

MALU'S DELI

DELICIOUS FOR BODY & SOUL

Catering





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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. Now available are a variety of healthy & scrumptious snack & shareables! It is our intention to provide you with DELICIOUS food for BODY & SOUL.

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

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.



BREAKFAST BOX

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

2 OMELETTE

FRUIT PLATTER

SWISS BIRCHER MÜSLI

ASSORTED BREAD

JAM AND BUTTER

2 COFFEE / TEA

0.6L FRESH JUICE (ORANGE, MANGO, STRAWBERRY)

PRICE 920

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

14% Tax not incl.



THE DAYTRIP BOX

2 SANDWICHES OF YOUR CHOICE
2 SALADS OF YOUR CHOICE
2 DESSERTS OF THE DAY
SMALL FRUIT PLATTER
1L OF FRESH JUICE (ORANGE, STRAWBERRY OR MANGO)
2 HOMEMADE PASSION FRUIT LEMONADE
2 SOFT DRINKS

Price 1750

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14% Tax not incl.



THE DAY TRIP BOX DELUXE

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 MIXED)

SALMON PLATTER WITH ONIONS AND CAPERS

FRUIT PLATTER

ASSORTED BREAD

1L OF FRESH JUICE (ORANGE, STRAWBERRY OR MANGO)

4 HOMEMADE PASSION FRUIT LEMONADE

4 SOFT DRINKS

Price 3680

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

convenience.
14% Tax not incl.



CANAPÉS

SMOKED SALMON / SALMON TARTAR

TUNA SPREAD

SHRIMP

CHICKEN SPREAD WITH CURRY AND 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 350

PLATTER OF 20 PIECES 700

14% Tax not incl.



PLATTERS

FRUIT PLATTER 120
ASSORTED SEASONAL FRUITS

CRUDITES 120

DELUXE CHEESE PLATTER 500
ASSORTED CHEESE, GRAPES, NUTS AND HONEY

ANTIPASTI SKEWERS 320
MEDITERRANEAN FINGER FOOD

SEAFOOD PLATTER 620
SALMON, TUNA AND SHRIMP

SUMMER ROLLS 455
VEGAN OR CHICKEN

*Please place your order one day in advance by phone or online for your
convenience.
14% Tax not incl.



WRAPS

VEGAN 220

SWEET POTATO CREAM, MIXED GREENS AND BLACK BEAN RAGOUT

VEGETARIAN 220

WITH BEETROOT - CREAM CHEESE, MIXED GREENS & BAKED CURCUM CAULIFLOWER

CAPRESE 215

WITH TOMATO AND BUFFALO MOZARELLA AND HOMEMADE PESTO

CHICKEN 215

GRILLED CHICKEN WITH GARLIC AIOLI AND RED CABBAGE

FISH 275

WITH CREAM CHEESE, SILDEN TUNA, GINGER AND TERIYAKI SAUCE

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



PLATES

VEGETABLE QUICHE 215

BAKED DAILY WITH SEASONAL VEGETABLES SERVED WITH MIXED SALAD

HOMEMADE VEGAN RAVIOLI 250

FILLED WITH QUINOA, POTATOES, FRESH SPINACH AND VEGAN CHEESE
SERVED IN CAJUN-ROSMARY SAUCE

POKE BOWL 320

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



Desserts

CHOCOLATE MOUSSE 95
WHITE OR DARK TOBLERONE

CHIA COCONUT PUDDING 85
BERRIES, CHOCOLATE OR MANGO

SALTED CARAMEL CAKE 95
MALU'S ALL TIME FAVORITE

FRUIT SKEWERS 120
FRESH AND DRIED FRUITS

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

14% Tax not incl.

MALU'S DELI



DELICIOUS FOR BODY & SOUL

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

OUR FAMOUS ALL DAY BREAKFAST

MALU`S BREAKFAST (VEGETARIAN OPTION AVAILABLE) 350
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 460
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 130
EGGS WITH CHEESE AND VEGETABLES 155
EGGS WITH SMOKED SALMON 195
EXTRA GRILLED BREAKFAST PORK BACON / BEEF BACON 70

SMOOTHIE BOWL
DRIED & FRESH FRUITS, ALMOND MILK, MANGO, NUTS, GRANOLA,
195

SWISS BIRCHER MSLI
FRESH AND DRIED FRUITS, YOGHURT, NUTS, OATS, GRANOLA 195

KIDS SMOOTHIE BOWL
PEANUT BUTTER, DATES, BANANA, FRESH FRUIT, OATS, ALMOND MILK 195

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	55
WAKE ME UP- GREEN TEA, APPLE, ORANGE	55
COLD COMFORT - ORANGE, LEMON, GINGER, TURMERIC, KHAROUB, MARJORAM 40	
WIND FLOWER - ROSE PETALS, VIOLET FLOWER, LAVENDER, GREEN TEA	55
DREAM CATCHER - CHAMOMILE, TURMERIC, MINT, ROSE	55
MASALA CHAI - CARDAMOM, CLOVES, BLACK PEPPER, CINNAMON, GINGER, BLACK TEA, ANIS 40	
HIBISCUS SANGRIA - HIBISCUS, ROSEMARY, CINNAMON, APPLE	55

COFFEE & CHOCOLATE

CAFF» LATTE, CAPPUCCINO, LATTE MACCHIATO	75
SYRUP FOR COFFEE	45
ESPRESSO, RISTRETTO, ESPRESSO MACCHIATO / DOUBLE ESPRESSO	75/ 90
ICED CAFF» LATTE ñ ICED MOCHA	75
COLD OR HOT CHOCOLATE	75
COFFEE WITH FRESH ALMOND OR OAT MILK	95

POWER SMOOTHIES

PROTEIN	125
ALMOND MILK, RAW COCOA, CHIA, BANANA, DATES, CASHEW NUT, CRANBERRY	
TURMERIC TURBO	125
OAT MILK, TURMERIC, CHIA, MANGO, HONEY, BANANA, CINNAMON, GINGER, CARROT, BEETROOT	
ACT OF LOVE	125
OAT MILK, MACA, PEANUT BUTTER, COCOA, STRAWBERRY, COFFEE, BANANA, CINNAMON, DATES	
SUMMER DREAM	125
MIXED BERRIES, CRANBERRY, BANANA, CHIA, STRAWBERRY, MELON, MANGO, GREEN APPLE, LEMON, DATES	
TROPICAL BEAUTY	125
COCONUT MILK, PINEAPPLE, MELON, MANGO, DATES, CHIA, YAM, BANANA	

SMOOTHIES WITH YOGHURT

FIFTY SHADES OF RED	125
YOGHURT, MIXED BERRIES, STRAWBERRY, MELON, BANANA, BEETROOT, AGAVE, VANILLA	
MALUS FAVOURITE	125
YOGHURT, OAT MILK, APPLE, STRAWBERRY, RED APPLE, DRIED PLUM , BANANA, MANGO, CRANBERRY, MELON	
ALL-NIGHTER	125
YOGHURT, OAT MILK, DRIED PLUM, DATES, MACA, MANGO, RED APPLE, LEMON, BANANA, CHIA	
BREAKFAST POWER SMOOTHIE	125
YOGHURT, BANANA, MIXED BERRIES, OATS, ALMOND MILK, HONEY, STRAWBERRY, CHIA, PROTEIN	

GREEN SMOOTHIES

POWER GREEN	125
SPINACH, DATES, BANANA, RUCOLA, MATCHA, MINT, PARSLEY, MELON, RED APPLE, LEMON, HONEY	
GREEN DETOX	125
CUCUMBER, PARSLEY, MINT, GREEN APPLE, RED APPLE, LEMON, GINGER, CHIA, SPIRULINA, SPINACH	
SWEET GREEN DETOX	125
COCONUT MILK, SPINACH, GREEN APPLE, STRAWBERRY, SPIRULINA, BANANA, LEMON, CHIA, GINGER, HONEY.	
ADDITIONAL SUPERFOOD:	45
MATCHA, ACAI, MACA, MORINGA, SPIRULINA, PLANT PROTEIN, WHEY PROTEIN, KHAROUB, DOUM, YAM	

HEALTHY REFRESHING FRUIT AND VEGETABLE JUICES

FRESH LEMON (LEMON, HONEY, WATER)	75
CARROT-APPLE-GINGER JUICE	95
BEETROOT-APPLE-GINGER JUICE	95
CUCUMBER-APPLE-GINGER JUICE	95
MANGO, ORANGE, STRAWBERRY JUICE	85
FRESH APPLE JUICE	95

COLD REFRESHING DRINKS

MALUÍS INFUSED WATER (WITH FRUITS AND VEGETABLES) - 0,5L / 1,0 L	45 / 80
ICED MATCHA , WITH FRESH HOMEMADE ALMOND MILK	105
HOME MADE ORANGE - GINGER LEMONADE	75
ICED GREEN TEA WITH SODA AND LEMON	75
HOMEMADE ICED TEA WITH LEMON SHAKES WITH VANILLA ICE CREAM	75
FREAKSHAKES - OREO/SNICKERS/TWIX	120
SALTED CARAMEL	105
BLUEBERRY WITH BANANA	115
DARK CHOCOLATE / WHITE CHOCOLATE / STRAWBERRY/ MANGO / BANANA	115

SOFT DRINKS

INFUSED WATER - 0,5 L	30
INFUSED WATER - 1L	45
PEPSI, MIRINDA, 7UP, SODA WATER	50

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 150

WITH VEGETABLES, FRUITS, NUTS AND SEEDS

SWEET POTATO SALAD 195

WITH ONIONS, VEGETABLES, FRUITS, AND MIXED GREENS
SERVED WITH A BALSAMIC ñ MUSTARD DRESSING

QUINOA SALAD 210

WITH VEGETABLES, DRIED AND FRESH FRUITS, NUTS AND SEEDS

SALMON SALAD 370

SLOW COOKED SALMON STEAK WITH BASIL AND CHILLI ON SEASONAL SALAD

GOATS CHEESE 250

GOATS CHEESE, CARAMELISED FRUITS MIXED LEAVES AND SEEDS

BURRATA DI BUFFALA (LIMITED) 250

ITALIAN BURRATA DI BUFALA WITH RUCOLA SALAD AND HOMEMADE PESTO

AVOCADO & SHRIMP SALAD 275

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 120

SHRIMPS 125

FETA 60

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 & 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 BAGUETTE OR SOFT BREAD WITH OUR SANDWICHES.

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

VEGETARIAN:

GRILLED HALLOUMI, SAUT...ED MUSHROOMS & AVOCADO	215
MOZZARELLA DI BUFALA WITH TOMATO AND BASIL	215

BEEF:

BEEF FILLET, TRUFFLE OIL, PARMESAN FLAKES, RUCOLA	275
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TURKEY & CHICKEN:

COLD CUT TURKEY & CHEESE	240
CHICKEN SPREAD WITH CURRY AND PINEAPPLE	215

PORK:

BLT, BACON, LETTUCE, TOMATO, SCRAMBLED EGGS	240
COLD CUT HAM, EMMENTAL CHEESE, DIJON MUSTARD	240

FISH:

SMOKED SALMON, ONION, CAPERS	295
TUNA SPREAD	215

TARTE FLAMBE FLAMMKUCHEN

BETTER THAN YOUR AVERAGE PIZZA!

THIN BAKED DOUGH WITH SOURCREAM AND ONIONS AS THE BASE

THE VEGAN

SWEET POTATO BASE, CHERRY TOMATOES, VEGETABLE CHUTNEY,
RUCOLA, PUMPKIN SEEDS, VEGAN PARMESAN 210

THE GREEK

GOAT'S CHEESE OR BLUE CHEESE, PEARS, NUTS, HONEY 210

THE FRENCH

CAMEMBERT (LIMITED), TRUFFLE OIL, TOMATOES 275

THE GERMAN

BACON OR BEEF BACON, SPRING ONION 260

THE ITALIAN

DRIED TOMATOES, OLIVES, RUCOLA 210

THE SWISS

SWISS AIR DRIED HAM, (ROHSCHINKEN), RUCOLA, TOMATOES 295

THE GRISCHUN

VIANDE DES GRISON (AIR DRIED SWISS BEEF), RUCOLA, PARMESAN 340

THE SCANDINAVIAN

SMOKED SALMON, RUCOLA, CAPERS, HONEY MUSTARD 295

DESSERTS

WAFFLES

POWDERED SUGAR	115
NUTELLA	130
NUTELLA BANANA	145
BANANA, VANILLA ICE CREAM AND DARK AND WHITE CHOCOLATE SAUCE	155
VANILLA ICE CREAM, SALTED CARAMEL	155
MIXED BERRY, VANILLA ICE CREAM (limited)	180

PANCAKES

MAPLE SYRUP	115
NUTELLA OR SALTED CARAMEL	130
ICE CREAM SCOOP	45
EXTRA BANANA	30

CAKE 95

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.

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

