

# Al Areez

Lebanese Cuisine Cafe & Juice Bar



مطعم الأريز



Experience the True Lebanese Cuisine



## SOUPS شوربة

- 1 Lentil Soup **V** شوربة عدس £6.50  
Lentils purée with lemon & cumin served with crispy bread
- 2 Vegetable Soup **V** شوربة خضار £6.50  
Courgettes, carrots, peas, potatoes, vermicelli, tomatoes & parsley
- 3 Chicken Soup شوربة دجاج £6.50  
Chicken breast, parsley & vermicelli

## SALADS سلطة

- 4 Al Arez Salad **V** سلطة مطعم الارز £7.95  
Lettuce, tomatoes, cucumber, parsley, fresh mint, radish, peppers  
fine spices with lemon & extra virgin olive oil dressings.
- 5 Spicy Lebanese Salad **V** سلطة حرة £7.95  
Lettuce, tomatoes, cucumber, parsley, fresh mint, chopped green chilli, peppers,  
fine spices with lemon & extra virgin olive oil dressings.
- 6 Cucumber Salad & Yogurt **V** سلطة خيار باللبن £7.95  
Yogurt with finely cut cucumber & dried mint
- 7 Tomatoes & Onions Salad **V** سلطة بندورة مع بصل £7.95  
Tomatoes with finely chopped parsley, onions & dried mint
- 8 Rocket Salad **V** سلطة جرجير £8.50  
Rocket, red onions, radish, tomatoes, with lemon & extra virgin olive oil dressings.
- 9 Feta Cheese Salad **V** سلطة جبنة الفيتا £8.95  
Feta cheese, tomatoes, lettuce, olives, cucumber & extra virgin olive oil.
- 10 Cabbage Salad **V** سلطة ملفوف £7.95  
Cabbage, Carrots, Sweetcorn, Cucumber, Dry Mint, Lemon & extra virgin olive oil.

## COLD STARTERS مقبلات باردة

- 11 Hummus **V** حمص £7.50  
Chick peas purée with sesame paste (tahini) & lemon juice
- 12 Hummus Beirut **V** حمص بيروتى £7.95  
Chick peas purée with hot peppers, parsley, garlic, sesame paste (tahini) & lemon juice.
- 13 Hummus Cumin **V** حمص بالكمون £7.95  
Chick peas purée with sesame paste (tahini) & lemon juice with cumin
- 14 Moutabel (Baba Ghanouj) **V** متبل باذنجان بابا غنوج £8.50  
Purée of grilled aubergines with sesame paste (tahini) & lemon juice
- 15 Tabbouleh **V** تبولة £8.25  
Fine chopped parsley with tomatoes, onions, fresh mint, crushed wheat,  
lemon juice & extra virgin olive oil
- 16 Warak Inab B'zeit **V** ورق عنب £7.95  
Grape vine leaves filled with rice, parsley tomatoes, mint, onions,  
cooked in lemon juice & extra virgin olive oil
- 17 Fattoush **V** فتوش £7.95  
Lettuce, cucumber, tomatoes, radish, summac,  
toasted Lebanese bread with lemon & extra virgin olive oil dressing
- 18 Labneh **V** لبننة £6.50  
Strained yogurt topped with dried mint & extra virgin olive oil dressings (garlic optional)
- 19 Loubieh B'zit **V** لوبيا بالزيت £7.95  
French green beans cooked with tomatoes, onions & extra virgin olive oil
- 20 Moussakaa **V** مسقعة باذنجان £8.50  
Roast aubergine baked with tomatoes, chick peas, peppers, onions & spices
- 21 Sabanekh B'ezit **V** سبانخ بالزيت £7.50  
Roasted spinach with onions, coriander, pine nuts, lemon juice & extra virgin olive oil
- 22 Bamieh Be'zit **V** بامية بالزيت £7.95  
Okra cooked with tomatoes, peppers, onions, fresh coriander & extra virgin olive oil
- 23 Makdous Batinjan **V** مكدوس باذنجان £7.95  
Baby aubergines pickled and stuffed with walnuts, garlic & spices
- 24 Salatate Al-Rahib **V** باذنجان الراهب £7.95  
Grilled aubergines, parsley, peppers, onion, garlic & extra virgin olive oil
- 25 Avocado Dips **V** متبل افوكادو £9.50  
Avocado puree, garlic, lemon, salt, extra virgin olive oil.



CEREALS  
WHEAT

CRUSTACEANS

EGGS

FISH

NUTS  
PEANUTS

SOYA

MILK

NUTS

CELERY

MUSTARD

SESAME SEEDS

SULPHUR  
DIOXIDE

LUPIN

MOLLUSCS

## HOT STARTERS مقبلات ساخنة

- 26 Hummus Shawarma **حمص شاورما** £9.95  
Chick peas purée with sesame paste lemon juice & extra virgin olive oil dressings.  
topped with slices of chicken shawarma or lamb shawarma
- 27 Moutabel Shawarma **متبل شاورما** £9.95  
Purée of grilled aubergines mixed with tahini, garlic and topped with chicken or lamb shawarma
- 28 Hummus Kawarma Lamb **حمص قاورما لحم** £9.95  
Chick peas purée with sesame paste lemon juice, extra virgin olive oil dressings.  
topped with fried diced marinated Lamb & pine nuts
- 29 Hummus Kawarma Chicken **حمص قاورما دجاج** £9.95  
Chick peas purée with sesame paste lemon juice, extra virgin olive oil dressings.  
topped with fried diced marinated Chicken & pine nuts.
- 30 Foul Moudamas **فول مدمس** £9.95  
Boiled broad beans, chick peas, garlic, lemon juice & extra virgin olive oil
- 31 Falafel **فلافل** £7.95  
Deep fried broad beans, chick peas & fine herbs croquettes, Parsley, Coriander, Garlic, Onions served with tahini sauce
- 32 Fried Vegetables **مقالى** £7.95  
Fried cauliflower, potatoes & aubergines
- 33 Kibbeh Maklieh (Lamb) **كبة مقليه** £7.95  
Lamb & crushed wheat shell filled with seasoned minced lamb & pine kernels (deep fried)
- 34 Sojuk (Spicy) **سجق** £7.95  
Home-made Lebanese spicy sausages sautéed in lemon
- 35 Makanek **مقانىق** £7.95  
Home-made Lebanese mini sausages in lemon
- 36 Sawda Dajaj **سودة دجاج** £7.95  
Marinated chicken liver sautéed in lemon & spices
- 37 Batata Harra **بطاطا حرة** £7.95  
Cubes of potatoes fried with fresh coriander, peppers & garlic
- 38 Jawaneh Meshwiyeh **جوانج مشوية** £7.95  
Charcoal-grilled marinated chicken wings served with or without garlic sauce
- 39 Halloumi Cheese **جبنة حلوم** £8.50  
Lebanese cheese served grilled or fried
- 40 Kudsieh Hummus & Foul **قدسية حمص وفول** £8.95  
Chickpeas pure with sesame paste (tahini) topped with hot broad beans, lemon juice, extra Virgin olive oil.
- 41 Fattah Lamb **فتة لحم** £12:00  
Fried minced meat, chick Peas, yogurt, fried bread, pine nuts
- 42 Fattah Hummus **فتة حمص** £10.00  
Chick peas, yogurt, fried bread, pine nuts
- 43 Mousakaa with Cheese **مسقعة مع جبنة** £9.50  
Fried aubergine baked with tomatoes, chick peas, onions & spices topped with melted Cheddar cheese
- 44 Mussabaha Hummus **مسبحة حمص** £8.00  
Chickpeas, tahini, cumin, lemon juice, garlic, extra virgin olive oil

## PASTRIES ومخبزات فطائر

- 45 Fatayer B'sabanekh **فطائر بالسبانخ** £7.50  
Baked pastry filled with spinach, onions, pine nuts, lemon juice, extra virgin olive oil & summac
- 46 Cheese Samboussek **سمبوسة جبنة** £7.50  
Baked pastry filled with halloumi cheese and oregano (zaatar)
- 47 Lamb Samboussek **سمبوسة لحمة** £7.50  
Baked Lebanese pastry filled with minced lamb, onions & pine nuts
- 48 Cheese Spring Rolls **رقاقات جبنة** £7.50  
Pastry filled with halloumi cheese (deep fried)
- 49 Vegetables Spring Rolls **رقاقات خضار** £7.50  
Pastry filled with mixed vegetables (deep fried)
- 50 Spinach Spring Rolls **رقاقات سبانخ مع الجبنة** £7.50  
Pastry filled with Spinach, Onions, Lemon Juice, Summac and Feta Cheese
- 51 Kallaj Al Arez **كلاج الارز** £7.50  
Grilled Lebanese bread filled with halloumi cheese
- 52 Arayes Al Arez **عرايس الارز** £7.95  
Grilled Lebanese bread filled with seasoned minced lamb, onions & parsley



## CHARCOAL GRILL AND MAIN COURSE مشاوي و الطبق الرئيسي

All grill can be served with FREE spicy Khashkhash sauce on top

- 53 Lahem Meshwi لحم مشوي £17.95  
Tender lamb cubes grilled on 3 skewers with tomatoes & onions and pickles
- 54 Shish Taouk شيش طاووق £16.95  
Cubes marinated chicken, grilled on 3 skewers with pickles and garlic sauce
- 55 Kafta Halabiyeh كفتة £16.50  
Seasoned minced lamb, onions & parsley grilled on 3 skewers.
- 56 Mixed Grill (grilled on 3 skewers) مشوي مشكل £17.95  
Lamb cubes, seasoned minced lamb, chicken cubes
- 57 Kafta Khashkhash كفتة خشخاش £17.00  
Minced lamb, parsley, garlic & tomato purée grilled on 3 skewers topped with spicy sauce.
- 58 Lamb Shawarma شاورما لحم £16.95  
Roasted thin slices of marinated lamb, pickles, tomatoes, onions with summac.
- 59 Chicken Shawarma شاورما دجاج £15.95  
Roasted thin slices of marinated chicken, pickles, tomatoes, garlic sauce.
- 60 Mixed Shawarma شاورما مشكل £16.95  
Roasted thin slices of marinated lamb & chicken, pickles, onions, tomatoes, garlic sauce.
- 61 Farruj Mussahab فروج مسح £17.95  
Grilled marinated boneless baby chicken with garlic sauce, pickles, tomatoes served with Chips or plain rice.
- 62 Grilled Marinated Lamb Cutlets كاستليتينا £19.95  
Served with chips or rice

## TRADITIONAL LEBANESE DISHES

- 63 Dish of the Day الطبق اليومي £14.95  
(Ask your waiter for the chef's special)
- 64 Stuffed Lamb خروف محشي £15.95  
Rice topped with Stuffed lamb & mince served with yogurt and cucumber salad.
- 65 Kibbeh Besseneyeh كبة بالصينية £14.00  
Lamb & crushed wheat baked and filled with seasoned minced lamb, onions & pine kernels
- 66 Bamieh Bil Lahme (Stew) served with plain rice بامية باللحم £14.50  
Okra stew cooked with cubes of lamb, tomatoes, onions, coriander.
- 67 Chicken Cubes with Vegetables (Stew) Served with rice طواية دجاج £14.50  
Cubes of chicken cooked with seasonal mixed vegetables & fresh coriander.
- 68 Lamb Cubes with Vegetables (Stew) served with rice طواية لحم £14.50  
Cubes of lamb cooked with seasonal mixed vegetables & fresh coriander
- 69 Kibbeh Labanieh كبة لبنية مع رز £15.50  
Fine Bulgur wheat balls filled with pine nuts and mince meat, cooked with natural yogurt and served with vermicelli rice.
- 70 Mouloukhieh with Vermicelli Rice ملوخية مع رز £15.50  
Mouloukhieh Leaves cooked with Chicken, Coriander, Garlic, Lemon. Served with Vermicelli Rice.
- 71 Mahashi (Dolma) Stuffed Vegetables محاشي £15.50  
Courgettes, Aubergines, and Vine Leaves stuffed with mince meat rice, pine nuts and spices.

V Suitable for Vegetarians Spicy  
Some of our food may contain nuts & gluten,  
please ask waiter for advice

عروض خاص لشخصين

## ALAREZ SET MENU FOR 2 PEOPLE

£60.00

**Mix Grill:** one skewer of grilled chicken, one skewer of grilled lamb, 1 skewer of grilled minced meat, 2 lamb cutlets, chicken wings, mix shawarma served with Hummus **or** salad **or** rice.

عروض خاص  
لأربعة أشخاص

## ALAREZ SET MENU FOR 4 PEOPLE

£115.00

**Mix Grill:** Two skewers of grilled chicken, two skewers of grilled lamb, two skewers of grilled minced meat, 4 lamb cutlets, chicken wings, mix shawarma, served with Hummus **or** salad **or** rice.

## VEGETARIAN MAIN COURSES اطباق رئيسية نباتية

- 72 Loubieh B'zeit (Stew) **V** £13.50 لوبيا مع رز  
Served with rice  
Green beans cooked with tomatoes, onions in extra virgin olive oil, served with rice.
- 73 Mousakaa B'zeit (Stew) **V** £13.50 مسقعة مع رز  
Served with rice  
Roasted aubergines baked with tomatoes, chick peas, onions & spices served with rice.
- 74 Bamieh B'zeit (Stew) **V** £13.50 بامية بالزيت  
Served with rice  
Okra cooked with tomatoes, onions fresh coriander, peppers, in extra virgin olive oil, served with rice.
- 75 Moujadara B'zeit (Stew) **V** £13.50 مجردة مع سلطة  
Served with salad  
Lentils cooked with rice, onions & extra virgin olive oil served with tomatoes and onion served with tomatoes & onion salad

## SEA FOOD اسماك

- 76 King Prawns £22.00 قريدس  
Grilled served with chips, salad or rice.
- 77 Sea Bass £22.00 سمك سيباس مشوي  
Grilled served with chips, salad or rice.

## KIDS MENU وجبات الاطفال

- 78 GRILLED CHICKEN WINGS £9.95 جوانح دجاج  
With Chips and fresh juice or fruit shoot
- 79 CHICKEN NUGGETS £9.95 دجاج قطع  
With Chips and fresh juice or fruit shoot
- 80 FISH FINGERS £9.95 اصابع السمك  
With Chips and fresh juice or fruit shoot

## SIDE DISHES اطباق جانبية

- 81 Chips (French Fries) **V** £3.50 بطاطا مقلية
- 82 Chips & Cheese £4.50 بطاطا مقلية مع جبنة
- 83 Vermicelli Rice **V** £5.95 رز مع شعيرية
- 84 Rice & Mince Meat £6.95 رز مع لحم



## FRESHLY SQUEEZED JUICES عَصِير طَبِيعِي

All juices are freshly squeezed to order and contain 100% fruit juice.

85	Orange Juice	برتقال	£4.95
86	Carrot Juice	جزر	£4.95
87	Apple Juice	تفاح	£4.95
88	Mango Juice	مانجا	£4.95
89	Fruit Cocktail Juice	فواكه مشكله	£4.95
90	Strawberry Juice	فراولة	£4.95
91	Melon Juice	شمام	£4.95
92	Grapefruit Juice	كريب فروت	£4.95
93	Pineapple Juice	اناناس	£4.95
94	Lemonade	ليموناضة	£4.95
95	Jallab (Dates, Grapes, Pine nuts)	جلاب	£4.95
96	Tamarind (Dates, Rose Water)	تمر هندي	£4.95
97	Ayran Yogurt (Yogurt drink freshly made with dried mint)	لبن عيران	£4.00

## MILK SHAKES & SMOOTHIES عَصَائِر مَعَ الحَلِيبِ وَالْفَاكِهَةِ

98	Banana Shake	موز حليب	£4.95
99	Mango Shake	مانجا حليب	£4.95
100	Banana & Mango Shake	موز ومانجا حليب	£4.95
101	Strawberry Smoothie (Strawberry, Mango, Banana)	فراولة مانغو موز	£4.95
102	Energiser (Strawberry, Pineapple)	فراولة واناناس	£4.95
103	Stress Beater (Strawberry, Banana)	فراولة وموز	£4.95
104	Al-Arez Smoothie (Carrot, Apple, Ginger)	جزر مع التفاح والزنجبيل	£4.95
105	Avocado Juice & Honey	افوكادو وعسل	£6.95
106	Chopped Fruit Cocktail & Honey	كوكتيل شقف مع عسل	£9.50

## SOFT DRINKS مشروبات غازية

107	Mineral Water (small)	مياه معدنية قياس صغير	£2.50
108	Mineral Water (large)	مياه معدنية قياس كبير	£3.50
109	Sparkling Water (small)	مياه غازية قياس صغير	£2.75
110	Sparkling Water (large)	مياه غازية قياس كبير	£4.00
111	Soft Drinks Can (Pepsi, Coke, 7Up etc.)	مشروبات غازية	£2.75
112	Red bull	ريد بول	£4.00

## HOT DRINKS مشروبات ساخنة

113	Lebanese Coffee	قهوة لبنانية	£3.50
114	Espresso	اسبرسو	£2.25
115	Double Espresso	دبل اسبرسو	£3.25
116	Cappuccino	كابوتشينو	£3.50
117	Latte	لاتيه	£3.50
118	Nescafe	نسكافيه	£3.50
119	Hot Chocolate	هوت شوكليت	£3.50
120	Tea	شاي	£3.50
121	Mint Tea	شاي مع نعناع	£3.50
122	Orange Blossom Water	ماء زهر ساخن	£3.50

## DESSERT حلويات المارز

123	Assorted Baklava Layered pastries with almonds, pistachios or pine kernels	بقلاوة لبنانية	£7.00
124	Knafa Bil Jibn Granulated pastries on melted cheese served warm with syrup	كنافة بالجبن	£7.00
125	Mouhalabieh Lebanese Pudding cooked with rose water.	مهلبية	£6.00
126	Rice Pudding Lebanese Pudding cooked with rose water.	رز بحليب	£6.00
127	Selection of Fresh Fruits	فاكهة مشكله	£13.00





# Al Arez

Lebanese Cuisine Cafe & Juice Bar

(Private room caters over 60 People)

Al Arez I: 101 Edgware Road, London W2 2HX Tel: 020 7262 4833

Al Arez Cafe: 103 Edgware Road, London W2 1BS Tel: 020 7262 4833

Al Arez II: 128 Brompton Road, London SW3 1JD Tel: 020 7584 0390

Al Arez Express I: 132 Edgware Road, London W2 2DZ Tel: 020 7724 8433

Al Arez South Kensington: 5 Harrington Road, South Kensington, SW7 3ES Tel: 020 3601 2341

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