

# MALU'S DELI

DELICIOUS FOR BODY & SOUL

*Catering*





14% Tax not incl.

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*Catering*

Are you planning a day trip to the sea and want breakfast waiting for you on the yacht? Or are you looking for a fresh, delicious meal on your private jet? Allow us to cater for you today. We promise you only the best locally sourced, heart-warming & high quality food.

Malu's Deli has been a premium choice for El Gouna's community through the years. We are excited to now offer deluxe catering options. Available are a variety of healthy & scrumptious snacks & shareables! It is our priority to provide you with delicious food for BODY & SOUL.

THANK YOU FOR CHOOSING MALU'S DELI AS YOUR CATERER TODAY!

[www.malusdeli.com](http://www.malusdeli.com)

Tel. : 01272309108

\*Please place your order one day in advance by phone or online for your convenience.

\*Special requests can be provided with notice. If you are craving something that is not seen on the menu please contact us to see if we can include it in your order.

\*Please note that during these differing times we are maintaining our upstanding quality through enhanced safety procedures. We thank you again for choosing Malu's Deli!

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## **BREAKFAST BOX**

MIXED PLATTER OF COLD CUTS AND CHEESES  
SALMON PLATTER WITH ONIONS AND CAPERS

2 OMELETTES

FRUIT PLATTER

SWISS BIRCHER MÜSLI

ASSORTED BREAD

JAM AND BUTTER

2 COFFEE / TEA

0.6L FRESH JUICE (ORANGE, MANGO, STRAWBERRY)

PRICE 550

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## **THE DAYTRIP BOX**

2 SANDWICHES OF YOUR CHOICE

2 SALADS OF YOUR CHOICE

2 DESSERTS OF THE DAY

SMALL FRUIT PLATTER

1L FRESH JUICE (ORANGE, STRAWBERRY OR MANGO)

2 HOMEMADE PASSION FRUIT LEMONADES

2 SOFT DRINKS

PRICE 1,210

\*Please place your order one day in advance by phone for your convenience.

14% Tax not incl.



## **THE DELUXE DAY TRIP BOX**

4 SANDWICHES OF YOUR CHOICE

4 SALADS OF YOUR CHOICE

4 DESSERTS OF THE DAY

ASSORTED CHEESE PLATTER WITH HONEY, GRAPES AND NUTS

COLD CUTS PLATTER (PORK AND BEEF)

SALMON PLATTER WITH ONIONS AND CAPERS

FRUIT PLATTER

ASSORTED BREAD

1L FRESH JUICE (ORANGE, STRAWBERRY OR MANGO)

4 HOMEMADE PASSION FRUIT LEMONADES

4 SOFT DRINKS

PRICE 2,830

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## **CANAPÉS**

SMOKED SALMON / SALMON TARTAR

TUNA SPREAD

SAUTÉED GARLIC SHRIMP

CURRIED CHICKEN SPREAD WITH PINEAPPLE

BEEF FILLET WITH TRUFFLE

VEGAN TARTAR

GOAT CHEESE WITH WALNUTS AND HONEY

CAMEMBERT WITH CASHEW NUTS AND JAM

OLIVE TAPENADE WITH TOMATOES

EGG SALAD

**PLATTER OF 10 PIECES 210**

**PLATTER OF 20 PIECES 400**

14% Tax not incl.



## **PLATTERS**

**FRUIT PLATTER 95**  
ASSORTED SEASONAL FRUITS

**CRUDITES 95**

**DELUXE CHEESE PLATTER 300**  
ASSORTED CHEESE, GRAPES, NUTS AND HONEY

**ANTIPASTI SKEWERS 245**  
MEDITERRANEAN FINGER FOOD

**SEAFOOD PLATTER 475**  
SALMON, TUNA AND SHRIMP

**SUMMER ROLLS 350**  
VEGAN OR CHICKEN

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## **WRAPS**

### **VEGAN 125**

SWEET POTATO MASH, MIXED GREENS AND BLACK BEAN RAGOUT

### **VEGETARIAN 135**

WITH BEETROOT CREAM CHEESE, MIXED GREENS & BAKED TURMERIC CAULIFLOWER

### **CAPRESE 135**

WITH TOMATO AND BUFFALO MOZZARELLA AND HOMEMADE PESTO

### **CHICKEN 140**

GRILLED CHICKEN WITH GARLIC AIOLI AND RED CABBAGE

### **FISH 155**

SEARED TUNA WITH CREAM CHEESE, GINGER AND TERIYAKI SAUCE

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## PLATES

### **VEGETABLE QUICHE 165**

BAKED DAILY WITH SEASONAL VEGETABLES SERVED WITH MIXED SALAD

### **HOMEMADE VEGAN RAVIOLI 165**

FILLED WITH QUINOA, POTATOES, FRESH SPINACH AND VEGAN CHEESE  
SERVED ON VEGETABLE RAGOUT

### **POKE BOWL 180**

COUS COUS, OVEN BAKED VEGETABLES, SLICED MANGO,  
SEARED RED SEA TUNA, SEASAME SEEDS AND CHILLI  
SERVED WITH TOASTED BAGUETTE AND SOY SAUCE

### **VEGAN TARTAR 160**

MADE WITH SOY BEANS & EGGPLANT  
SERVED WITH TOASTED BAGUETTE

14% Tax not incl.



## Desserts

**CHOCOLATE MOUSSE 100**  
WHITE OR DARK TOBLERONE

**CHIA COCONUT PUDDING 85**  
BERRIES, CHOCOLATE OR MANGO

**PANNA COTTA 100**  
PASSIONFRUIT COULIS

**SALTED CARAMEL CAKE 85**  
MALU'S ALL TIME FAVOURITE

**FRUIT SKEWERS 85**  
FRESH AND DRIED FRUITS

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UP NEXT YOU'LL FIND ALL YOUR FAVOURITE  
MALU'S CLASSICS

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## OUR FAMOUS ALL DAY BREAKFAST

### **MALU`S BREAKFAST (VEGETARIAN OPTION AVAILABLE) 225**

ASSORTED BREAD WITH BUTTER AND HOMEMADE JAM  
COLD CUTS AND CHEESE (FOR VEGETARIANS 2 SLICES OF BREAD WITH EGG SPREAD)  
EGG OF YOUR CHOICE  
SMALL SWISS BIRCHER M<SLI  
FRESH JUICE OF THE DAY & 1 COFFEE OR TEA  
EGGS OF YOUR CHOICE: SCRAMBLED, OMELETTE, FRIED OR POACHED

### **GOUNIES DELUXE 275**

ASSORTED BREAD WITH BUTTER AND HOMEMADE JAM  
SMOKED SALMON WITH ONIONS AND CAPERS  
SMALL SWISS BIRCHER M<SLI  
SWISS VIANDE DES GRISON AND CHEESE  
FRESH JUICE OF THE DAY & 1 COFFEE OR TEA  
EGGS OF YOUR CHOICE: SCRAMBLED, OMELETTE, FRIED OR POACHED

### **JUST EGGS (SERVED ON TOASTED BAGUETTE)**

PLAIN – SCRAMBLED, BOILED, FRIED OR POACHED ON TOASTED BREAD 90  
EGGS WITH CHEESE AND VEGETABLES 100  
EGGS WITH SMOKED SALMON 135  
EXTRA GRILLED BREAKFAST PORK BACON / BEEF BACON 35

### **SMOOTHIE BOWL**

DRIED & FRESH FRUITS, ALMOND MILK, MANGO, NUTS, GRANOLA, 105

### **SWISS BIRCHER MSLI**

FRESH AND DRIED FRUITS, YOGHURT, NUTS, OATS, GRANOLA 115

### **KIDS SMOOTHIE BOWL**

FRESH FRUITS, PEANUT BUTTER, DATES, BANANA, OATS, ALMOND MILK 95

## TEA MENU – SECOND NATURE

SECOND NATURE IS A HAND-CRAFTED TEA, CAREFULLY MADE IN SMALL BATCHES FROM DRIED FLOWERS, HERBS, FRUITS AND SPICES. FOR CENTURIES HERBAL TEA BLENDS HAVE BEEN USED TO NURTURE MIND, BODY AND SOUL.

LAVENDER KISS – LAVENDER, BASIL, KHAROUB, LEMON	40
WAKE ME UP- GREEN TEA, APPLE, ORANGE	40
COLD COMFORT – ORANGE, LEMON, GINGER, TURMERIC, KHAROUB, MARJORAM	40
WIND FLOWER – ROSE PETALS, VIOLET FLOWER, LAVENDER, GREEN TEA	40
DREAM CATCHER – CHAMOMILE, TURMERIC, MINT, ROSE	40
MASALA CHAI – CARDAMOM, CLOVES, BLACK PEPPER, CINNAMON, GINGER, BLACK TEA, ANIS	40
HIBISCUS SANGRIA – HIBISCUS, ROSEMARY, CINNAMON, APPLE	40

## COFFEE & CHOCOLATE

CAFFEE LATTE, CAPPUCINO, LATTE MACCHIATO	50
SYRUP FOR COFFEE	10
ESPRESSO, RISTRETTO, ESPRESSO MACCHIATO / DOUBLE ESPRESSO	50 / 70
ICED CAFFEE LATTE OR ICED MOCHA	55
COLD OR HOT CHOCOLATE	50
COFFEE WITH HOMEMADE ALMOND OR OAT MILK	70

## **POWER SMOOTHIES**

**PROTEIN** 95  
ALMOND MILK, RAW COCOA, CHIA, BANANA, DATES, CASHEW NUT, CRANBERRY

**TURMERIC TURBO** 95  
OAT MILK, TURMERIC, CHIA, MANGO, HONEY, BANANA, CINNAMON,  
GINGER, CARROT, BEETROOT

**ACT OF LOVE** 95  
OAT MILK, MACA, PEANUT BUTTER, COCOA, STRAWBERRY,  
COFFEE, BANANA, CINNAMON, DATES

**SUMMER DREAM** 95  
MIXED BERRIES, CRANBERRY, BANANA, CHIA, STRAWBERRY,  
MELON, MANGO, GREEN APPLE, LEMON, DATES

**TROPICAL BEAUTY** 95  
COCONUT MILK, PINEAPPLE, MELON, MANGO, DATES, CHIA, YAM, BANANA

## **SMOOTHIES WITH YOGHURT**

**FIFTY SHADES OF RED** 95  
YOGHURT, MIXED BERRIES, STRAWBERRY, MELON, BANANA, BEETROOT,  
AGAVE, VANILLA

**MALUS FAVOURITE** 95  
YOGHURT, OAT MILK, APPLE, STRAWBERRY, RED APPLE,  
DRIED PLUM , BANANA, MANGO, CRANBERRY, MELON

**ALL-NIGHTER** 95  
YOGHURT, OAT MILK, DRIED PLUMS, DATES, MACA, MANGO,  
RED APPLE, LEMON, BANANA, CHIA

**BREAKFAST POWER SMOOTHIE** 95  
YOGHURT, BANANA, MIXED BERRIES, OATS, ALMOND MILK, HONEY,  
STRAWBERRY, CHIA, PROTEIN



## **GREEN SMOOTHIES**

POWER GREEN SPINACH, DATES, BANANA, RUCOLA, MATCHA, MINT, PARSLEY, MELON, RED APPLE, LEMON, HONEY	95
GREEN DETOX CUCUMBER, PARSLEY, MINT, GREEN APPLE, RED APPLE, LEMON, GINGER, CHIA, SPIRULINA, SPINACH	95
SWEET GREEN DETOX COCONUT MILK, SPINACH, GREEN APPLE, STRAWBERRY, SPIRULINA, BANANA, LEMON, CHIA, GINGER, HONEY.	95
ADDITIONAL SUPERFOOD: MATCHA, ACAI, MACA, MORINGA, SPIRULINA, PLANT PROTEIN, WHEY PROTEIN, KHAROUB, DOUM, YAM	30

## **HEALTHY REFRESHING FRUIT AND VEGETABLE JUICES**

FRESH LEMON (LEMON, HONEY, WATER)	55
CARROT-APPLE-GINGER JUICE	70
BEETROOT-APPLE-GINGER JUICE	70
CUCUMBER-APPLE-GINGER JUICE	70
MANGO, ORANGE, STRAWBERRY JUICE	55
FRESH APPLE JUICE	70

## **COLD REFRESHING DRINKS**

MALUÍS INFUSED WATER (WITH FRUITS AND VEGETABLES) - 0,5L / 1,0 L 40 / 70

ICED MATCHA , WITH FRESH HOMEMADE ALMOND MILK 90

HOME MADE ORANGE - GINGER LEMONADE 55

ICED GREEN TEA WITH SODA AND LEMON 55

HOMEMADE ICED TEA WITH LEMON 55

## **SHAKES WITH VANILLA ICE CREAM**

FREAKSHAKES - OREO/SNICKERS/TWIX 95

SALTED CARAMEL 80

BLUEBERRY WITH BANANA 90

DARK CHOCOLATE / WHITE CHOCOLATE / STRAWBERRY / MANGO / BANANA 80

## **SOFT DRINKS**

INFUSED WATER - 0,5 L 20

INFUSED WATER - 1L 35

PEPSI, MIRINDA, 7UP, SODA WATER 30

## SALADS

AVAILABILITY DEPENDS ON LOCAL SUPPLIERS.

ALL SALADS ARE SERVED WITH A VARIETY OF LOCAL FRESH FRUITS AND VEGETABLES.

IF YOU HAVE AN ALLERGY, OR DON'T LIKE SOMETHING SPECIFIC,

PLEASE ADVISE OUR WAITERS WHEN PLACING YOUR ORDER.

**MIXED SEASONAL SALAD** 110

WITH VEGETABLES, FRUITS, NUTS AND SEEDS

**SWEET POTATO SALAD** 155

WITH ONIONS, VEGETABLES, FRUITS, AND MIXED GREENS

SERVED WITH A BALSAMIC & MUSTARD DRESSING

**QUINOA SALAD** 150

WITH VEGETABLES, DRIED AND FRESH FRUITS, NUTS AND SEEDS

**SALMON SALAD** 235

SLOW COOKED SALMON STEAK WITH BASIL AND CHILLI ON SEASONAL SALAD

**GOATS CHEESE** 160

GOATS CHEESE, CARAMELISED FRUITS MIXED LEAVES AND SEEDS

**BURRATA DI BUFFALA (LIMITED)** 175

ITALIAN BURRATA DI BUFALA WITH RUCOLA SALAD AND HOMEMADE PESTO

**AVOCADO & SHRIMP SALAD** 175

SHRIMPS MARINATED WITH GARLIC, LEMON AND GINGER

ON A BED OF MIXED SEASONAL SALAD AND AVOCADO

### ADD SOME MORE PROTEIN TO YOUR SALAD:

SMOKED SALMON OR CHICKEN BREAST 75

SHRIMPS 75

FETA 30

## PLATES

**VEGETABLE QUICHE** 165  
BAKED DAILY WITH SEASONAL VEGETABLES  
SERVED WITH MIXED SALAD

**SUMMER ROLLS** 175  
FILLED WITH RICE NOODLES, FRESH HERBS AND VEGETABLES  
SERVED WITH A CASHEW LEMON DIP  
(VEGAN OR CHICKEN)

**VEGAN TARTAR** 160  
MADE OF SOY BEANS & EGGPLANT  
SERVED WITH SALAD AND TOASTED BAGUETTE

**HOMEMADE VEGAN RAVIOLI** 160  
FILLED WITH QUINOA, POTATOES, FRESH SPINACH AND VEGAN CHEESE  
SERVED ON VEGETABLE RAGOUT

**POKE BOWL** 180  
COUS COUS, OVEN BAKED VEGETABLES, SLICED MANGO,  
SEARED RED SEA TUNA, SEASAME SEEDS AND CHILLI  
SERVED WITH TOASTED BAGUETTE AND SOY SAUCE

## SOUPS

**ANDALUSIAN GAZPACHO** 90  
COLD TOMATO SOUP SERVED WITH VEGETABLE TARTAR AND HOMEMADE TOAST

**SPICY THAI CHICKEN NOODLE SOUP** 125  
WITH LEMONGRASS, CHILLI AND GINGER

## **SANDWICHES**

**WE USE HOMEMADE BAGUETTE OR SOFT BREAD FOR OUR SANDWICHES.**

**BROWN BREAD IS AVAILABLE FOR AN EXTRA COST. ALL SANDWICHES ARE TOPPED WITH CREAM CHEESE, LETTUCE, TOMATO, CUCUMBER AND MALUS SPECIAL SAUCE**

### **VEGETARIAN:**

GRILLED HALLOUMI, SAUTÉED MUSHROOMS AND AVOCADO	135
MOZZARELLA DI BUFALA WITH TOMATO AND BASIL	125

### **BEEF:**

BEEF FILLET, TRUFFLE OIL, PARMESAN FLAKES, RUCOLA	175
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### **TURKEY & CHICKEN:**

COLD CUT TURKEY & CHEESE	135
CHICKEN SPREAD WITH CURRY AND PINEAPPLE	135

### **PORK:**

BLT, BACON, LETTUCE, TOMATO, SCRAMBLED EGGS	150
COLD CUT HAM, EMMENTAL CHEESE, DIJON MUSTARD	150

### **FISH:**

SMOKED SALMON, ONION, CAPERS	165
TUNA SPREAD	130

## TARTE FLAMBÉE FLAMMKUCHEN

BETTER THAN YOUR AVERAGE PIZZA!

THIN BAKED DOUGH WITH SOURCREAM AND ONIONS AS THE BASE

THE VEGAN 160

SWEET POTATO BASE, CHERRY TOMATOES, VEGETABLE CHUTNEY,  
RUCOLA, PUMPKIN SEEDS, VEGAN PARMESAN

THE GREEK 160

GOAT'S CHEESE OR BLUE CHEESE, PEARS, NUTS, HONEY

THE FRENCH 165

CAMEMBERT (LIMITED), TRUFFLE OIL, TOMATOES

THE GERMAN 160

BACON OR BEEF BACON, SPRING ONION

THE ITALIAN 160

DRIED TOMATOES, OLIVES, RUCOLA

THE SWISS 185

SWISS AIR DRIED HAM, (ROHSCHINKEN), RUCOLA, FRESH TOMATOES

THE GRISCHUN 200

VIANDE DES GRISON (AIR DRIED SWISS BEEF), RUCOLA, PARMESAN

THE SCANDINAVIAN 185

SMOKED SALMON, RUCOLA, CAPERS, HONEY MUSTARD

## DESSERTS

WAFFLES	
POWDERED SUGAR	70
NUTELLA	95
NUTELLA BANANA	110
BANANA, VANILLA ICE CREAM AND DARK AND WHITE CHOCOLATE SAUCE	110
VANILLA ICE CREAM, SALTED CARAMEL	100
MIXED BERRY, VANILLA ICE CREAM (limited)	105

PANCAKES	
MAPLE SYRUP	95
NUTELLA OR SALTED CARAMEL	100

EXTRA ICE CREAM SCOOP	20
EXTRA BANANA	15

CAKE	85
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ALL OF OUR CAKES ARE MADE IN-HOUSE AND CHANGE ON A DAILY BASIS.

PLEASE ASK OUR STAFF ABOUT AVAILABILITY.

WE HIGHLY RECOMMEND OUR INFAMOUS SALTED CARAMEL CAKE!

WHOLE CAKES ARE AVAILABLE ON REQUEST.

# MALU'S DELI

DELICIOUS FOR BODY & SOUL

LIKE OUR PLACE? REVIEW OUR TRIPADVISOR!



OR WHY NOT FACEBOOK?  
JUST SEARCH FOR MALUS DELI – EL GOUNA



WE'RE ALSO ON INSTAGRAM. TAG & FOLLOW  
ON @MALUSDELI

