
SPARKLING & CHAMPAGNE

	G / B
dunes & greene split pick moscato <i>regional</i>	6.5/29
mortar & pestle brut <i>south australia</i>	6/25
redbank prosecco <i>king valley, vic</i>	38
louis bouillot nv perle d'ivoire	
blanc de blancs <i>burgundy, france</i>	11/55
pol roger brut non vintage <i>epernay, france</i>	99

WHITE WINE

chaffey bros co.	
not your grandma's riesling <i>south australia</i>	7.5/36
opawa marlborough sauvignon blanc <i>marlborough, nz</i>	9/40
mortar & pestle	
semillon sauvignon blanc <i>south australia</i>	6/25
la maschera pinot grigio. <i>limestone coast, sa</i>	37
yalumba organic chardonnay <i>south australia</i>	7/34
domain william fevre chabilis <i>chabils, france</i>	65

RED WINE

rogers & rufus grenache rosé <i>barossa valley, sa</i>	8/39
dalrymple pinot noir <i>pipers river, tas</i>	12/59
villacampa roble tempranillo <i>ribera del duero, spain</i>	44
mortar & pestle cabernet merlot <i>south australia</i>	6/25
yalumba the strapper	
grenache shiraz merlot <i>barossa, sa</i>	8/39
jim barry the lodge hill shiraz <i>clare valley, sa</i>	9/46
langmeil the blacksmith	
cabernet sauvignon <i>barossa valley, sa</i>	55

CIDER & BEER

the hills cider co apple cider. <i>adelaide hills, sa</i>	7
the hills cider co pear cider. <i>adelaide hills, sa</i>	7
the hills cider co	
hybrid series apple & ginger <i>adelaide hills, sa</i>	8
kronenburg blanc <i>kronenburg, france</i>	7
sapporo premium beer <i>japan</i>	7
sapporo premium beer can 650ml <i>japan</i>	13
lord nelson brewery three sheets ale <i>new south wales</i>	8.5

the Deli

paradise point

MENU & DRINKS LIST

34 The Esplanade
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OPEN 7 DAYS
Monday - Saturday 6am - 3pm
Sunday 7am - 3pm

BREAKFAST

toast <i>white, multigrain, rye, turkish, sourdough, gf</i>	5
<i>fruit + fig, quinoa loaf</i>	7.0
spreads <i>strawberry jam, vegemite, peanut butter, honey, nutella</i>	+ 1
quinoa loaf GF <i>smashed avo, cherry tomatoes</i>	14
muesli <i>yoghurt, berry compote</i>	13
avocado <i>feta, lemon, sourdough</i>	13
quinoa loaf GF <i>mushrooms, roasted capsicum, feta</i>	14
eggs <i>poached, scrambled, fried. sourdough</i>	10
breakfast burrito <i>bacon, scrambled eggs, cheese, chutney</i>	12
quinoa bun GF <i>poached eggs, crispy bacon, spinach, poppy seed dressing</i>	13
bacon + egg roll <i>cheese, bbq sauce</i>	12
benedict <i>poached eggs, ham, bacon or tassie smoked salmon, housemade hollandaise, sourdough</i>	17

SIDES

extra egg, hollandaise, grilled tomato, feta	+ 2
avocado, mushrooms, spinach, ham, bacon	+ 4
tassie smoked salmon	+ 5
mooloolaba spanner crab	+ 7

OMELETTES

light option <i>spinach</i>	14
crispy bacon <i>cheese, tomato</i>	14
deli classic <i>cheese, ham, tomato, red onion</i>	17
mediterranean vege <i>feta, sdt, capsicum, pumpkin, pine nuts</i>	18
tassie <i>smoked salmon, capers, red onion</i>	18
mooloolaba <i>spanner crab, red onion</i>	19.9
man size it <i>more of everything</i>	4

ALL DAY MENU

FRESH SELECTION

sangas <i>turkey, ham, chicken</i>	9
wraps <i>turkey, ham, chicken</i>	10
make your own - starting from	9/10
deli wrap <i>chicken, spinach, mayo, avo, caramlised onion</i>	11
open <i>tassie smoked salmon, cream cheese, capers, red onion, baby spinach, rye</i>	13
rrb <i>rare roast beef, mustard, lettuce. white, multigrain</i>	9
famous <i>mooloolaba spanner crab, avocado, mayo, lettuce. white, multigrain</i>	19.9

TOASTED SELECTION

new yorker <i>ham, sauerkraut, cheese, mustard pickles, gherkins. rye.</i>	13
croque monsieur <i>toasted ham, cheese, mustard, bechamel sauce</i>	12
croque madame <i>as above plus 2 fried eggs</i>	14
blt <i>bacon, lettuce, tomato, smokey bbq sauce</i>	9
the ppd <i>chicken, avocado, sdt, olives, cheese, pesto melt</i>	10.5
the med <i>capsicum, eggplant, pumpkin, olives, sdt, feta, tomato chutney melt</i>	12.5
hd roll <i>ham, dijon, cheese, tomato, red onion, lettuce</i>	12
cp roll <i>chicken, pesto, cheese, tomato, red onion, lettuce</i>	12

CABINET SELECTION

banana bread	4.5
muffin <i>savoury, chutney</i>	6
quiche <i>smoken salmon or roast pumpkin + feta</i>	9
salmon cake <i>dill, garden side salad</i>	12
fritter <i>chickpea, garden side salad</i>	12
soup <i>seasonal sourdough</i>	12

SALADS

garden side	4
quinoa side	5
quinoa large	10.5
deli salad <i>lettuce, tomato, avo, red onion, cucumber, carrot, olives, chicken, ham or tassie smoked salmon, feta</i>	18.5
crab <i>mooloolaba spanner crab</i>	19.9

SALAD EXTRAS

capers	1
grated cheese, feta, olives	2
ham, chicken breast, tuna, avocado	4
mixed chargrilled veges, tassie smoked salmon	5

DELI BOARDS

pate <i>toast</i>	15
staple <i>cheddar, bread, gherkins, ham</i>	17
short <i>cheese, dip, olives, crackers (for 1-2)</i>	30
long <i>two cheeses, dip, olives, pate, crackers (good for 2 or more)</i>	50
paddle <i>all of the above + more (for 5 or more)</i>	100

SWEET TREATS

changes daily - ask at the counter

COFFEE

cup 1 shot	4
mug 2 shots	4.5
espresso	3.5
long black	4
hot chocolate - marshmallows	4.5
chai latte	4.5
dirty chai latte	5.2
mocha	4.5
over ice	+ .50
honey	+ .50
extra shot - soy - decaf - syrups	+ .70
tea	4

GOLD DRINKS

deli - organic smoothies <i>green protein, cleansing alkaliser, mango maqui, choc green dream</i>	10
banana smoothie <i>yoghurt or ice cream, macca, honey, milk</i>	10
the cleanse kitchen <i>deluxe cold pressed, organic fresh juices</i>	10.5
emma & toms <i>juices, coconut water, smoothies, sparkling drinks, juices</i>	4.5
antipodes <i>mineral water - still, sparkling - half litre, 1 litre</i>	5/7
milkshakes / thickshakes	7/8.5
<i>choc, caramel, lime, banana, vanilla, milo, espresso</i>	
iced <i>espresso - chocolate - mocha - milo - ice cream, cream</i>	7
deli bottled water	3