





DEAR VALUED GUESTS

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

Just to let you know:

We get most of our foods fresh every day from local sources; if we do not have something in stock, we try and supplement it with similar.

If you have allergies, please let our staff know and we shall try and find an alternative for you.

At peak times our restaurant can get super busy, so we ask all to be friendly and share our bench tables.. get to know your neighbour, you might like them!

Also at peak times, you might find you have to wait a while for your food. This is because it is cooked fresh and our kitchens are very, very little!

We cannot promise you FAST food, but we can promise you GOOD food!

If you are visiting us with your dog, please keep it on a lead at all times. We love animals, but sometimes our other customers do not.

We do not serve plastic straws.
One single straw takes up to 200 years to degrade and it harms wildlife.
We live by the Red Sea and we want to protect it!

THANK YOU FOR READING AND ENJOY YOUR VISIT
THE MALU'S TEAM



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

WAKE ME UP – GREEN TEA, APPLE, ORANGE

COLD COMFORT – ORANGE, LEMON, GINGER, TURMERIC, KHAROUB, MAJORAN

WIND FLOWER – ROSE PETALS, VIOLET FLOWER, LAVENDER, GREEN TEA

DREAM CATCHER – CHAMOMILE, TURMERIC, MINT, ROSE

MASALA CHAI – CARDAMON, CLOVES, BLACK PEPPER, CINNAMON, GINGER, BLACK TEA, STAR ANIS

HIBISCUS SANGRIA – HIBISCUS, ROSEMARY, CINNAMON, APPLE

COFFEE & CHOCOLATE

CAFFÈ LATTE, CAPPUCCINO, LATTE MACCHIATO	50
SYRUP FOR COFFEE	10
ESPRESSO, RISTRETTO, ESPRESSO MACCHIATO / DOUBLE ESPRESSO	50 / 70
ICED CAFFÈ LATTE – ICED MOCHA	55
COLD OR HOT CHOCOLATE	50
COFFEE WITH FRESH ALMOND MILK	70

MALU'S DELI

DELICIOUS FOR BODY & SOUL

POWER SMOOTHIES

PROTEIN	95
ALMOND MILK, RAW COCOA, CHIA , BANANA, DATES, CASHEW NUTS, CRANBERRIES	
TURMERIC TURBO	95
OAT MILK, TURMERIC, CHIA , MANGO, HONEY, BANANA, CINNAMON, GINGER, CARROT, BEETROOT	
ACT OF LOVE	95
OAT MILK, MACA , PEANUT BUTTER, COCOA, STRAWBERRIES, COFFEE, BANANA, CINNAMON, DATES	
SUMMER DREAM	95
MIXED BERRIES, CRANBERRIES, BANANA, CHIA , STRAWBERRY, MELON, MANGO, GREEN APPLES, 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 APPLES, DRIED PLUMS, BANANA, MANGO, CRANBERRY, MELON	
ALL-NIGHTER	95
YOGHURT, OAT MILK, DRIED PLUMS, DATES, MACA , MANGO, RED APPLES, LEMON, BANANA, CHIA	
BREAKFAST POWER SMOOTHIE	95
YOGHURT, BANANA, MIXED BERRIES, OATS, ALMOND MILK, HONEY, STRAWBERRY, CHIA , PROTEIN	



GREEN SMOOTHIES

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

HEALTHY REFRESHING FRUIT AND VEGETABLE JUICES

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

MALU'S DELI

DELICIOUS FOR BODY & SOUL

COLD REFRESHING DRINKS

MALU'S INFUSED WATER (WITH FRUITS AND VEGETABLES) – 0,5L / 1,0 L	40 / 70
ICED MATCHA , WITH FRESH HOMEMADE ALMOND MILK	90
HOMEMADE ORANGE – GINGER LEMONADE	55
HOME MADE GREEN TEA LEMONADE WITH SODA AND LEMON	55
HOMEMADE ICE 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

PEPSI, MIRINDA, 7UP, SODA WATER	30
WATER – 0,5 L	25
INFUSED FILTERED WATER 1L	30

THE FAMOUS ALL DAY BREAKFAST AND EGGS

MALU'S BREAKFAST (ALSO AVAILABLE AS VEGETARIAN BREAKFAST) 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 BIRCHERMÜSLI

FRESH FRUIT JUICE OF THE DAY & 1 CAFFÈ LATTE, OR TEA

EGGS: CHOOSE FROM SCRAMBLED EGG, OMELETTE, FRIED EGG OR POACHED EGG

GOUNIES DELUXE 275

ASSORTED BREAD WITH BUTTER AND HOMEMADE JAM

SMOKED SALMON WITH ONIONS AND CAPERS

SMALL SWISS BIRCHER MÜSLI

SWISS BÜNDNERFLEISCH (VIANDE DES GRISON) AND CHEESE

FRESH FRUIT JUICE OF THE DAY & 1 CAFFÈ LATTE, OR TEA

EGGS: CHOOSE FROM SCRAMBLED EGG, OMELETTE, FRIED EGG OR POACHED EGG

EGGS OF YOUR CHOICE

PLAIN – SCRAMBLED, BOILED, FRIED OR POACHED ON TOASTED BREAD 90

EGGS WITH CHEESE AND VEGETABLES 100

EGGS WITH SMOKED SALMON 135

EXTRA GERMAN GRILLED BREAKFAST PORK BACON / OR BEEF BACON 35

SMOOTHIE BOWL 105

CHIA YOGHURT WITH OATS & NUTS AND SEASONAL FRUITS

MÜSLI

SWISS BIRCHER MÜSLI 115

FRESH / DRIED FRUITS, YOGHURT, NUTS, OATS, GRANOLA

MALU'S DELI

DELICIOUS FOR BODY & SOUL

SALADS

LIMITED AVAILABILITY ON SALADS DEPENDENT ON LOCAL STOCK LEVELS. ALL SALADS SERVED WITH A VARIETY OF LOCAL FRESH FRUITS AND VEGETABLES. IF YOU ARE ALLERGIC, OR DO NOT LIKE SOMETHING SPECIFIC, PLEASE ADVISE OUR WAITERS WHEN PLACING YOUR ORDER.

MIXED SEASONAL SALAD 110
WITH VEGETABLES AND FRUITS, NUTS AND SEEDS

SWEET POTATO SALAD (LIMITED) 155
WITH ONIONS, VEGETABLES, FRUITS, AND MIXED LEAVES
SERVED WITH A BALSAMIC – MUSTARD DRESSING

QUINOA SALAD 150
WITH VEGETABLES, DRIED AND FRESH FRUITS, NUTS AND SEEDS

SALMON SALAD 235
SLOW COOKED SALMON 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

POWER PROTEIN TO BE ADDED TO EACH SALAD:

SMOKED SALMON OR CHICKEN BREAST (40GR) 75

SHRIMPS 90

FETA 30

MALU'S DELI

DELICIOUS FOR BODY & SOUL

PLATES

VEGETABLE QUICHE 165
SERVED WITH SALAD

SUMMER ROLLS 175
FILLED WITH RICE NOODLES, PLENTY OF FRESH HERBS AND VEGETABLES
SERVED WITH A CASHEW LEMON DIP
AVAILABLE AS CHICKEN OR VEGAN OPTION

CEVICHE 220
CATCH OF THE DAY FISH TARTARE (RARE)
SERVED WITH LEMON BUTTER AND FRESH BREADS

POKE BOWL 180
COUS COUS, OVEN BAKED VEGETABLES, SLICED MANGO, SEARED RED SEA TUNA,
SEASAME SEEDS & CHILLI

SOUPS

WATERMELON – TOMATO GAZPACHO 105
WITH ROASTED CASHEW NUTS AND FRESH BASIL

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

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SANDWICHES

WE USE BAGUETTE OR SOFT BREAD WITH OUR SANDWICHES. HOWEVER BROWN BREAD IS OPTIONAL AT AN ADDED COST. ALL SANDWICHES ARE TOPPED WITH CREAM CHEESE, LETTUCE, TOMATOES, CUCUMBER AND MALUS SPECIAL SAUCE

VEGETARIAN:

EGG SALAD	110
GRILLED HALOUMI & AVOCADO	135
MOZZARELLA DI BUFALA WITH TOMATO AND BASIL	125

BEEF:

BEEF FILLET, TRUFFLE OIL, PARMESAN FLAKES, RUCOLA	175
VIANDE DES GRISONS (FINEST SWISS AIR DRIED BEEF)	180

TURKEY & CHICKEN:

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

PORK:

BLT, BACON, LETTUCE, TOMATO, SCRAMBLED EGGS	150
PROSCIUTTO (FINEST SWISS AIR DRIED HAM)	155
ITALIAN SALAMI AND MUSTARD	155

FISH:

SMOKED SALMON, ONION, CAPERS	165
TUNA SALAD SPREAD	130

MALU'S DELI

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TARTE FLAMBEÉ – FLAMMKUCHEN

BETTER THAN YOUR AVERAGE PIZZA!

THIN BAKED DOUGH TOPPED WITH SOURCREAM AND ONIONS

THE GREEK

CHOICE OF GOAT'S CHEESE OR BLUE CHEESE, PEARS, NUTS, HONEY 160

THE FRENCH

CAMEMBERT (LIMITED), TRUFFLE OIL, TOMATOES 165

THE GERMAN

CHOICE OF BACON OR BEEF BACON, SPRING ONION 160

THE ITALIAN

DRIED TOMATOES, OLIVES, RUCOLA 160

THE SWISS

SWISS AIR DRIED HAM, (ROHSCHINKEN), RUCOLA, TOMATOES 185

THE GRISCHUN

VIANDE DES GRISON (AIR DRIED SWISS BEEF), RUCOLA, PARMESAN 200

THE SCANDINAVIAN

SMOKED SALMON, RUCCOLA, CAPRES, HONEY MUSTARD 185



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 (VEGAN)	95
NUTELLA OR SALTED CARAMEL	100
NUTELLA OR SALTED CARAMEL WITH BANANA	110
ICE CREAM SCOOP	20

CAKE 85

ALL OF OUR CAKES ARE MADE IN-HOUSE AND CHANGE ON A DAILY BASIS.
PLEASE ASK OUR STAFF WHAT IS AVAILABLE. WE HIGHLY RECOMMEND OUR INFAMOUS
SALTED CARAMEL CAKE!

WHOLE CAKES ARE AVAILABLE ON ORDER FROM OUR STAFF.

MALU'S DELI

DELICIOUS FOR BODY & SOUL

LIKE OUR PLACE? REVIEW US ON TRIPADVISOR!



OR WHY NOT FACEBOOK?
JUST SEARCH FOR **MALU'S DELI - EL GOUNA**



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

