

The Deli

INGATESTONE

EST. 2009

Take away
Menu

THEDELI.CO.UK

Breakfasts & Brunch

TOASTED SOURDOUGH (V) £3.5

With Netherend butter, homemade nut butter or jam

TOASTED TEACAKE (V) £3.5

With Netherend butter and jam

THE DELI HOMEMADE GRANOLA (VE) £6.5

With plant-based yoghurt and homemade berry compote

AÇAI BOWL (VE) £8.5

Strawberries, sliced banana, homemade nut butter, deli granola, chia seeds and coconut flakes

BRIOCHE FRENCH TOAST (V) £8

Served with cinnamon, maple syrup and homemade berry compote

Add fresh banana and blueberries +£2

Add streaky bacon +£3

STREAKY BACON OR SAUSAGE OR FRIED EGG SANDWICH £5

On thick cut white or granary bread

Add a cheeky fried egg £1

BREAKFAST CLUB £7.5

Streaky bacon, sausage and fried egg on thick cut white or granary bread

ULTIMATE BREAKFAST CIABATTA £10

Streaky bacon, fried egg, smashed avocado, hashbrown, mature cheddar and sriracha mayo

THE DELI FULL BREAKFAST £14

Eggs your way, sausage, streaky bacon, field mushroom, thyme roasted plum tomato, baked beans, hashbrowns, toasted sourdough with Netherend butter

THE DELI VEGETARIAN BREAKFAST (V) £12

Eggs your way, field mushroom, thyme roasted plum tomato, avocado, hashbrowns, crispy kale, toasted sourdough with Netherend butter
Add halloumi +£3

STEAK AND EGGS £14

Flash fried minute steak, two fried eggs, roast field mushrooms, chimichurri

OMELETTE £7

Choose two fillings: bacon, roasted peppers, mushroom, feta or mature cheddar
Add extra filling +£1

On Sourdough

DRESSED UP NUT BUTTER (V) £7

Homemade nut butter, sliced banana, blueberries, mint and local honey served on sourdough

EGGS YOUR WAY (V) £7

Served on sourdough toast

Add smoked salmon +£4

Add streaky bacon +£3

Add sausage +£3

SMASHED AVO & POACHED EGGS ON SOURDOUGH (V) £11

Add smoked salmon +£4

Add streaky bacon +£3

Add sausage +£3

AVOCADO A'LA DELI (V) £11

Smashed avocado, spiralsised beets, crumbled feta, homemade dukkah, lemon and mint oil

GRILLED HALLOUMI ON SOURDOUGH (V) £11

Smashed avocado, with grilled halloumi, roasted peppers, rocket and homemade chimichurri

TRUFFLE MUSHROOMS (V) £12

Mushrooms in a truffle and parmesan cream sauce, served on sourdough with crispy kale

ALL
£7

Bagels

SALT BEEF

Salt beef, house kraut, pickles, 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

SALT BEEF

£6

Salt beef, house kraut, pickles, mustard

SMOKED SALMON & CREAM CHEESE

£6

DELI CLUB

£6.5

Chicken, ham, deli slaw, mature cheddar and real ale chutney

SCOTCH EGG CLUB

£7.5

Scotch Egg, mature cheddar, real ale chutney and deli slaw

Salads

THE SUPERFOOD SALAD

£12.5

Rocket, red quinoa, spiralised beets, half avocado & lime, roasted peppers, edamame and homemade dukkah

Served with either:

Maldon Smoked Salmon

Grilled Halloumi

Spiced chickpea & sweetcorn fritter

Roast chicken

THE DELI SALAD

£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)

Sandwiches

Served on thick cut white or granary bread

EGG MAYONNAISE

£5

TUNA MAYONNAISE

£5

MATURE CHEDDAR & REAL ALE CHUTNEY

£5.5

SUFFOLK HAM

£5.5

ROAST CHICKEN

£5.5

CHICKEN & HOMEMADE BASIL PESTO

£5.75

CORONATION CHICKEN

£5.75

STREAKY BACON BLT

£5.75

Sides

SKIN ON FRIES £4

ROSEMARY & SEA
SALT FRIES £4

TRUFFLE & PARMESAN
FRIES £6

MIXED OLIVES £3

Cakes

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



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

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Coffees

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

	SMALL	MEDIUM	LARGE
AMERICANO	£3	£3.2	£3.4
LATTE	£3.2	£3.4	£3.6
CAPPUCCINO	£3.2	£3.4	£3.6
FLAT WHITE	£3.2		
MACCHIATO	£3.2		
DOUBLE ESPRESSO	£2.8		
MOCHA	£3.6	£3.8	£4
CHAI LATTE	£3.4	£3.6	£3.8
HOT CHOCOLATE	£3.4	£3.6	£3.8
BABYCCINO			£1.5
PUPPUCCINO WITH CREAM			£1.75

Add hazelnut, vanilla, caramel or pistachio syrup

+ 40p

Teas

SMALL £2.8 | MEDIUM £3 | LARGE £3.2

- ENGLISH BREAKFAST TEA
- SAPPHIRE EARL GREY
- EGYPTIAN MINT
- WILD ENCOUNTER FRUIT TEA
- CITRUS CHAMOMILE
- DECAFFEINATED CEYLON
- DRAGONWELL GREEN
- JASMINE GREEN
- WHITE PEAR & GINGER