

## Hot Drinks

	Regular	Large
Black coffee / Americano	£2.00	£2.30
Cappuccino or Latte	£2.30	£2.70
Mocha	£2.40	£2.80
Espresso, Macchiato	£1.50	£1.70
Flat white	£2.00	
Extra shot of espresso	free	
Flavoured coffee – per shot	£0.35	
Hot chocolate and marshmallows	£2.40	
Deluxe hot chocolate – marshmallows, cream and flake	£2.95	
Spiced Chai tea latte	£2.20	£2.60
Tea – Yorkshire, Herbal, Fruit or Speciality		£1.80

## Kids menu

Perfect for under 7s

### Daily Bake

Tasty teatime hot dish	£3.00
Cheesy beans on toast	£2.40
Sliced cheese and ham toastie	£2.40
Warm wrap – Nutella, marshmallow and banana	£2.40
Baked potato – half baked potato with beans, cheese or tuna sweetcorn	£2.40
Nibble plate – salami, ham, houmous, rice cakes, olives, cherry tomato	£2.40
Sausage roll – Voakes sausage roll with baked beans	£2.40

### Drinks

Apple juice, orange juice or milk	90p
Hot chocolate with whipped cream and mini mallows	£1.50
Babycino with mini mallows	60p

from  
£2.40

All served  
with red  
pepper and  
cucumber

# deli menu



at indulge our philosophy is to deliver  
what you want, when you want it to the  
highest standard, we are truly  
passionate about freshly prepared  
food and drink, and are as flexible as you are creative,  
so you name it - we'll do it!

## Need outside catering?

Come and visit us online...

[www.indulgedelibar.co.uk](http://www.indulgedelibar.co.uk)

**indulge**  
DELI BAR

## Nibbles Board

Salami, olives, houmous, warm focaccia bread

£4.00

Try our new  
Nibbles  
Board

## Salads and Healthy Plates

Beetroot Nicoise – Baby Gem, edamame beans, cherry tomatoes, boiled egg, olives, croutons and Dijon dressing ♥ V *less than 400 calories* £4.95

Smoked salmon, tuna mayo, sweetcorn, boiled egg, avocado and gherkin ♥ £6.50

Chicken Caesar salad, cherry tomato, mixed seeds, crouton £5.50

Asian Chicken salad – cucumber, carrot, onion, edamame beans, mint, coriander, chilli and dressing ♥ *less than 300 calories* £5.75

Roast sweet potato, feta, tomato, olives, peppers, red onion and mint ♥ V £5.75

Grilled haloumi, chorizo, beetroot, tomato and rocket £5.75  
Add chicken for £1.00

Warm salad of black pudding, goats cheese, roast tomato, honey and mixed seeds £5.50

Mexican chicken salad, crème fraiche, avocado, edamame beans and Dorito croutons £5.75

## Sandwiches

*Granary roll, ciabatta, large white roll, sliced multiseed, gluten free*

Free range egg mayonnaise, rocket, mixed leaf V £3.20

Tuna mayo, sweetcorn, cucumber, mixed leaf £3.50

Mature cheddar, mixed salad, caramelised onion chutney V £3.20

Roast chicken breast, avocado mayo, mixed leaf £3.50

Yorkshire ham, vine tomato, smoked cheese £3.50

Hot braised BBQ pork, coleslaw, mature cheddar £3.50

Chicken breast, hummus, rocket, chilli jam £3.50

Indulge Club Samie £4.50

*Toasted triple decker on sliced multiseed – not for the faint hearted!*

Chicken, bacon, mature cheddar, vine tomato, mustard mayo

## Wraps

Chicken Caesar £3.70

Mexican chicken with guacamole, crème fraiche, cheddar and salsa £3.70

Sweet potato, houmous, feta, edamame beans, spinach, tomato, pepper and mixed seeds ♥ V £4.00

Mint yoghurt chicken, onion bhaji, mixed leaf and cucumber £4.00

## Toasted Panini

Meat Feast ciabatta – braised pork, chicken, bacon, chorizo, vine tomato, cheddar, bbq sauce £4.50

Bacon, brie, mushroom and spinach focaccia £4.20

Tuna mayo, smoked cheese and onion chutney £4.20

Salami, goats cheese, rocket and roast tomatoes £4.20

'Meatferno' – spicy chicken, chorizo, cheddar £4.20

Cumberland sausage, onion chutney and Dijon mustard melt £4.20

Add a house salad to any order £1.80

Mixed leaf, cherry and roast tomato, cucumber, pepper, olives and edamame beans

Add a cup of soup to any order £1.60

Add a  
cup of soup  
to any order for  
£1.60

Add a  
house salad  
to any order for  
£1.80

Please order  
at the counter  
and we will  
serve your food  
and drink to  
your table

## Bagels

Plain, seeded or cheese and jalapeno

Spicy chicken, chorizo and cheddar £3.80

Open smoked salmon, cream cheese, rocket and sweet chilli £4.50

'New Yorker' – pastrami, gherkin, beetroot and American mustard £4.00

Goats cheese, vine tomato, pesto and honey V £3.80

## Baked Potatoes

Add a house salad to any order £1.80

Mint yoghurt chicken, spinach, cucumber £3.90

Tuna mayo, sweetcorn, rocket £3.90

Mexican chicken, guacamole, cheddar, salsa, crème fraiche £3.90

Brie, smoked cheddar, bacon, red onion £3.90

Baked beans, mature cheddar, coleslaw V £3.90

Smoked salmon, tuna mayo, sweetcorn, beetroot, avocado £4.50

## Wholesome Homemade Soup

Homemade soup with warm focaccia £3.40

Add a cup to any sandwich £1.60

## Nutritious and delicious Smoothies and Juice

Freshly squeezed orange juice £2.30

Mixed berry, banana and apple £2.80

Strawberry, banana and orange £2.80

Mango, banana, chilli, lime and pineapple £2.80

Passion fruit, strawberry, mango and pineapple £2.80

Frappé £2.60

## 'Supersmoothies' and Protein Shakes

Protein Shake – Chocolate, vanilla creme, mocha or strawberry £2.80

**Recovery** Chocolate protein powder, banana and coconut water £3.00

**Energise** Lychees, mango, coconut water £3.00

**Detox** Frozen banana, spinach, coconut water £3.00

**Cleanser** Melon, cucumber, lime, mint and green tea £3.00

## Ice Cream Shakes

Banana or strawberry £2.70

Chocolate chip cookie and caramel £2.60

Marshmallow and vanilla £2.60



Please  
also see the  
Breakfast  
Menu

Independent  
Sandwich Bar  
of the Year  
Runner up

British sandwich  
Association Sandwich  
Awards 2002  
Winner  
New Sandwich  
of the Year\*\*

♥ healthy option V vegetarian