

essentials

breakfast bowls

homemade granola	6.5
yogurt apple banana blueberries	
frozen açai bowl	9.5
banana wild berries maple coconut	
toast avocado	8.5
lime herbs sea salt spices	

breads

toast crushed avocado	8.5
herbs spices crunchy veggies	
lebanese naan	8.5
grilled veggies ratatouille hummus rocket	
naan coconut chicken	9.5
cole slaw sweet potato lettuce wasabi mayo	
naan sliced beef	9.5
cole slaw sweet potato rocket lemony yoghurt	
make your own naan	9.5
one main two sides one dip	

hot bowls

daily soup bowl	4.5 / 6.5
curry bowl	10.5
veggie ginger lemongrass curry w. vegetables, chickpeas & wild rice	
meat red thai chicken curry w. vegetables & wild rice	
pasta bowl	11.5
veggie cannelloni spinach ricotta w. basil oil	
meat lasagne w. pumpkin seeds	

EAT IN | TAKE OUT | STAY IN | EAT OUT

make your bowl 12.5

WORK / LIFE DELI



EAT IN | TAKE OUT | STAY IN | EAT OUT

1. choose one main

zucchini halloumi patty w. hummus

coconut chicken w. wasabi mayo

beef tagliata w. lemony yoghurt

1/2 avocado w. sesame

2. choose one grain

pearl couscous w. full spring herbs

3. choose three sides

green power wok w. sesame

sweet potato wedges w. turmeric

seasonal spiced ratatouille w. pumpkin seeds

eggplant dip

za'atar hummus

guacamole mash

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