

Grove Park Deli

Cold Mains Menu

Poultry

Chicken w/ Mediterranean chard grilled vegetable with pesto	£6.95
Moroccan chicken salad w/ roasted aubergine, preserved lemons and coriander	£6.95
Chicken and bacon caesar with croutons	£6.95
Sticky chili chicken bites on a Thai noodle salad	£7.45
Marinated chicken breast w/herbs, lemon & garlic on roasted peppers	£7.25
Greek marinated chicken with tzatziki on roasted fennel, peppers & on a bed of rocket	£8.95
Trio of chicken skewers: satay with peanut sauce, sticky chili and lemon & herb	£8.95
Harissa chicken on Moroccan vegetable cous cous with a minted yoghurt dip	£8.95
Sliced duck breast with plum sauce on a bed of noodles	£10.95
Summer chicken & pasta salad with peppers, sun-dried tomatoes, endamame beans, & asparagus	£8.25

Meat

Rare roast beef topside with salsa verde (200g uncooked)	£7.25
Black Angus 28-day aged fillet w/herb crust and truffle remoulade (200g uncooked)	£22.00
Beef teriyaki on pak choi & noodles	£10.25
Deli glazed ham w/ chutney	£5.95
Platter of turkey, beef and ham with poacher's pickle (180/200g of cooked meat)	£7.95

Fish

Pesto crusted salmon	£7.95
Poached salmon w/ spiced mango salsa	£7.95
Poached salmon caesar	£7.95
Salmon en croute, stuffed with spinach, herbs and rice, served with lemon mayo	£7.95
Whole boneless salmon stuffed with herbs, lemon rice, pickle cucumber & lemon mayo	£7.95
Chili tiger prawns on a noodle salad	£10.95
Mediterranean salmon salad, pan seared salmon w/cucumber, olives, tomatoes, feta & avocado w/a lemon & herb dressing	£9.95
Fish Platter: crab, prawns, smoked salmon, hot smoked mackerel with a marie rose sauce and crostini	£9.95

Vegetarian - £6.50 per portion

Couscous & aubergine en croute w/ spicy fruit and feta cheese	
Spinach, feta & pine nut filo tart	
Italian baked aubergine stuffed w/ roasted Mediterranean vegetables & mozzarella	
Stuffed red pepper w/ courgette, cherry tomato, black olive, goats' cheese & pesto	

Vegan

Roast butternut squash stuffed w/ bulgur, basil & roasted Mediterranean vegetable (vegan)	£6.50
Vegan pie filled with hummus, roasted sweet potato and Mediterranean vegetables	£6.50
Quinoa spice cakes w/tomato salsa & soy yoghurt dip (2)	£6.50
Tomato & garlic polenta topped with chargrilled Mediterranean vegetables & vegan pesto	£6.50
Tarte tatin with roasted peppers, courgette, cous cous and tomato salsa – 6 portions	£18.00

See over for quiches and frittatas.....

Quiches **6 Or 10/12 portion** **£18 / £29**

Spinach, feta and pine-nut / Leek and Gruyere / Caramelized onion, thyme and Gruyere /
Roast peppers, red onion w/ goat cheese / Roasted tomato, basil and Parmesan / Wild mushroom, thyme
& parmesan / Traditional quiche lorraine / Salmon with asparagus

Frittata (gluten free) **one size for 10 or 12 portions £29**

Spinach, feta & pine-nut / Green pea, mint & feta / Artichoke, courgette, cherry tomato & feta /
Roasted tomato, basil & mozzarella / Sweet potato, chili & goats cheese/ Chorizo, red pepper & parmesan

FOOD ALLERGIES AND INTOLLERENCES

Before ordering please speak to our staff about your requirements