

◆ LEBANESE & MOROCCAN KITCHEN ◆



  **tabulekitchen**



Cold Mezze

All dips served with Lebanese bread

- Tabulé**  **£6.00**
Freshly chopped parsley with crushed wheat, onion & tomato topped with lemon dressing & olive oil
- Fattoush**  **£6.00**
Traditional Lebanese salad mixed with lettuce, cucumber, tomatoes, onions, radish, sumac. Topped with toasted Lebanese bread lemon juice & olive oil dressing
- Feta Cheese Salad**   **£6.50**
Freshly chopped cucumber, onion, feta cheese, and olives and dressed with salt, pepper, oregano & olive oil
- Fetch Tabulé**  **£6.00**
A traditional Arabian salad with bulgur mixed with tomato, parsley, mint, basil, chilli, pomegranate syrup & olive oil.
- Moutabal (Baba Ghanoush)**    **£6.00**
Smoked eggplant dip, garlic, tahini & topped with pomegranate seeds
- Muhamarah**    **£6.00**
Roasted nuts with spicy paste chilli pomegranate & cumin
- Al Rahib**   **£5.50**
Salad of smoked aubergine, tomato, green peppers, spring onions, parsley, garlic, lemon juice & nuts
- Warak Enab (Vine Leaves)**  **£6.00**
Stuffed grape leaves with rice & vegetable
- Arnabeet bil tahini**    **£6.00**
Fried cauliflower, onion, parsley, garlic in a tahini sauce
- Laban Bil Khiyar**   **£4.00**
Fine cut cucumber mixed with yoghurt, garlic & mint
- Olives or Mix Pickles**  **£4.00**

Tabule Vegan Mezze £13.50

Hummus, falafel, spicy potato, fried cauliflower & salad. served with bread

Mixed Cold Mezze Platter £15.00

A selection of cold dips with Tabulé and vine leaves. Served with bread

Hummus Bar

All Served with bread




Our Hummus is made from puréed chickpeas, sesame paste (tahini) and lemon juice, blended together to create an ideal taste and texture. A perfect compliment for all dishes



- The Original**   **£5.00**
- Beirut**    **£5.50**
- Beetroot**    **£5.50**
- Bil Shawarma**  **£6.50**
Topped with thin sliced of chicken shawarma
- Bil Lahme**   **£6.70**
Topped with seasoned tender diced lamb & pine nuts
- Hummus & Falafel**   **£7.50**



Bulgur? Cracked whole-grain wheat...

Traditional Falafel  **£5.50**
Fried spiced balls of chickpeas, onion coriander and fine herbs. Served with tahini sauce

Batata Harra  **£6.00**
Spicy fried potato cubes cooked with oil, garlic, chilli & coriander

Fuul Medamas   **£6.00**
Broad beans cooked with onion, garlic, topped with olive oil & tahini


Kibbe Sajieh  **£7.00**
Bulgur wheat shell filled with minced meat, onion, walnuts, Arabic spices & pomegranate molasses


Moussaka   **£7.00**
Eggplant cooked with vegetables & tomato sauce

Harrak Ispao  **Make it gluten free** **£6.50**
Traditional Damascus lentil cooed with tamarind, coriander, garlic & pomegranate. Topped with Pita chips

Fatteh Original £6 / Eggplant £6.50 / Lamb £7.00
Chieckpeas, tahini, yoghurt, pita chips, garlic & pine nuts

Butterfly King Prawns   **£7.50**
Grilled cooked with garlic, lemon & mixed herbs

Grilled Halloumi  **£6.00**
Grilled halloumi cheese served with green leaves and olives. Drizzled with olive oil & pomegranate sauce

Halloumi Fries  **£6.00**
Delicious deep fried halloumi sticks. Seasoned with cajun seasoning. Served with a special sauce



Spicy Wings  **£6.50**
Charcoal grilled wings with lemon juice, spices, garlic & coriander

Arayes **£6.70**
Lebanese flat bread stuffed and toasted with minced meat & herbs

Chicken Liver **£6.50**
Seasoned chicken liver sautéed in garlic, pepper, onions & pomegranate sauce

Grilled Ribs **£6.70**
Marinated delicious lamb ribs, grilled to perfection

Merguez **£6.70**
Grilled Moroccan sausage cooked in traditional Shakshuka bed

Crab Rolls **£5.50**
Deep fried pastry stuffed with crab

Chicken Pastry **£5.50**
Deep fried pastry stuffed with chicken in Moroccan spices, almonds & onion

Spinach & Feta  **£5.50**
Deep fried pastry stuffed with spinach & feta cheese

Jibneh Rolls  **£5.50**
Deep fried pastry stuffed with feta cheese, mozzarella, parsley & black seeds



Soup

Moroccan Harira Soup   **£3.50**

Lentil Soup  **£3.00**

Allergy Notice: Please tell a member of stall if you suffer from any allergies

-  **Vegetarian**  **Vegan**  **Sesame**
 **Gluten Free**  **Gluten**  **Nuts**

Mashawi Grills

All meals served with one side Rice Fries Burgul or Salad

Mixed Grill	£15.50
Shish taouk, lamb kofta, laham meshwi & arayes	
Shish Taouk	£13.90
Charcoal grilled chicken cubes marinated in traditional spices	
Lahem Meshwi	£14.50
Charcoal grilled soft tender lamb cubes lightly seasoned	
Lamb Kafta	£11.90
Seasoned charcoal grilled minced lamb & parsley	
Lamb Chops	£16.50
Lightly seasoned & charcoal grilled	
Kabab Khashkash 	£13.50
Lamb Kofta with our homemade tomato spicy & tomato sauce	
Salmon Fillet	£15.00
Lightly seasoned & charcoal grilled	
Chicken Wings	£11.90
Marinated chicken wings grilled over charcoal	
Grilled Chicken	£11.90
1/2 chicken marinated and grilled over charcoal	
Grilled Vegetables & Halloumi	£13.50
Marinated mixed vegetables & halloumi cheese grilled on skewers. Pick your side	

Sharing Platters

Lamb Shoulder £49.90

Slow cooked & marinated for several hours in our Moroccan aromatic spices. Served with lamb broth, veg, dried fruit, nuts +2 rice

Special Grill for 4 £64.90



Cold mezze, batata harrah, 8 skewers, 4 lamb chops & arayes with rice and fries

Tabulé Special Grill For 2/3 £34.90

Lamb chops, lamb kofta, chicken shish taouk, kafta khashkhash, chicken wings, lahem meshwi & arayes + 2 Sides



Side Orders

Burgul <i>with Chickpeas</i> 	£4.50
Couscous 	£4.00
Yellow Rice	£4.00
French Fries	Reg £3.49 Lrg £3.99

Shawarma

Would you like your dish gluten free

Chicken Shawarma £11.50

Marinated chicken shawarma thinly cut
Served with skin on fries, garlic sauce & pickles

Shawarma Arbie £12.90

Authentic Arabian Chicken Shawarma wrap in a thin tortilla bread. Toasted and served with skin on fries & garlic sauce



Tabekh Mains

Lamb Shank served with rice or burgul £16.90

Slow cooked tender lamb shank in it's sauce

Bamia Bil Zeit served with rice or burgul £9.90

Okra cooked with tomato, garlic & onion

Bamia Bil Lahem served with rice or burgul £11.90

Cooked lamb in an okra, garlic, coriander tomato stew

Tagine Couscous

Beldi Tagine £14.95

Moroccan Lamb tagine cooked with vegetable, dried fruits and roasted almonds served with bread

Chaouia Tagine £13.95

Chicken tagine cooked with vegetables, preserved lemon saffron, green olives served with bread

Atlas with Vegetables £12.95

Roasted Mediterranean vegetables on a bed of couscous served with a Moroccan inspired broth

Dokala £16.95

Traditional Moroccan couscous topped with lamb, caramelized onion, raisins & almonds

Essaouria £15.95

Traditional Moroccan couscous topped with Chicken, caramelized onion, raisins & almonds

Asafi Tagine £15.95

Fish Fillet and prawns cooked with vegetables, in a sauce of preserved lemon spices and herbs. Served with bread

Andalusian Calamari & Prawns £14.95

Squid rings, prawns & mussels sautéed with spices pepper paste, garlic, olive oil & chilli. Served with bread



Wraps

All wraps served with fries

Chicken Shawarma £7.50

Shish Taouk £7.50

Lamb Kofta £7.50

Falafel £7.50

Halloumi £7.50

Falafel & Halloumi £8.00

Mixed veg, hummus, halloumi, falafel & tahini sauce



Best Wraps In Town



EVERYDAY

10AM -13PM

BRUNCH MENU

BRUNCH PLATTERS

Beirut

Labneh (strained yoghurt), hummus, homemade sujuk, grilled halloumi, scrambled egg, 2 mini manakish, mix pickles & olives, fig jam served with bread (S)

11

Al Quds

Hummus, falafel, fuul (fava beans), shakshuka and lamb, 2 mini manakish, mix pickles & olives, zaatar & olive oil mix, date molasses. Served with bread (S) (VE)

11

Tripoli

Smashed avocado, egg and lamb mince mix, al rahib salad, feta cheese, beetroot hummus, labneh, olives & mix pickles with side of bread (s) (gf)

11

Mezze Me

Spicy hummus, falafel, tabouleh, Al rahib, fried cauliflower, feta cheese, kishkeh topped with pomegranate kernels & side of bread (s) (n)

9.5

Full English

Pan fried eggs, hash browns, turkey rashers, baked beans & beef sausage. Served with toast & butter

9

SERVED WITH
BREAD

MEZZES

Hummus (ve) (s) 5

Beirut Hummus 5.5

Falafel 6pcs 5

Hummus & Falafel 7

Hummus Bil Lahme 7.5

Fuul Medamas 5.5

Chicken Liver 6

Grill Halloumi 6

Halloumi Fries 6

Batata Harrah 5.5

Merguez 6

Fatteh

Original 6 / Eggplant 6.5 / Lamb 6.95

Warak Enab 5.5

Cauliflower & Tahini 5

Mixed Pickles 3.9

Jibneh Rolls 5.5

Shakshuka Omelette 6

Omelette with diced chicken or lamb 6.5

Plain Omelette 5

Manakish

Hand stretched Lebanese bakeries

Zaatar (s) (ve) 7

Topped with Thyme, sesame seeds & Olive Oil

Zaatar & Cheese (s) (v) 7.5

Topped with Thyme, Cheese & Olive Oil

Lahem Bil Ajeen 8.5

Topped with marinated mince lamb

Lahem Bil Ajeen & Cheese or Spicy 9

Topped with marinated mince lamb and cheese or fresh chillies

Sujuk & Cheese 9

Stuffed with mince sujuk & cheese. Topped with black seeds and sesame

Marrakech (Chicken) 9

Topped with chicken, onion, olives, peppers & cheese

Mix Cheese 7.5

Topped with a mix of mozzarella & feta cheese, parsley & black seeds

Muhammarah & Cheese 7.5

Topped with roasted red pepper dip & Cheese

Shakshuka 7.5

Topped with our special Shakshuka mix and 2 eggs

Classic Margherita 7.5

Cheese Lover 9

Calzone style, stuffed with 4 types of cheese; cheddar, halloumi, mozzarella & feta, brushed with zaatar (thyme mix)

Beirut 9

Calzone style, stuffed with feta cheese & halloumi, olives, tomatoes brushed with thyme and seeds

Fatayer Bi Sabaneekh 7.5

folded and filled with a mixture of spinach, onions, lemon juice, pomegranate seeds, olive oil and sumac

Tabule Special Bakery 9

Topped with chicken chawarma, onions, peppers fresh chilli, tomato sauce & cheese

TABULE BRUNCH SPECIALS

CLASSICS UNWRAPPED

Shawarma	Hand stretched flat bread, spicy hummus, pickles, cabbage & chicken shawarma Topped with house special spicy sauce (s) (n) Recommended with Halloumi 1.80	9
Halloumi	Hand stretched flat bread, muhamara, grilled halloumi, mix pickles, pomegranate dressing, fresh pomegranate kernels & mix green leaves. Topped with house special spicy sauce (v)	8
Falafel	Hand stretched flat bread, hummus, tabule, mix pickles, fresh tomato, falafels drizzled with tahini sauce & sumac seasoning. Side of tahini sauce (s) (df) Recommended with Halloumi 1.80	7
Lamb Kebab	Hand stretched flat bread, lamb kafta Kebab, hummus beiruty, sumac seasoning, mix pickles, chopped parsley & feta cheese. Side of yoghurt (s)	10
Roasted Lamb	Slow roasted lamb drizzled with honey & herbs on a hand stretched flat bread & muhamara (s) (n) (df)	14

BRUNCH IT UP

Avo Cheese Smash	Hand stretched flat bread, topped with hummus beetroot smashed avocado & feta cheese seasoned with sumac, coriander & parsley (v) Recommended with fried Egg 1	6.5
ShakChicken	A bed of shakshuka, sumac pulled chicken, cabbage, parsley topped with garlic & chilli sauce. Served with side of bread (gf)	10
ShakSujuk	A bed of shakshuka, sujuk & halloumi mix, egg, topped with parsley and sumac seasoning. Served with bread (gf)	10
Turkish Eggs	Garlic infused yoghurt, 2 poached eggs, spicy butter sauce, crushed pistachio & fresh mint. Served with bread (n) (v)	7
Aubergine & Kafta	Grilled smashed aubergine, garlic yoghurt topped with lamb kafta drizzled with chilli butter sauce and nuts (gf) (n)	10
Loaded Shawarma	Skin on fries topped with Chicken shawarma, mozzarella cheese & jalapenos drizzled with our house special sauce	11

Vegan (ve) - Vegetarian (v) - Gluten Free (gf) - Dairy Free (df) - Sesame (s) - Nuts (n)

tabulekitchen.co.uk

Oven Bakery

Manakish Lebanese Pizza



Lahem bil Ajeen £8.50

Baked Lebanese pastry topped with marinated minced lamb

Lahem bil Ajeen Topped with cheese £9.50

Baked Lebanese pastry topped with marinated minced lamb

Spicy Lahem bil Ajeen £9.50

Baked Lebanese pastry topped with marinated minced lamb

Lahem bil Ajeen Deluxe £10.00

With both Cheese & Chilli

Sujuk With Cheese £9.00

Folded Sub Marine style pizza stuffed with homemade sujuk mince & cheese

Manakish Bizaatar £7.50

Baked Lebanese pastry topped with thyme, sesame seeds & olive oil

Zaatar and Cheese £8.00

Baked Lebanese pastry topped with zaatar, cheese and olive oil

Mixed Cheese £8.00

Folded bread stuffed with a mix of mozzarella cheese, feta cheese, parsley & black seeds

Muhamara & Cheese £7.50

Baked Lebanese pastry filled with a roasted red pepper dip & cheese

Marrakesh (Chicken) £9.00

Chicken, onion, olives, garlic, coriander and tomato topped with cheese

Fatayer BsbaneKh (Spinach pastry) £7.50

Baked Lebanese pastry filled with a mixture of spinach, onions, lemon juice, pomegranate seeds, olive oil & sumac

Add Feta Cheese £1.50

Cheese Lover £9.50

Oven baked folded Calzone style (Manoushe) stuffed with 4 types of cheese; cheddar, halloumi, mozzarella and feta & brushed with zaatar (Thyme)

Beirut £9.50

Oven baked folded Calzone style (Manoushe) stuffed with feta cheese and halloumi. Olives and tomato, brushed with zaatar (thyme) & olive oil

Shakshouka £8.50

Lebanese pastry baked in the oven, topped with free range eggs, roasted tomatoes, peppers, chilli & cheese

Tabulé Special Bakery £9.50

Chicken shawarma, onions, peppers, fresh chilli, tomato sauce & mozzarella cheese

Classic Margherita £7.50

A base of tomato sauce topped with mozzarella cheese

Tabulé Veggie Pizza

A base of tomato sauce topped with grilled vegetables, artichoke, herbs, olives & vegan cheese



£8.00



TABULÉ

DRINKS AND DESSERTS

DESSERTS

FRESHLY HOMEMADE

Knefeh

Rich traditional cheese Knefeh drizzled with syrup and topped with pistachios

£5.50

Knefeh Chocolate And Hazelnut

Traditional Knefeh drizzled with chocolate topped with pistachios

£6.00

Knefeh Biscoff

Traditional Knefeh drizzled with Biscoff sauce, topped with pistachios

£6.00

Basbosa

A delicious coconut, yogurt and semolina cake that gets sprinkled with nuts and drizzled with syrup
Vanilla or Pistachio Kulfi ice Cream £1.80

£4.50

Baklava *Deluxe*

Add a Scoop of ice cream £1.80

£4.50

Shaabiyat

Phyllo dough layers of pastries filled with homemade Lebanese Ashta cream & pistachios

£5.50

Layali Lubnan

Very famous Lebanese dessert widely served all over Lebanon. A silky semolina based pudding topped with ashta cream & pistachios

£4.70

Mahalabieh Bil- Ghazl el Banet

Creamy pudding infused with rosewater & pistachios, topped with Lebanese cotton candy

£4.70

Chocolate & Hazelnut Milkcake

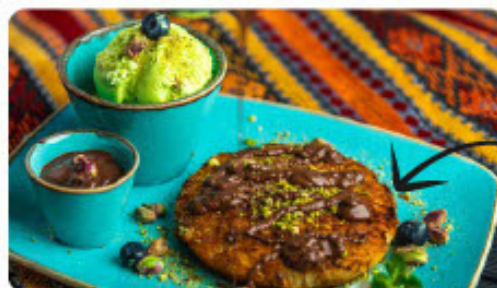
Chocolate and Hazelnut milk cake, baked with hazelnut milk and topped with chocolate sauce custard

£5.70

Lotus Biscoff *Ultimate Hammness*

A soft moist cake made with Lotus Biscoff, served with biscoff milk custard

£5.70



Knefeh
Chocolate
& Hazelnut



Layali Lubnan



Shaabiyat



Baklava Deluxe



Lotus Milkcake

Simply delicious ...

VIRGIN MOJITOS

£5.95

Fresh Lime juice, fresh mint & flavoured syrup. mixed together with your choice of flavour to deliver a sweet, acidic, minty & sparkly taste



Classic Citrus	Strawberry
Blue Curacao	Mango
Mango & Strawberry	Lychee
Passion Fruit	Watermelon

JUICES

£4.70

Lemonade (with / without mint)

Orange
Carrot
Strawberry
Apple
Pineapple
Mango
Mango Lassi



MILKSHAKES

£4.90

Vanilla
Strawberry
Chocolate
Banana
Mango



Deluxe SHAKES

£5.50

Ferrero Rocher
Cookies & Cream
Pistachio
Lotus Biscoff
Baklava Pistachio



ICE CREAM



1 SCOOP

£1.80

2 SCOOP

£2.80

3 SCOOP

£4.80

Strawberry | Vanilla
Chocolate | Pistachio

FRUIT MOCKTAILS

Taza Special

£4.95

Mango, strawberry & banana

Ya Salam

£4.95

Orange, strawberry and pineapple

Ya Hala

£4.95

Apple, carrot, orange and ginger

Ma Fi Metlo

£4.95

Apple, orange, lemon and strawberry

Beirut

£5.50

Avocado, almonds, dates, honey and milk

HOT DRINKS

Tea

English Tea

£2.50

Karak Chail

£2.80

Mint Tea

S M L
£2.50 | £4.50 | £5.50

Arabic Tea

£2.50 | £4.50 | £5.50

with cardamon, cinnamon & cloves

Moroccan Green Tea

£3.00 | £4.90 | £6.50

Coffee

Single Espresso **Extra Shot +40p**

£2.20

Americano

£3.20

Cappuccino

£3.20

Café Latte

£3.20

Macchiato

£2.80

Mocha

£2.80

Hot Chocolate

£2.80

Spiced Chail Late

£3.20

Traditional Turkish

S M L
Coffee With Cardamom £3.20 | £4.50 | £5.50



SOFT DRINKS

We have decided to stop selling all Coca Cola company products in support of the Palestinian Cause. We would like to introduce the Karma Drinks Brand. These bad boys are made of real organic and fair-trade ingredients. They are the worlds most ethical soft drinks



Karma Cola

£2.70

Karma Sugar Free Cola

£2.70

Turkish Uludag Gazoz since 1930

With a formula that has been guarded as a secret within the family for four generations. The legendary Uludag Gazoz with assorted fruit flavouring is produced from the Uludag mountain mineral water and granulated sugar derived from sugar beet.



Uludag Gazoz Orange

£2.50

Uludag Gazoz Lemonade

£2.50

Still / Sparkling Water

£1.50

Large Still / Sparkling Water

£3.50

Ayran / Ayran Sweet

£1.95