

## Power Salads

large

### 48. RAW POWER ..... 10,50 €

Crunchy kale, apple, beetroot & avocado, courgette, sunflower & chia seed.

Dusted with "Macca soma mix", dressed with maple syrup & ginger tamari **VV GF**

### 49. PROTEIN POWER ..... 10,50 €

Roasted chickpea & vegetables with wild rocket pineapple summer salsa, herb dressing **VV GF**

### 50. ABUNDANCE OF HEALTH ..... 10,50 €

Zattar, roasted cauliflower & chia seed, vegetable quinoa, beetroot & pomegranate

with a citrus tahini dressing **VV GF N**

### 51. WAVES OF JOY ..... 10,50 €

Crisp baby gem cups filled with courgette spaghetti, black olive & mint. Bruschetta of smashed avocado, hummus, house salsa. Dressed with lemon & thyme dressing, topped with feta cheese **V**

## Jockey's Whips (Chips)

### 62. FRENCH FRIES ..... 2,00 €

Bucket of seasoned fries (frozen product)

### 63. CHUNKY CHIPS ..... 2,50 €

Bucket of hand cut, skins on chips, seasoned with kosher salt

### 64. FIRE BUCKET ..... 4,00 €

Hand cut, skin on chips, smothered in cheese, jalapeño peppers & diced chorizo sausages

### 65. PORKY BUCKET ..... 4,00 €

Hand cut, skin on chips, smothered with BBQ Pulled Pork

### 66. CHEESY BUCKET ..... 3,50 €

Hand cut, skins on chips, with mature cheddar cheese

### 67. SWEET POTATO FRIES (frozen product) ..... 3,00 €

with kosher salt

### EXTRA DIPS & SAUCES ..... 1,50 €

"Chippy" Curry Sauce, Melted Cheese, Beef Gravy, Tzatziki, Mojo Mayonnaise,

Curry Ketchup, Siriracha (Hot) Sauce, Sweet Chilli Sauce, Hummus, Citrus Tahini

### BREAD & BUTTER ..... 1,00 €

Tel. (0034) 693 594 161

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Port Petit 319, Cala Llonga, Cala d'Or, 07660

# Waves Deli Sandwich bar

take away

## Brunch

### 1. BIRCHER MUESLI ..... 4,50 €

A healthy breakfast to start the day! We soak the oats in Almond Milk, add smashed Bananas,

Vanilla and Cinnamon, served with fresh fruit, nuts and seeds. Full of nourishment and goodness! **V**

### 2. GRANOLA ..... 4,50 €

Toasted nuts and grains, fresh fruit, coconut, soya yoghurt **V**

### 3. AVOCADO & SMOKED SALMON ..... 5,50 €

Smashed avocado, strips of smoked salmon, scrambled eggs, served on a toasted open brioche bun

### 4. FRENCH TOAST ..... 4,50 €

With a twist! Cinnamon buttered sliced brioche, pan fried, fresh berries & creme fraiche **V**

### 5. PANCAKES ..... 4,50 €

Three pancakes, mixed berries & fresh fruit, creme fraiche. Add crispy streaky bacon 1,50 € **V**

### 6. AMERICAN BRUNCH ..... 6,00 €

Two pancakes, scrambled eggs, streaky bacon, maple syrup on the side

### 7. WAVES BREAKFAST BURGER ..... 6,00 €

Slice of grilled back bacon, homemade sausage patty, fried egg, cheese slice, served on a brioche bun

### 8. TOASTED CRUMPETS or BUTTERED TOAST ..... 3,00 €

Choose either, 2 toasted crumpets with butter, or 2 slices of buttered toast, served with Strawberry jam or Nutella **V**

### 9. BREAKFAST SALAD ..... 6,00 €

Lightly steamed broccoli, edamame beans, nuts, rocket and two poached eggs

## Toasted Sandwiches

On whole meal or white sliced bread

### 14. GRILLED BACK BACON ..... 4,00 €

Four slices of grilled back bacon on buttered toast

### 15. SAUSAGE PATTY ..... 4,00 €

Two homemade sausage patties on buttered toast

### 16. EGGS ..... 4,00 €

Two fried, poached or scrambled eggs on buttered toast

- 17. CLASSIC B.L.T** ..... 5,00 €  
Four slices of grilled back bacon, sliced vine tomatoes, baby gem lettuce, mayonnaise, buttered toast
- 18. WAVES CLUB** ..... 6,00 €  
Three slices of toast, filled with two slices of grilled back bacon, grilled butterfly chicken breast, vine tomatoes, baby gem lettuce and "Mojo" mayonnaise
- 19. BBQ PULLED PORK & CHEESE MELT** ..... 5,00 €  
Shredded shoulder of Pork, BBQ Sauce, grated cheddar cheese, finished on plancha
- 20. HONEY GLAZED HAM & CHEESE MELT** ..... 5,00 €  
In house roasted ham, cheddar cheese, finished on the plancha
- 21. BRIE & RED ONION** ..... 5,00 €  
Slices of Brie, red onion chutney, finished on the plancha **V**
- 22. TUNA & CHEESE MELT** ..... 5,00 €  
Flakes tuna, cheddar cheese, finished on the plancha
- 23. CHEESE & TOMATO** ..... 4,50 €  
Grated cheddar cheese, sliced vine tomato, finished on the plancha **V**

## Gourmet Sandwiches

Served with "Mojo"

- 24. SALT N PEPPER BEEF BRISKET** ..... 7,00 €  
Wafer thin smoked beef, sliced dill pickle, Dijon mustard mayo, mixed salad on whole meal bread
- 25. SEASONED CHICKEN WRAP** ..... 6,00 €  
Chicken breast strips, coated in our own rub, pan fried, served with "Mojo" mayo, hot'n' sweet, baby gem lettuce, wrapped in a flour tortilla
- 26. HOG ROAST BAGUETTE** ..... 6,00 €  
Slices of slow cooked pork shoulder, sage & onion seasoning, apple sauce on baguette
- 27. SMOKED SALMON WRAP** ..... 7,00 €  
Seasoned salmon, sliced dill pickle, lemon & thyme dressing with cream cheese
- 28. PLOUGHMANS** ..... 5,00 €  
Trio of cheeses, spring onion, mayo & fresh apple slices, bread of your choice **V**
- 29. PHILLY CHEESE STEAK** ..... 6,00 €  
Marinated strips of rump steak, pan fried with red onion, melted Gouda cheese, served with USA Frenchys mustard on a baguette
- 30. CHICKEN & CHORIZO** ..... 6,00 €  
Grilled chicken & chorizo, smashed avocado, mixed salad, Siriacha (hot) mayo, bread of your choice
- 31. NORWEGIAN PRAWNS** ..... 6,50 €  
Norwegian prawns with sliced pickled gherkin, baby gem lettuce, hot Siriacha sauce, or sweet chilli sauce,
- 32. GRILLED HALLOUMI** ..... 6,50 €  
Toasted halloumi cheese, vine tomato, baby gem lettuce, onion, tzatziki sauce on a baguette with fruit infused balsamic glaze **V**

- 33. FALAFEL & HUMMUS** ..... 6,00 €  
Chick pea seasoned patty, lemon & rapeseed hummus, vine tomato, rocket leaf, served on whole meal bread **V N VG**
- 34. HONEY ROAST HAM & BRIE** ..... 5,00 €  
Sliced ham & Brie cheese, red onion chutney, Dijon mustard, mixed salad, bread of your choice

## Salads

- |  | small | large  |
|--|-------|--------|
| <b>35. HOUSE SALAD</b> ..... 4,00 €  |       | 6,00 € |
| Chopped tomatoes, cucumber, red onion, mixed peppers, rocket leaf and baby gem lettuce, served with house dressing             |       |        |
| <b>36. GREEK SALAD</b> ..... 5,00 €  |       | 7,50 € |
| Feta cheese, olives, chopped tomato, cucumber, red onion, mixed peppers with a lemon & oregano dressing <b>V</b>               |       |        |
| <b>37. TUNA SALAD</b> ..... 5,00 €   |       | 7,50 € |
| Flaked tuna, chopped tomatoes, baby gem lettuce, red onion, black olives, grated boiled egg, lemon & thyme dressing            |       |        |
| <b>38. HALLOUMI &amp; WATERMELON</b> ..... 5,50 €  |       | 8,00 € |
| Grilled Cypriot cheese, chunks of watermelon, vine tomatoes, rocket leaf, balsamic glaze <b>V</b>                              |       |        |
| <b>39. QUINOA TABBOULEH</b> ..... 4,00 €   |       | 7,00 € |
| Full of protein and gluten free! Quinoa, fresh mint, parsley, spring onion, diced cucumber, toasted pine nuts <b>V N VG SG</b> |       |        |
| <b>40. COUS COUS</b> ..... 4,00 €  |       | 7,00 € |
| Rocket leaf, diced red onion, tomato, cucumber, mixed peppers, classic French dressing <b>V</b>                                |       |        |
| <b>41. CAESAR</b> ..... 5,50 €   |       | 8,00 € |
| Seasoned chicken, baby gem lettuce and rocket leaf, crispy bacon, croutons, Parmesan shavings, Caesar dressing                 |       |        |
| <b>42. PASTA CARBONARA</b> ..... 6,00 €  |       | 8,50 € |
| Crispy bacon, chicken strips, creme fraiche, black pepper, Dijon mustard, Parmesan shavings                                    |       |        |
| <b>43. PASTA PESTO CHICKEN</b> ..... 6,00 €  |       | 8,50 € |
| Chicken strips, basil, toasted pine nuts, Parmesan, parsley, olive oil   |       |        |
| <b>44. PASTA PRAWNS &amp; SMOKED SALMON</b> ..... 6,50 €   |       | 9,00 € |
| Mandarin segments, croutons, chopped tomato, cucumber, onion, rocket leaf, herbed dressing                                     |       |        |
| <b>45. WATERMELON &amp; FETA PASTA</b> ..... 6,00 €  |       | 8,50 € |
| Tossed with fresh mint, pasta and fruity balsamic glaze <b>V</b>   |       |        |
| <b>46. FALAFEL &amp; AVOCADO PASTA</b> ..... 5,50 €  |       | 8,00 € |
| Diced tomato. Red onion, cucumber, rocket leaf, herb oil dressing <b>V VG</b>  |       |        |
| <b>47. COURGETTI PESTO PASTA</b> ..... 6,00 €  |       | 8,50 € |
| Spiralised courgettes, chopped tomato, roasted cauli-flower, basil pesto, toasted pine nuts, pomegranate <b>V N VG</b>         |       |        |