

# Grove Park Deli

## Cold Mains Menu

### Poultry

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

### Meat

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

### Fish

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

### Vegetarian

Couscous & aubergine en crouete 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)  
Vegan pie filled with hummus, roasted sweet potato and Mediterranean vegetables  
Quinoa spice cakes w/tomato salsa & soy yoghurt dip (2)  
Tomato & garlic polenta topped with chargrilled Mediterranean vegetables & vegan pesto

See over for quiches and frittatas.....

## **Quiches**      **6 Or 10/12 portion**

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**

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**