

Sandwiches

Lemon & Herb Chicken Wrap

baked breast of chicken marinated in olive oil & lemon juice, with fennel & feta salad, salad leaves, harissa mayo, served with mediterranean crisps.

(go,1,3,7,9,10,12) **€9.95**

Moroccan Chicken Wrap

baked breast of chicken marinated in moroccan spices, with feta cheese dip, olive salad, salad leaves & harissa mayo, served with mediterranean crisps.

(go,1,3,9,10,12) **€9.95**

Cured Ham Baguette

cured ham with pickled cucumber, ruby slaw, iceberg lettuce, dijon mustard & mayo on rustic baguette, served with mediterranean crisps.

(go,1,3,10,12) **€9.95**

Mediterranean Pulled Pork Wrap

slow cooked shoulder of pork, with a BBQ dressing, ruby slaw, grilled veg, parmesan & cheddar, iceberg lettuce & harissa mayo, served with mediterranean crisps.

(go, 1,3,6,7,10) **€9.95**

Falafel Wrap

chickpea falafel, hummus, pickled cucumber, tomato, iceberg lettuce, tabouleh, feta cheese dip & harissa mayo served with mediterranean crisps.

(v,ve,1,3,7,10,12) **€9.95**

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 mediterranean crisps.

(go,1,3,7,12) **€8.95**

Ham & Cheese Croissant

warm buttery croissant with cured ham & white cheddar.

(1,3,7) **€4.95**

DIY SANDWICH

choose your own sandwich fillings from the deli counter, served with mediterranean crisps. (go, Allergens)

Sandwich €8.95 / Wrap €9.95 / Baguette €9.95

take out sandwiches come with a packet of tayto crisps.

Deli Lunch

Soup of the Day

served with homemade bread.
(go,v,1,7,8W,9) **€6.95**

The Deli Flatbread Mezza

warm flat bread with: hummus, tabbouleh, beetroot salad, fennel & feta salad, olive salad, pickled cucumber & feta dip.

(v, ve, go, 1,3,7,8W,10,12) **€12.95**

Italian Lemon Chicken Lunch

grilled breast of chicken served with warm pesto potato & grilled vegetables.
(g,3,7,8PN,9) **€12.95**

Deli Selection

STUFFED VINE LEAVES x4

vine leaves stuffed with lemon rice.
(gc,v,ve,12) €4.95 with salad €10.95

FISH CAKES x2

homemade mini fish cakes of marinated fresh salmon, haddock, smoked coley & fresh herbs.
(1,3,4,7) €4.95 with salad €10.95

MINI QUICHE

tomato & goats cheese or salmon & broccoli.
(vo,1,3,4,7) €4.95 with salad €10.95

CHICKPEA FALAFEL x4

chickpea fritters served hot or cold.
(v) €4.95 with salad €10.95

RISOTTO & MOZZARELLA SUPPLI (sup-pli) x2

tomato risotto balls stuffed with buffalo mozzarella.
(v,1,3,7) €4.95 with salad €10.95

SAUSAGE ROLL

homemade pork sausage in flaky pastry, we also have vegan option with a mushroom & onion filling.
(ve,vo,1,3,7) €4.95 with salad €10.95

LEMON & HERB CHICKEN

marinated in lemon, honey, olive oil & fresh herbs.
(g,9) €10.95 with salad / €4.95 per breast / €20 per kg sliced

MOROCCAN SPICED CHICKEN

marinated in olive oil, maple syrup, ginger, cumin, smoked paprika, garlic & coriander.
(g,9) €10.95 with salad / €4.95 per breast / €20 per kg sliced

PULLED PORK

8 hour slow cooked pork shoulder with bbq spices.

Deli Salads

- Small Plate € 5
- Medium Plate € 9.95
- Large Plate € 12.95

◦ Take Away Salad Box

Small / Medium / Large €18 Per Kg

Fennel & Feta Salad (vg,7,12)

Rustic Beetroot Salad (vve,g,8W,12)

Pesto Potato Salad (v,3,7,8PN)

Ruby Coleslaw (vg,3)

Homemade Hummus (vve,g)

Roast Vegetable Salad (vve)

Pesto & Pine Nut Pasta Salad (v,1,3,7,8PN)

Olive & Sundried Tomato Salad (vve,g,12)

Mediterranean Chicken & Pasta Salad (1,7,8W)

Free Range Egg & Dill Mayonnaise (vg,3)

Tabbouleh Salad, Bulgur Wheat & Fresh Herbs (vve,1)

Allergen's

1. Cereals
2. Crustaceans
3. Eggs
4. Fish
5. Peanuts
6. Soybeans
7. Milk / Dairy
8. Nuts - Cashew, Hazel, Walnut, Pistachio, Almond, Pine Nuts, Other.
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
MEDITERRANEAN FOOD STORE