

# Waves Deli Sandwich bar

take away

## Brunch

<b>FRESHLY BAKED CROISSANTS</b> .....	<b>2,00 €</b>
<b>PAN AU CHOCOLATE</b> .....	<b>2,00 €</b>
<b>1. BIRCHER MUESLI</b> .....	<b>5,50 €</b>
A great way to start your day Soaked Oats in Almond and Coconut Milk, Mashed Banana, Mixed Berries with Sunflower and Chai Seed <b>V VG</b>	
<b>2. ORANGE &amp; BLOSSOM</b> .....	<b>6,00 €</b>
Cardamom Chai Seed Pudding in a Creamy Coconut Vanilla Glaze, drizzled with Maple Syrup and Fruit Compote <b>V VG GLUTEN FREE</b>	
<b>3. TOASTED GRANOLA</b> .....	<b>5,50 €</b>
Soya and Coconut Yoghurt topped with Mixed Berries and Sunflower Chai Seed Mix <b>V VG</b>	
<b>6. PANCAKES</b> .....	<b>5,50 €</b>
3 Pancakes served with Berries, Vanilla and Coconut drizzle. Choice of Maple Syrup or Chocolate Sauce. * Add Crispy Streaky Bacon 2,00 € or Banana 2,00 €	
<b>7. TOASTED CRUMPETS or ENGLISH MUFFIN</b> .....	<b>3,00 €</b>
Served with Butter and Jam	
<b>7. B. TOAST</b> 2 slices of White or Whole Meal Toast with Butter and Jam .....	<b>2,00 €</b>
<b>8. AVOCADO &amp; SMOKED SALMON</b> .....	<b>7,50 €</b>
Smashed Avocado and Scrambled Eggs, topped with Smoked Salmon on a Toasted open Brioche Bun	
<b>19. BACON SANDWICH</b> .....	<b>4,50 €</b>
3 Slices of Grilled Back Bacon on buttered white or whole meal bread	
<b>20. SAUSAGE SANDWICH</b> .....	<b>5,00 €</b>
House recipe Artisan sausages on a buttered white or whole meal bread	
<b>21. CLASSIC B.L.T</b> 3 Slices of grilled Back bacon, .....	<b>6,50 €</b>
Sliced Vine Tomatoes, Romana Lettuce, Mayonnaise on white or whole meal bread	
<b>22. VEG L.T</b> Griddled Veggie Sausages, .....	<b>6,00 €</b>
Sliced Vine Tomatoes, Romana Lettuce, Mayonnaise on white or whole meal bread <b>V</b>	
<b>23. HALLOUMI L.T</b> Pan fried Halloumi, .....	<b>7,00 €</b>
Sliced Vine Tomatoes, Romana Lettuce, Mayonnaise on white or whole meal bread <b>V</b>	

## Toasties Wraps & Baguettes

All served on either White or Whole Meal Bread

<b>24. HAM &amp; CHEESE TOASTY</b> .....	<b>5,50 €</b>
Maple Glazed Ham, Cheddar Cheese Toasty, served with House Slaw & Gluten Free Crisps	
<b>24. B. HAM or CHEESE SALAD SANDWICH</b> .....	<b>5,50 €</b>
Choose Maple Glazed Hamm or Cheddar Cheese with fresh Salad and House Slaw & Gluten Free Crisps	
<b>25. TUNA &amp; CHEESE MELT TOASTY</b> .....	<b>5,50 €</b>
Flaked Tuna with Cheddar Cheese, served with House Slaw & Gluten Free Crisps	
<b>26. CHEESE &amp; TOMATO TOASTY</b> .....	<b>5,50 €</b>
Cheddar Cheese and Vine Tomatoes, served with House Slaw & Gluten Free Crisps	
<b>27. LEMON THYME CHICKEN WRAP</b> .....	<b>7,50 €</b>
Roasted Vegetable Red Pepper Jam, served with House Slaw & Gluten Free Crisps	
<b>28. SMOKED SALMON WRAP</b> .....	<b>8,00 €</b>
Herb Cream Cheese and Mixed Leaf, served with House Slaw & Gluten Free Crisps	
<b>29. FALAFEL WRAP</b> Hemp Protein Falafel Wrap with healthy homemade Falafels, . . .	<b>7,00 €</b>
Roasted Vegetables, Hummus, Citrus Tahini, with House Slaw & Gluten Free Crisps <b>V N VG</b>	
<b>30. PLOUGHMANS BAGUETTE</b> Grated Cheddar Cheese with Spring Onion . . . .	<b>6,50 €</b>
Mayonnaise, Fresh Apple, Baguette with Mustard Seed Piccally, with House Slaw & Gluten Free Crisps <b>V</b>	
<b>31. ROAST PORK &amp; APPLE BAGUETTE</b> Roasted Pork, Sage .....	<b>7,50 €</b>
& Onion, Stuffing Apple Sauce, served on a Baguette, served with House Slaw & Gluten Free Crisps	
<b>32. WAVES CHICKEN &amp; BACON BAGUETTE</b> Grilled Chicken, .....	<b>7,50 €</b>
Back Bacon, Sliced Vine Tomatoes, Mixed Leaf, Mayonnaise, with House Slaw & Gluten Free Crisps	
<b>33. STEAK &amp; ONION BAGUETTE</b> Pan Fried Sirloin Steak with .....	<b>8,50 €</b>
Caramelised Onions on a Baguette with Horseradish Cream, with House Slaw & Gluten Free Crisps	
<b>34. CHICKEN &amp; CHORIZO BAGUETTE</b> Grilled Chicken & Chorizo, .....	<b>7,00 €</b>
Smashed Avocado on a Baguette, served with House Slaw & Gluten Free Crisps	
<b>35. GRILLED HALLOUMI BAGUETTE</b> Halloumi, Mixed Leaf, .....	<b>7,50 €</b>
Vine Tomatoes, on a Baguette with Tzatziki Sauce, served with House Slaw & Gluten Free Crisps <b>V</b>	

## Salads

small large

<b>36. HOUSE SALAD</b> Organic Mixed Leaf, Vine Tomatoes, Red Onion, Mixed Peppers, Cucumber, House Dressing <b>V N VG GLUTEN FREE</b>	<b>5,50 €</b>	<b>6,50 €</b>
<b>36. B. CHICKEN SALAD</b> Sliced Grilled Chicken Breast, Organic Mixed Leaf, Vine Tomatoes, Red Onion, Mixed Peppers, Cucumber, House Dressing <b>GLUTEN FREE</b>	<b>6,00 €</b>	<b>8,00 €</b>
<b>37. CHICKEN CAESAR SALAD</b> Sliced Grilled Breast, Crispy bacon, Romana Lettuce, Herb Croutons, Parmesan Cheese, drizzled with Classic Caesar Dressing	<b>6,50 €</b>	<b>8,50 €</b>
<b>38. GREEK SALAD</b> Organic Mixed Leaf Salad, Feta Cheese, Olives, Vine Tomatoes, Cucumber, Red Onion, Mixed Peppers, Oregano, Tzatziki Sauce <b>V</b>	<b>6,00 €</b>	<b>8,00 €</b>
<b>39. HALLOUMI &amp; WATERMELON SALAD</b> Grilled Halloumi, Sliced Fresh Watermelon served on a House Salad with a Balsamic Glaze <b>V GLUTEN FREE</b>		<b>9,00 €</b>
<b>40. TUNA NICOISE SALAD</b> Seared Lemon Pepper Tuna Steak, Boiled Egg, Olives, Potatoes, Greens, Mixed Salad with a Lemon & Herb Dressing <b>GLUTEN FREE</b>		<b>12,95 €</b>
<b>41. GOATS CHEESE &amp; BEETROOT SALAD</b> On a Candied Walnut Salad, with Bee Pollen, and a Apple Cider Vinegar & Thyme Dressing <b>VG</b>		<b>13,95 €</b>
<b>42. HEMP PROTEIN FALAFELS</b> Zattar Roasted Vegetable Quinoa Salad, Smashed Avocado, Chai Seed with a Citrus Tahini Dressing <b>VG GLUTEN FREE</b>		<b>12,50 €</b>
<b>43. ROSE HARRISA SALMON SUPREME.</b> With Spiced Chickpea Quinoa Salad, Roasted Pepper and Tomato Moroccan Dressing <b>GLUTEN FREE</b>		<b>13,50 €</b>
<b>44. BLACK PUDDINGS SCOTCH EGG</b> On a Warm Potato and Crispy Bacon Salad with Mustard Seed Piccally		<b>13,95 €</b>

## Burgers & Classics

<b>45. CLASSIC BURGER</b> 4oz Homemade Beef Burger, Red Onion, Lettuce, Tomato and Burger Relish in a Brioche Bun * Add CHEESE 1,00 € BACON 2,00 € CHORIZO & RED ONION 2,50 €	<b>6,00 €</b>
<b>46. WAVES BURGER</b> Two x 4oz Homemade Beef Burger, Crispy Bacon, melted Cheese, Red Onion, Lettuce, Tomato and Burger Relish, in a Brioche Bun, Topped with Onion Rings	<b>11,00 €</b>
<b>47. CHICKEN BURGER</b> Salt & Pepper Crispy Chicken Breast Burger with Tomato, Red Onion, Lettuce and Red Pepper Jam served in a Brioche Bun	<b>8,00 €</b>
<b>48. FISH BURGER</b> Beer Battered Cod Fillet with Tomato, Red Onion, Lettuce and Tartar Sauce	<b>7,50 €</b>
<b>49. HEMP PROTEIN FALAFEL BURGER.</b> Served with Tomato, Hummus, Red Onion and Lettuce in a Brioche Bun * Add HALLOUMI 3,00 €	<b>7,50 €</b>
<b>50. LITE BITE LOW CARB BURGER</b> Grilled Beef Kofta on a Zattar Flat Bread, Mint and Fat Free Yogurt Sauce. Lemon and Herb Salad Total Calories 520	<b>7,50 €</b>
<b>52. FISH &amp; CHIPS</b> In house Beer Battered Cod Fillet, Chunky Chips with Skins, Mushy Peas and Tartar Sauce with Fresh Lemon	<b>12,50 €</b>

## Chips

<b>54. SKIN ON FRENCH FRIES</b> .....	<b>2,50 €</b>
<b>55. CHUNKY CHIPS</b> Homemade Skin on Chunky Chips .....	<b>3,00 €</b>
<b>56. SWEET POTATO FRIES</b> * Add CHEESE 1,00 € CHORIZO, RED ONION, CHEESE & HOT SAUCE 2,50 € BACON, BBQ SAUCE & CHEESE 2,00 €	<b>3,00 €</b>
<b>57. FIRE BUCKET</b> Homemade Skin on Fries Smothered with Cheese, Chilli and Chorizo 5,00 €	<b>4,00 €</b>
<b>58. BREAD &amp; BUTTER</b> 2 Slices of either White or Whole Meal Bread .....	<b>2,00 €</b>

## Dips

„CHIPPY“ CURRY SAUCE	RED PEPPER JAM	BEEF GRAVY	TZATZIKI
SIRACHIA HOT SAUCE	SWEET CHILLI SAUCE	HUMMUS	CITRUS TAHINI

<b>FULL MARINATED 'IN HOUSE' ROASTED WHOLE CHICKEN</b> . . . .	<b>9,00 €</b>
With large House Salad, 2 large Fries and 1 Baguette . . . . .	<b>20,00 €</b>
Perfect for sharing!	