



All day breakfast

7.95 Avocado Breakfast Bun

Brioche bun, avocado, halloumi, chilli flakes & poached eggs **236 Cal**

7.95 Bacon & Hash Egg Bun

Brioche bun, potato has, turkey bacon & poached eggs **387 Cal**

7.95 Salmon & Bacon Egg Toastie

Scrambled eggs, turkey bacon, salad & our special sauce **395 Cal**

10.95 Traditional with a Twist

Choice of egg, hash, turkey bacon, vegan sausage, mushroom, salsa & sour dough bread **435 Cal**

8.95 4 Egg Omelette - your way

Create your own omelette - includes + 3 ingredients of your choice **358 Cal**

Tapas + Sharing

7.95 Nachos

Low calorie baked nachos, cream cheese, salsa guacamole & melted cheese topping **375 Cal**

6.95 Smashed Potato Pesto

Smashed potato with skin, drizzled melted cheese, basil & pesto **183 Cal**

6.95 Grilled Halloumi with Honey Glaze

Grilled halloumi strips drizzled with honey **125 Cal**

8.95 Avocado Chaat

Smashed avocado, Chopped red onion, tomato, chick peas, tamarind sauce **107 Cal**

9.95 Eggs Royale

Poached eggs, english muffin, hollandaise sauce & smoked salmon **461 Cal**

9.95 Eggs Benedict

Poached eggs, english muffins, turkey Bacon & Hollandaise Sauce **388 Cal**

11.95 Turkish Eggs

Greek yogurt, poached Eggs, mint, chilli oil, pine nuts & sour dough **411 Cal**

11.95 Moroccan Shakshuka

Poached eggs, chickpeas, corriander, pepper, feta, red sauce & sour dough **374 Cal**

14.95 BRUNCH OFFER

Choose any dish in the Breakfast Section of this Menu. Includes bottomless coffee or tea, Juice and a glass of Alcohol Free Presecco.

Make Any Menu item low in Carbohydrate or Vegetarian

8.95 Tapas

Hummus, olives & grilled pitta **115 Cal**

7.95 Bang Cauli

Grilled cauliflower, onion, tangy sweet & sour sauce **96 Cal**

8.95 Thai Spring Rolls

6 Mini air baked Thai veg rolls & sweet chilli suace **124 Cal**

14.95 SPECIAL OFFER

Choose Any 3 Dishes from the Tapas + Sharing section of this Menu - with any 2 Mains ordered.

V Vegetarian **VG** Vegan **G** Gluten free

Allergies & Intolerances

Please speak to us about your allergies and intolerances or any health issues you may have before placing your order. In most cases we can accommodate your needs. Note: Food prepared may contain contaminants | Not all ingredients are listed | Calorie information is for guidance only and based on smallest portion size. For more nutrition information visits our website www.delishus.uk/nutrition



Healthy Curries

11.95 Masaman Thai

Thai curry, chilli garnish, coconut flakes & lime **401 Cal**

11.95 Thai Green

Thai curry, chilli, garnish, coconut flakes & lime **425 Cal**

11.95 Japanese Katsu

Scrambled eggs, turkey bacon, salad & our special sauce **316 Cal**

11.95 Burmese Khow Suey

Burmese coconut curry, noodles, chilli garnish, onion flakes, tangy tomato salsa **495 Cal**

* All Curries can be made Vegan or Vegetarian and to taste.

Bao Buns

Steamed Japanese traditional recipe Bao Buns onion mixed leaf tomato teriyako sause sesame seed

9.95 Spicy Mushroom **344 Cal**

10.95 Chicken **443 Cal**

11.95 Beef **490 Cal**

Make your own and add to any item

£1 | Any Veg Egg or Cheese
£2 | Vegan Chicken or Turkey Bacon
£2 | Chicken or Beef
£3 | Salmon or Tuna Steak



Poke

8.95 Vegetarian

Sushi rice, Teriyaki sauce, Chickpeas, strawberry, mango, seaweed, edamame, cucumber, carrot, chilli & sesame seeds **440 Cal**

11.95 Hawaiian

Grilled salmon, rice, teriyaki sauce, edamame, mango, seaweed, cucumber, chilli, shredded carrot, corn & sesame seed **499 Cal**

11.95 Spicy Tuna

Grilled spiced tuna, sushi rice, teriyaki sauce, chickpea, strawberry, seaweed, cucumber, shredded carrot, chilli & sesame seeds **339 Cal**

Ramen Noodles

Egg noodles, poached egg, spring onion, coriander carrot, bean sprout, chilli, edamame, pakchoi, stock

9.95 Spicy Mushroom **344 Cal**

10.95 Chicken **443 Cal**

11.95 Beef **490 Cal**



Mains

11.95 Stir Fried Noodles

Choose Chicken | Beef | Veggie, Egg / Udon Noodles Vegetables, Pak Choi **295 Cal**

14.95 Salmon Teriyaki with Mango

Grilled salmon, teriyaki glaze, sesame seeds with rice in a pot served with Mango Sauce **315 Cal**

14.95 Grilled Chicken Parmesan

Grilled chicken breast, tangy tomato sauce & melted low fat parmesan parsley served with Rice **315 Cal**

13.95 Wok Chicken Biryani

Chicken, traditional spiced rice tossed in a wok, served with egg & raita **367 Cal**

12.95 Truffle Mushroom Ravioli

Wild mushroom ravioli, shavings, pressed truffle oil with white sauce **499 Cal**

Wraps

10.95 Warm Chicken

Chicken, charred, broccoli, spinach, pesto, pine nuts, lemon & greek yoghurt, low gluten wrap **454 Cal**

9.95 Moroccan

Chicken, chickpea, roasted pepper, toasted almond, tahini & chilli, noion, low gluten wrap **346 Cal**

9.95 Chicken Shawarma

Shredded peppered chicken, onion, mint yogurt sauce, lemon, low gluten wrap **454 Cal**

9.95 Wild Spicy Bean

Three roasted bean, onions & cajun spice, roasted peppers, low gluten wrap **238 Cal**

Make your own and add extra to any item

£2 | Chicken or Beef



11.95 Aubegine Parmesan

Grilled aubegine, tangy tomato sauce with melted low fat parmesan topped with parsley **259 Cal**

11.95 Grilled Chicken Burger

Shredded Chicken breast, lettuce, caramelised onions monterey jack cheese with baked wedges, Sesame toasted Briche Bun, our special sauce **470 Cal**

12.95 Lean Beef Burger

Smashed lean beef pate (our recipe includes chickpea) lettuce, tomato, caramelised onions, honey mustard, monterey cheese with baked wedges, sesame toasted Briche Bun **499 Cal**

13.95 Fiery Cracker Chicken

Galazed chicken pieces in a tangy sauce, chilli, onion, mixed peppers, spring onion, coriander & rice **321 Cal**

11.95 Fajitas

Choose Chicken | Beef | Veggie - 5 mini tortillas sizzling peppers, onions, spring onion, guacamole & cream cheese, tangy salsa **469 Cal**

Pasta

13.95 Chicken Alfredo

Penne, Pasta, chicken, white sauce, mushroom, parsley peppers, low fat parmesan sprinkle **437 Cal**

11.95 Al Arrabiatta

Penne pasta, spicy spicy tomato sauce, peppers, basil & pesto, onion **362 Cal**

9.95 Penne al Salmone

Penne pasta, roasted sheared salmon, red onions, garden peas & low fat cream **497 Cal**

10.95 Bean Pasta Bake

Pasta pasta, mixed baked bean, bell peppers, onion & toppings **277 Cal**

We cater for **Coeliac and Diabetics**. Speak to us about how we can help **reduce Carbohydrates Gluten and Sugars in your food**

Deliciously Healthy Food

Delishus is a trendy chic healthy options restaurant. Designed for guilt-free eating and food connoisseurs.

All our items are **under 500 calories** and made using the *finest, fresh ingredients* especially prepared by our expert team of chefs who present tantalising tasty dishes.

Our **menu** is **designed** so that it is **low in calories, carbohydrates and sugars**. We **don't use refined or processed ingredients**.

More than forty percent of people suffer from food related disorders. If you suffer from **Diabetise or Coeliac** our food is designed to be **low in calorie, carbohydrates cutting out any preservatives or processed ingredients**

Desserts

- 11.95** **Cherry Blossom**
Low calorie chocolate mousse, oreo shavings & cherry sorbet
- 8.95** **Cheese Cake**
Lemon | Strawberry | Salted caramel | Mixed Berries
- 5.95** **Fruit Salad**
Choice of 5 fruits + Vegan low fat cream
- 7.95** **Chocolate Fudge Cake**
Warm chocolate fudge cake + choice of ice cream
- 8.95** **Black Forrest Mess**
Chocolate cake, whipped cream, forrest fruits & chocolate mousse
- 5.95** **Low Cal Ice Cream**
Vanilla | cookies & cream | triple chocolate | strawberries & cream | mint | salted caramel
- 5.95** **Fresh Fruit Sorbet**
Please ask a member of staff for our flavour list (x2 scoops)
- 9.95** **Low Fat Panacotta**
Please ask a member of staff for our flavour list (x2 scoops)

Low Cal Shakes

- 4.95** Strawberry | banana | blue bubble gum | chocoholic

Wines

- 3.95** 125ml glass - White wine | red wine | Rosé | Prosecco
- 15.95** 75cl bottle - White wine | red wine | Rosé | Prosecco

Drinks

- 1.80** Canned pop - diet coke | coke zero | 7UP sugar free
- 2.95** Bottled pop - diet coke | coke zero | 7UP sugar free
- 2.45** San pellegrino - grapefruit | lemon | blood orange | orange
- 4.25** Bottled water 300 cl - still | sparkling
- 1.00** Large glass bottled water - still | sparkling

Smoothies & Juices

- 5.95** **Strawberry Split**
Strawberries, bananas & apple
- 5.95** **Berry Go Round**
Strawberry, blackberry, raspberry & apple
- 5.95** **Avo Go-Go**
Mango, spinach, broccoli, avocado, coconut, ginger & apple
- 5.95** **Kale Kick**
Mango, spinach, kale & apple
- 5.95** **24 Carrot Gold**
Mandarin, sweet potato, carrot, turmeric & apple
- 5.95** **Fresh Juice**
Cranberry | pineapple | apple | orange

Matcha

- £5.95** **Rose Matcha**
Rose milk, chia seeds, matcha green tea & rose toppings
- £5.95** **Matcha Latte**
Choice of milk & matcha green tea
- £5.95** **Matcha Frappe**
Choice of milk, matcha green tea & ice

Tea's & Coffees

- 2.45** **Tea's**
English breakfast tea | earl grey tea | decaf tea | chamomile tea | peppermint tea | blackberry & raspberry tea
- Coffee's**
- 2.45** Espresso shot
- 2.95** Americano
- 2.45** Cappuccino | latte | flat white | mocha | hot chocolate
- 4.25** Iced salted caramel coffee | iced vanilla coffee | iced matcha latte
- 1.00** Extras syrup shot - ginger bread | hazelnut | vanilla | caramel

● Vegetarian **● Vegan** **● Gluten free** **حلال Halal**

Allergies + intolerances

If you have a food allergy, intolerance or sensitivity, please let your server know every time you visit, before you order. This may mean your order may take a little longer than normal to prepare, whilst we take every care to prevent cross contamination. Please note, we cannot guarantee that your dish will be free from allergenic ingredients, as dishes are prepared in areas where these ingredients are present.

Delishus