

# The Deli.

INGATESTONE

EST. 2009

## Breakfasts & Brunch

<b>TOASTED SOURDOUGH (V)</b>	£3.5
With Netherend butter, homemade nut butter or jam	
<b>TOASTED TEACAKE (V)</b>	£3.5
With Netherend butter and jam	
<b>THE DELI HOMEMADE GRANOLA (VE)</b>	£6.5
With plant-based yoghurt and homemade berry compote	
<b>AÇAI BOWL (VE)</b>	£8.5
Strawberries, sliced banana, homemade nut butter, deli granola, chia seeds and coconut flakes	
<b>BRIOCHE FRENCH TOAST (V)</b>	£8
Served with cinnamon, maple syrup and homemade berry compote	
<i>Add fresh banana and blueberries</i>	+£2
<i>Add streaky bacon</i>	+£3
<b>STREAKY BACON OR SAUSAGE OR FRIED EGG SANDWICH</b>	£5
On thick cut white or granary bread	
<i>Add a cheeky fried egg</i>	£1
<b>BREAKFAST CLUB</b>	£7.5
Streaky bacon, sausage and fried egg on thick cut white or granary bread	

<b>ULTIMATE BREAKFAST CIABATTA</b>	£10
Streaky bacon, fried egg, smashed avocado, hashbrown, mature cheddar and sriracha mayo	
<b>THE DELI FULL BREAKFAST</b>	£14
Eggs your way, sausage, streaky bacon, field mushroom, thyme roasted plum tomato, baked beans, hashbrowns, toasted sourdough with Netherend butter	
<b>THE DELI VEGETARIAN BREAKFAST (V)</b>	£12
Eggs your way, field mushroom, thyme roasted plum tomato, avocado, hashbrowns, crispy kale, toasted sourdough with Netherend butter	
<i>Add halloumi</i>	+£3
<b>STEAK AND EGGS</b>	£14
Flash fried minute steak, two fried eggs, roast field mushrooms, chimichurri	
<b>OMELETTE</b>	£7
Choose two fillings: bacon, roasted peppers, mushroom, feta or mature cheddar	
<i>Add extra filling</i>	+£1

## Sides

<b>SKIN ON FRIES</b>	£4
<b>ROSEMARY &amp; SEA SALT FRIES</b>	£4
<b>TRUFFLE &amp; PARMESAN FRIES</b>	£6
<b>MIXED OLIVES</b>	£3

## On Sourdough

<b>DRESSED UP NUT BUTTER (V)</b>	£7
Homemade nut butter, sliced banana, blueberries, mint and local honey served on sourdough	
<b>EGGS YOUR WAY (V)</b>	£7
Served on sourdough toast	
<i>Add smoked salmon</i>	+£4
<i>Add streaky bacon</i>	+£3
<i>Add sausage</i>	+£3
<b>SMASHED AVO &amp; POACHED EGGS ON SOURDOUGH (V)</b>	£11
<i>Add smoked salmon</i>	+£4
<i>Add streaky bacon</i>	+£3
<i>Add sausage</i>	+£3
<b>AVOCADO A'LA DELI (V)</b>	£11
Smashed avocado, spiralised beets, crumbled feta, homemade dukkah, lemon and mint oil	
<b>GRILLED HALLOUMI ON SOURDOUGH (V)</b>	£11
Smashed avocado, with grilled halloumi, roasted peppers, rocket and homemade chimichurri	
<b>TRUFFLE MUSHROOMS (V)</b>	£12
Mushrooms in a truffle and parmesan cream sauce, served on sourdough with crispy kale	

## Bagels

ALL £7.5

**ADD DELI SALAD** +£3.5

### SALT BEEF

Salt beef, house kraut, pickles and mustard

### SMOKED SALMON

Maldon smoked salmon and cream cheese

### HALLOUMI (V)

Grilled halloumi, smashed avocado, roasted peppers, chilli jam and rocket

### VEGAN FRITTER (VE)

Spiced chickpea and sweetcorn fritter, smashed avocado, rocket and chilli jam

### PULLED PORK

Oak smoked pulled pork, homemade kimchi and deli slaw

## Sandwiches

Served on thick cut white or granary bread

<i>Add Deli Salad</i>	+ £3.5
<b>EGG MAYONNAISE</b>	£6
<b>TUNA MAYONNAISE</b>	£6
<b>MATURE CHEDDAR &amp; REAL ALE CHUTNEY</b>	£6.5
<b>SUFFOLK HAM</b>	£6.5
<b>ROAST CHICKEN</b>	£6.5
<b>CHICKEN &amp; HOMEMADE BASIL PESTO</b>	£7
<b>CORONATION CHICKEN</b>	£7
<b>STREAKY BACON BLT</b>	£7
<b>SALT BEEF</b>	£7.5
Salt beef, house kraut, pickles, mustard	
<b>SMOKED SALMON &amp; CREAM CHEESE</b>	£7.5
<b>DELI CLUB</b>	£8
Chicken, ham, deli slaw, mature cheddar and real ale chutney	
<b>SCOTCH EGG CLUB</b>	£9
Scotch Egg, mature cheddar, real ale chutney and deli slaw	

## Salads

<b>THE SUPERFOOD SALAD</b>	£12.5
Rocket, red quinoa, spiralised beets, half avocado and lime, roasted peppers, edamame and homemade dukkah	

Served with either:

Maldon Smoked Salmon  
Grilled Halloumi  
Spiced chickpea and sweetcorn fritter  
Roast chicken

<b>THE DELI SALAD</b>	£9.5
Mixed leaves, deli slaw and two deli salads, served with your choice of the following:	

- Topping from the Deli Counter £7.5
- Scotch Egg (Classic, Vegetarian, Scrumpy)
- Sausage Roll
- Chickpea and Spinach 'Sausage' Roll
- Quiche (Half Quiche £7.5)

## Cakes

Please ask a member of the team for today's flavours

<b>LOAF CAKE</b>	£3.2
<b>SPONGE CAKE</b>	£3.6
<b>CHOCOLATE ORANGE OR CARAMEL BROWNIE (GF)</b>	£3.6
<b>BAKEWELL TART</b>	£3.6
<b>FLAPJACK (GF)</b>	£3.2
<b>LEMON POLENTA (GF)</b>	£3.6
<b>MANDARIN &amp; ALMOND (GF)(DF)</b>	£3.4
<b>HOMEMADE COOKIE</b>	£2
<b>SMARTIE SHORTBREAD COOKIE</b>	£2
<b>CANNOLI</b>	£1.2
<b>HOMEMADE SCONE</b>	£3.8
Clotted cream and Tiptree jam	

## Coffees

Our own house blend of beans, roasted in small batches locally in Harlow

<b>AMERICANO</b>	£3.2
<b>LATTE</b>	£3.4
<b>CAPPUCCINO</b>	£3.4
<b>FLAT WHITE</b>	£3.2
<b>MACCHIATO</b>	£3.2
<b>DOUBLE ESPRESSO</b>	£2.8
<b>MOCHA</b>	£3.6
<b>CHAI LATTE</b>	£3.6
<b>HOT CHOCOLATE</b>	£3.4

*Add hazelnut, vanilla, caramel or pistachio syrup*

+ 40p

## Teas

ALL £3

<b>ENGLISH BREAKFAST TEA</b>
<b>SAPPHIRE EARL GREY</b>
<b>EGYPTIAN MINT</b>
<b>WILD ENCOUNTER FRUIT TEA</b>
<b>CITRUS CHAMOMILE</b>
<b>DECAFFEINATED CEYLON</b>
<b>DRAGONWELL GREEN</b>
<b>JASMINE GREEN</b>
<b>WHITE PEAR &amp; GINGER</b>

Alcoholic drinks available. Please ask a member of our team for our drinks menu

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HOMEMADE  
AT OUR FARM  
KITCHENS  
IN WEST  
HANNINGFIELD

*The Peli*

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