



## Oven Bakery

### Lahem bil Ajeen

£4.50

Flat bread topped with marinated minced lamb and nuts

### Manakish Bizaatar

£4.00

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

### Sujuk with Cheese

£5.90

Flat bread topped with sujuk (sausage) and cheese

### Mixed Cheese

£4.50

Folded bread stuffed with a mix of khashkaval cheese, feta cheese, parsley and black seeds

### Zaatar and Cheese

£4.50

Flat bread topped with zaatar, cheese and olive oil

### Muhamara & Cheese

£4.50

Flat bread topped with a roasted red pepper dip and cheese

### Marrakesh

£6.50

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

### Bil Khoudar

£5.50

Baked pastry topped with mixed vegetables

### Fatayer bil BsbaneKh £6.50

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

### Cheese Lover

£6.50

Oven baked folded Calzone style Manakish (Manoushe) stuffed with 4 types of cheese; cheddar, halloumi, mozzarella and feta cheese, folded and brushed with zaatar (thyme) on top

### Beirut

£6.50

Oven baked folded Calzone style Manakish (Manoushe) stuffed with feta cheese, olives and tomato, brushed with zaatar (thyme) and olive oil on top

### Salami

£6.50

Oven baked folded Calzone style Manakish (Manoushe) stuffed with salami, sweet corn and cheese

### Sweet Treat

£6.00

Oven baked pide stuffed with Toblerone chocolate and slices of banana. Crunchy and delicious

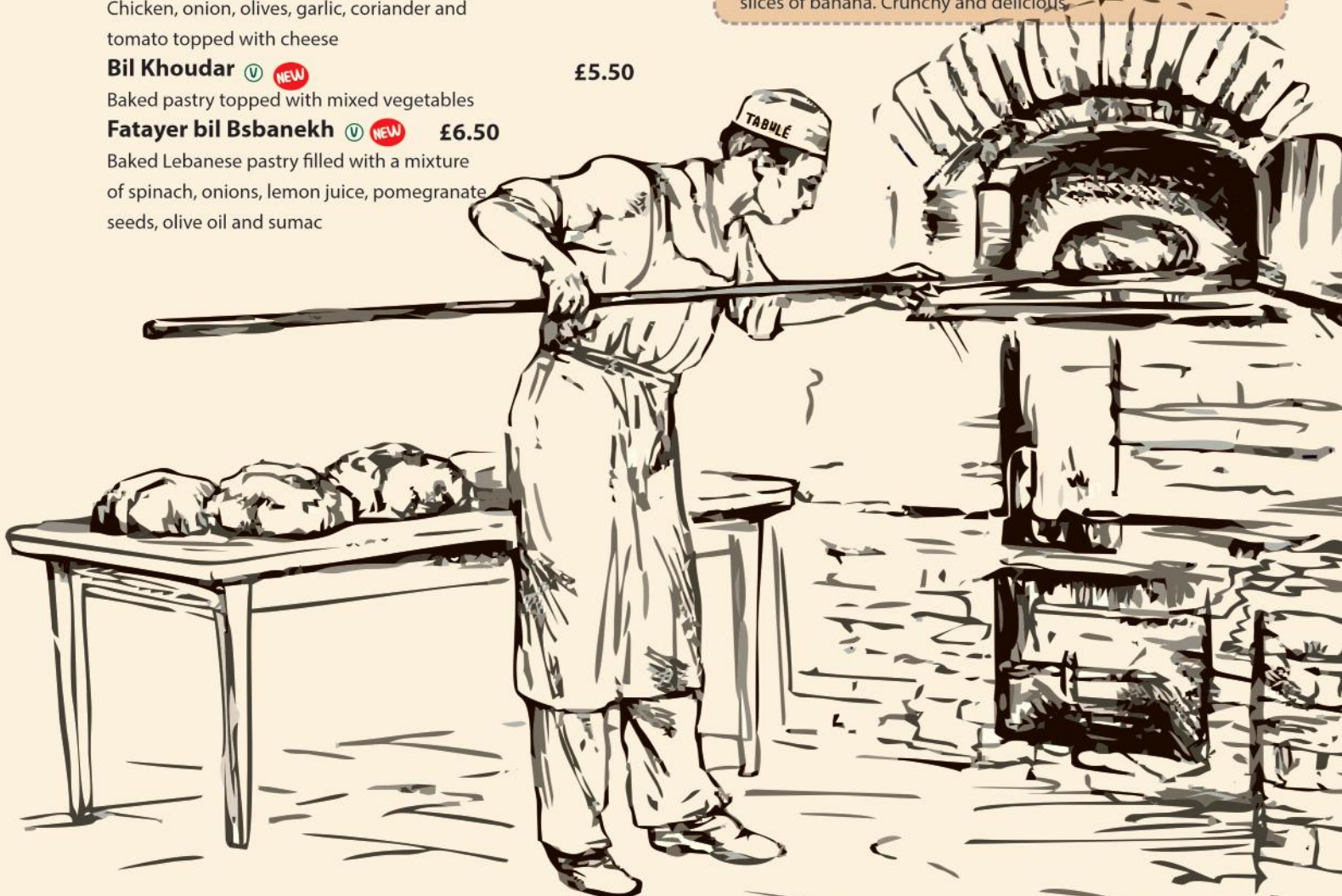
♦ LEBANESE & MOROCCAN KITCHEN ♦

# TABULÉ

[www.tabulekitchen.co.uk](http://www.tabulekitchen.co.uk)



#tabulekitchen







## Cold Mezze

All dips served with Lebanese bread

<b>Tabulé</b> 	<b>£4.90</b>
Freshly chopped parsley with crushed wheat, onion & tomato topped with lemon dressing and olive oil	
<b>Fattoush</b> 	<b>£4.90</b>
Traditional Lebanese salad mixed with lettuce, cucumber, tomatoes, onions, radish, sumac. Topped with toasted Lebanese bread lemon juice and olive oil dressing.	
<b>Itch Tabule</b> 	<b>£4.90</b>
A traditional Arabian salad with burgul mixed with tomato, parsley, mint, basil, chilli, pomegranate syrup and olive oil.	
<b>Moutabal</b> (Baba Ghanoush) 	<b>£4.50</b>
Smoked eggplant dip mixed with yogurt, garlic, tahini and topped with pomegranate seeds	
<b>Muhamarah</b>  	<b>£4.70</b>
Roasted crushed nuts with spicy chilli pomegranate and cumin	
<b>Warak Enab</b> (Vine Leaves) 	<b>£4.50</b>
Stuffed grape leaves with rice and vegetable	
<b>Arnabeet bil tahini</b>  	<b>£4.50</b>
Fried cauliflower, fine onion, parsley, garlic in a tahini sauce	
<b>Kishkeh</b> 	<b>£4.50</b>
Bulgur wheat, yogurt, mint, onion and olive oil	

### Cold Mix Mezze Platter

A selection of all cold dips plus tabule and vine leaves

**£9.90**




## Hummus Bar

Our Hummus is made from pureed chickpeas, sesame paste (tahini) and lemon juice, blended together for a perfect taste and texture. A perfect compliment for all dishes

<b>The Original</b> 	<b>£4.50</b>
<b>Beirut</b>  	<b>£4.60</b>
<b>Beetroot</b> 	<b>£4.90</b>
<b>Bil Fuul</b> 	<b>£4.90</b>
Topped with seasoned fava beans	
<b>Bil Lahme</b>	<b>£5.50</b>
Topped with seasoned minced meat and pine nuts	
<b>Hummus &amp; Falafel</b> 	<b>£5.50</b>

All Served with bread

## Hot Mezze

<b>Traditional Falafel</b> 	<b>£4.30</b>
Fried spiced balls of chickpeas, onion coriander and fine herbs. Served with tahini sauce	
<b>Batata Harra</b> 	<b>£4.50</b>
Fried potato cubes cooked with olive oil, garlic, chili and coriander	
<b>Fuul</b> (Fava Beans)  	<b>£4.50</b>
Broad beans cooked with onion, garlic, coriander, topped with olive oil and tahini	
<b>Kibbe Sajieh</b> 	<b>£5.00</b>
Bulgur wheat shell filled with mixed lamb, onion, walnuts, Arabic spices and pomegranate molasses	
<b>Burak Jibneh</b>	<b>£4.00</b>
Feta cheese, mozzarella, parsley and black seeds	
<b>Harrak Ispao</b>   <b>make it gluten free</b>	<b>£4.70</b>
Traditional Damascus lentil cooked with tamarind, coriander, garlic and pomegranate	
<b>Fatteh</b> Original £5 / Eggplant £5.60 / Lamb  	<b>£6.00</b>
Chickpeas, tahini, yoghurt, pita chips, garlic and pine nuts	
<b>Bamia bil Zeit</b> 	<b>£5.90</b>
Okra cooked with tomato and onion	
<b>Moussaka</b> 	<b>£6.50</b>
Eggplant cooked with vegetables and tomato sauce	

### Butterfly King Prawns

Oven cooked with garlic, lemon and mixed herbs

**£6.90**



## Halloumi Bar

<b>Grilled Halloumi</b>	<b>£4.70</b>
Grilled halloumi cheese served with arugula and olives. Drizzled with olive oil and pomegranate sauce	
<b>Halloumi Fajita</b>	<b>£5.50</b>
Oven cooked seasoned vegetables topped with halloumi cheese	
<b>Halloumi Fries</b>	<b>£4.90</b>
Delicious deep fried halloumi sticks. Seasoned with cajun seasoning. Served with a special sauce	
<b>Halloumi Salad</b>	<b>£5.90</b>
Arugula salad, tomato, olives, pomegranate seeds and olives. Topped with grilled halloumi and olive oil	

## Mashawi Grills

<b>Batenjan Kafta</b>	<b>£12.90</b>
Lamb kafta charcoal grilled with smoked eggplant. Served with vegetable moussaka	
<b>Tabulé Special Grill</b>	<b>£14.50</b>
Platter of charcoal grilled lamb chops, lamb kafta, chicken shish taouk, kafta kashkash and arrayes. Served with red onion, parsley and skin on fries	
<b>Shish Taouk</b>	<b>£10.90</b>
Charcoal grilled chicken cubes marinated in traditional spices served with skin on fries or rice	
<b>Lahem Meshwi</b>	<b>£12.90</b>
Charcoal grilled soft tender lamb cubes lightly seasoned served with skin on fries or rice	
<b>Lamb Kafta</b>	<b>£9.90</b>
Lightly seasoned charcoal grilled minced lamb and parsley served with skin on fries or rice	
<b>Lamb Chops</b>	<b>£12.90</b>
Charcoal grilled lamb chops served with grilled vegetables served with skin on fries	
<b>Kabab Khashkash</b>	<b>£12.90</b>
2 Skewers lamb kafta with smoked tomato and mint sauce served with bread	
<b>Salmon Fillet</b>	<b>£13.70</b>
Lightly seasoned and charcoal grilled served with skin on fries or rice	
<b>Mediterranean Chicken Fillet Steak</b> 	<b>£12.90</b>
Char-grilled chicken fillet marinated in Mediterranean spices served on a bed of a flavourful tomato sauce with a side of batata harra	
<b>Chicken Wings</b> 	<b>£9.90</b>
Marinated charcoal grilled wings, served with rice or fries	



## Shawarma

Would you like your dish Gluten Free?

<b>Chicken Shawarma</b>	<b>£9.50</b>
Slices of marinated chicken. Served with skin on fries, garlic sauce, tahini and mixed pickles	
<b>Shawarma Arabie</b>	<b>£9.90</b>
Authentic Arabian chicken shawarma wrap in a thin tortilla bread. Toasted and served with skin on fries and garlic sauce	

## Tabekh Mains

<b>Cherry Kebab</b>	<b>£10.90</b>
Authentic recipe from Aleppo, lamb kafta cooked with cherry sauce served with Lebanese bread	
<b>Lamb Tagine</b> 	<b>£13.50</b>
Moroccan lamb tagine cooked in clay with dried fruits and roasted almonds served with bread	
<b>Chicken Tagine</b>	<b>£11.50</b>
Chicken cooked with preserved lemon saffron and green olives served with bread	
<b>Seabass Fillet</b> 	<b>£14.50</b>
Grilled sea bass fillet served with spicy potatoes and nuts	
<b>Lamb Shank</b> <i>with Rice</i>	<b>16.00</b>
Slow cooked tender lamb shank served with dill saffron rice	
<b>Farouj Mousahab</b> 	<b>£10.90</b>
Traditional charcoal grilled boneless half chicken, served with rice or fries	
<b>Turkish Kafta</b>	<b>£13.50</b>
Minced lamb mixed with smoked eggplant & a sweet chilli cooked with cheese & sliced eggplant	

## Wraps

<b>Chicken Shawarma</b>	<b>£4.50</b>
<b>Shish Taouk</b>	<b>£4.50</b>
<b>Lamb Kafta</b>	<b>£4.50</b>
<b>Falafel</b> 	<b>£4.50</b>
<b>Halloumi</b> 	<b>£4.50</b>

### Falafel & Halloumi

Mixed veg, hummus, halloumi and tahini sauce

**£5.50**



## Side Orders

<b>Plain White Rice</b> <i>with Vermicelli</i>	<b>£3.50</b>
<b>Couscous</b> 	<b>£3.50</b>
<b>Yellow Rice</b>	<b>£3.50</b>
<b>French Fries</b>	<b>£2.99</b> <small>Reg £2.49   Lrg</small>
<b>Mixed Pickles</b>	<b>£2.70</b>
<b>Olives</b>	<b>£2.70</b>

### Allergy Notice:

Please tell a member of staff if you suffer from allergy

 Vegetarian  Gluten Free  Nuts  Sesame