



Wellness Menu- Be Kind

Here at The Little Deli, we take great pride in the fact that we want you to feel nourished, happy and calm after choosing our little place to eat, drink and see your friends or family. That is why we have put together our wellness menu. It is a selection of dishes not on our regular menu, but we absolutely love them and would like to share them with you. So please, take a minute, breath and enjoy the rest of your day. Julie & Rania

Platters to Share

We love sharing a beautiful platter with friends... these are our favourite;

Bits and Bobs - Sweet and spicy carrot, popcorn chickpeas, edamame, two dippy doo & flatbread. G M S SE **£6.95**

Oh my goodness

A whole load of goodness, bits and bobs, pulse/grain, daily dragon bowl delights and soup of the day **£15.95**

The oats listed below are available hot or cold, at any time of the day. £4.20

Rosie Oats

Made with oat milk, a splash of maple, a sprinkle of rose water and rose petals scattered on top. **G**

Nutty Oats

Made with oat milk, a splash of maple and then a generous dollop of nut butter and banana. **G TN PN**

Berry Oats

Made with oat milk, a splash of maple and beautiful berries laid on top to add a touch of sweetness. **G**

Bowls: as well as our Buddha Bowls, we also have these beauties!

Dragon Bowl – These are delicious. They change daily and really are made to warm the soul. They are very similar to our Buddha Bowls, designed to fill you with goodness and nourishment. Please see specials board. **£5.95**

Smoothie Bowl - Made fresh, in store with what fruit and vegetables we have. They are always topped with our handmade granola, always served with fresh fruit and always delicious. **£4.40**

Wellness Shot

We understand a smoothie is not everyone's cup of tea. Sometimes we want maximum input, quickly. That is why we have put together a range of shots to help your day (and body) run the way it should. **Check out our middle board for options and prices.**

Quick snack, just to fill the gap!

2 Boiled Egg on a bed of rocket
Apples and Nut Butter

£2.80
£1.80

Carrot and Dip
Avocado and Egg **£2.00**
£3.80