enjoyed with the cheese.

## Grilled Halloumi

Chargrilled Halloumi Cheese marinated in Honey & Thyme. Halloumi is a semi hard Sheep & Goats milk cheese from Cyprus which doesn't melt and is well suited to frying and grilling.

## Feta Dip

Homemade Feta Cheese Dip with lemon juice & fresh herbs. Feta crumbly white cheese from Greece made with sheep's milk.

## Mascarpone & Ricotta Dip

Homemade Mascarpone & Ricotta Cheese Dip with caramelised onion glaze. Mascarpone is a soft cream cheese from Italy with a light sweet milk taste. Ricotta is another soft Italian cheese with a brighter slightly citrus flavour.



# deli

## MEDITERRANEAN FOOD STORE

The Stable Yard Deli is a modern artisan delicatessen and mediterranean food store in The Stable Yard Food Hall, located on John Roberts Sq., between Georges St. & Barronstrand St. in a network of old medieval lanes and yards.

The Deli showcases the delicious foods and ingredients we use at The Stable Yard's Restaurants & Cafes, selling freshly cut cured meats and cheeses, a range of popular homemade mediterranean dishes & a wide selection of artisan foods & condiments.

With over 20 countries in the Mediterranean, there is a huge variety to inspire us:

Iberian, French & Italian in the west, the central European, Ottoman and Balkan influences in the Adriatic, the Greek, Persian and Arabian influences in the east and the North African traditions on the south coast from Libya to Morocco.

For breakfast and lunch, you can choose from the deli's breakfast, lunch & sandwich menus at our instore café which features fresh deli ingredients and delicious mediterranean salads, served on fresh bread from The Stable Yard Bakery.

As well as offering products from some of Ireland and the South East's best artisan products, The Deli has a broad range of store cupboard items from all over Europe, such as Oils & Vinegars, Herbs & Spices, Pasta & Rice, Coffees & Teas, Jams & Preserves, Treats & Biscuits, Wines & Beers. We also offer a unique range of Gift Boxes & Food Hampers for all occasions available instore or on line for world wide delivery.

Countries of the Mediterranean; Albania, Algeria, Bosnia & Herzegovina, Croatia, Cyprus, Egypt, France, Greece, Israel, Italy, Lebanon, Libya, Malta, Monaco, Montenegro, Morocco, Palestine, Slovenia, Spain, Syria, Tunisia, Turkey...& Portugal.

**THE  
STABLE  
YARD.**  
FOOD HALL

The Stable Yard Food Hall is a collection of artisan Restaurants, Cafes & Food Shops based around a network of old medieval city lanes and yards, in Waterford City's Merchant Quarter.

Everywhere at the stable yard uses top quality locally sourced and fine imported ingredients.

Check out - [the.stable.yard.ie](http://the.stable.yard.ie) for more information.



**the ice cream placé.**  
Crepes & waffles & stuff.

THE STABLE YARD.  
FOOD HALL



**No.9** | BARRONSTRAND ST.  
Restaurant

THE STABLE YARD.  
FOOD HALL



THE STABLE YARD. **bakery**  
ARTISAN BREAD, PASTRIES & PIZZA



**carters.** THE STABLE YARD.  
CHOCOLATE CAFE FOOD HALL

THE STABLE YARD. **deli**  
MEDITERRANEAN FOOD STORE



**STREET FOOD STALL**

THE STABLE YARD.  
FOOD HALL



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MEDITERRANEAN FOOD STORE



the stable yard Deli.

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