

Meerjana



Wholesome, Home-Made Lebanese & International Dishes at Lunchtime

WE ALSO OFFER A FULL A LA CARTE LEBANESE MENU IF YOU PREFER A WIDER SELECTION OF LEBANESE MEZZE AND OTHER DISHES, JUST ASK TO SEE THE MENU. OUR PASTRIES AND BREADS ARE BAKED ON THE PREMISES. EVERYTHING IS HAND-MADE FRESH TO ORDER, SO SOME DISHES MAY ARRIVE AT DIFFERENT TIMES. FULLY LICENSED.

Enjoy your visit!

HOME-MADE SOUPS

ALL SERVED WITH BREAD







Lentil 	£4.50
Tomato 	£4.50
French Onion 	£4.50
Fennel 	£4.50
Carrot & Coriander 	£4.50
Leek & Potato 	£4.50
Clear Chicken & Vermicelli	£4.50

MEEJANA INDIVIDUAL SELECTION PLATTERS

PLATTERS OF 8 OR 10 CAN BE MADE 100% VEGETARIAN IF REQUIRED

Platter of 6 Mezze	£9
Hummus  , Moutabbal (Smoked Aubergine Dip)  , Tabbouleh  , Falafel  , Fatayer (Spinach Parcel)  , Rikakat Jebne (Haloumi) 	
Platter of 8 Mezze	£11
Hummus  , Moutabbal (Smoked Aubergine Dip)  , Tabbouleh  , Falafel  , Fatayer (Spinach Parcel)  , Rikakat Jebne (Haloumi)  , Kibbeh Lahme (Lamb & Pine Nuts), Warak Enab (Vine Leaves) 	
Platter of 10 Mezze	£13
Hummus  , Moutabbal (Smoked Aubergine Dip)  , Tabbouleh  , Falafel  , Fatayer (Spinach Parcel)  , Rikakat Jebne (Haloumi)  , Kibbeh Lahme (Lamb & Pine Nuts), Warak Enab (Vine Leaves)  , Bamieh (Okra)  , Samboussik (Lamb Pasty)	
Meejana Mezze Grill	£16
A platter of 6 vegetarian mezze accompanied by two skewers (chicken & kafta)	

SALADS

	Starter	Main
Tabbouleh Salad 	£6.50	
Parsley, cracked wheat, tomato, lemon & olive oil.		
Chef's Salad 	£6.50	
Rocket, avocado, tomato & pomegranate seeds.		
Fattoush 	£6.50	
Mixed salad, lettuce, tomatoes, mint, sumac, onion, olives & Lebanese bread.		
Parmesan, Rocket & Walnut Salad 	£6.50	£8.50
Parmigianino Reggiano, rocket & walnuts and drizzled with our house dressing.		
Warm Chicken Liver Salad	£6.50	£8.50
Pan-fried chicken livers with a pomegranate sauce on a mixed leaf salad.		
Warm Goat Cheese Salad 	£7.00	£9.50
Warmed goats cheese on toasted bruschetta set on a salad of mixed leaves, drizzled with balsamic, olive oil, pine nuts and raisins.		
Falafel & Salad 	£6.50	£9.00
Falafel served with a mixed salad and tahina (sesame) sauce.		
Chicken Caesar Salad	£7.00	£9.00
The classic chicken Caesar salad served with croutons.		
Warm Sojok Salad	£7.50	£9.50
Sliced spicy Armenian sausage tossed with tomato & mixed salad leaves.		
Sabeedish (Squid) Salad	£7.50	£9.50
Deep fried squid in a delicate thyme batter served with a rocket salad.		
Whitebait Salad	£7.00	£9.00
Deep fried whitebait coated with corn flour, served on a blanket of lettuce.		
Shrimp Salad	£7.50	£9.50
Large shrimps sautéed in garlic and olive oil and served on a bed of mixed leaves.		
Salad Niçoise	£8.50	£11.00
Tuna, haricots verts, lettuce, tomato, olives, boiled egg, potato and anchovies.		

MEEJANA PLATTERS

Merguez, Chips and Salad	£9
Spicy lamb sausages served with chips and a side salad	
Sojok & Patata Harra	£9
Spicy Armenian lamb sausage served with our house favourite of potatoes cooked with chilli and coriander.	
Shish Taouk & Salad	£12
Grilled chicken pieces grilled served with a mixed salad	
Kafta & Fattoush	£13
2 skewers of grilled kafta (skewered minced lamb with parsley and onion) served with a fattoush salad	
Lamb Chawarma Platter	£13
Lamb chawarma (sliced, marinated lamb) served with hummus & salad	
Chicken Chawarma Platter	£13
Chicken chawarma (sliced, marinated chicken) served with tabbouleh & rice	
Mixed Chawarma Platter	£13
A plate combining both lamb and chicken chawarma & served with tabbouleh and hummus	
Lamb Meshwi Platter	£14
Lean lamb pieces grilled and served with Moutabbal (smoked aubergine) & Salad	
Mixed Grill Lunch	£15
2 skewers – kafta (minced lamb with parsley, onions and herbs) and chicken; served with tabbouleh & hummus	
Side order of Chips	£3.25

LEBANESE WRAPS & LUNCHES

- “Solo” A wrap on its own
 “Light” A wrap with a side of hummus and tabbouleh
 “Meal” A wrap with chips and salad

	Solo	Light	Meal
Chicken Shawarma Marinated, sliced chicken with salad and garlic sauce	£4.50	£7.50	£9.00
Lamb Shawarma Marinated, sliced lamb with salad and hummus	£4.50	£7.50	£9.00
Shish Taouk Grilled marinated chicken pieces with salad and garlic sauce	£4.50	£7.50	£9.00
Kafte Meshwi Grilled minced lamb with parsley and onion, salad & hummus	£4.50	£7.50	£9.00
Lamb Meshwi Grilled lamb pieces with salad, raw onions & hummus	£5.50	£8.50	£10.00
Merguez 2 Merguez sausages with a hummus, salad and chilli	£4.50	£7.50	£9.00
Sojok Spicy Armenian sausage with hummus and salad	£4.50	£7.50	£9.00
Chicken Liver Cooked in a pomegranate sauce and served with salad and garlic sauce	£4.50	£7.50	£9.00
Falafel  Chick pea, coriander and sesame croquettes deep fried; with salad & tahina (sesame) sauce	£4.00	£7.00	£8.50
Ratatouille & Haloumi  A juicy combination of vegetables and Haloumi cheese	£4.00	£7.00	£8.50
Patata Harra  Potatoes in a spicy mélange of coriander and peppers	£4.00	£7.00	£8.50

Add Kabis (pickles) to the filling for an extra 30p
 Add Extra Haloumi in the wrap for an extra 50p

GALETTES

BUCKWHEAT CREPES (SAVOURY) MADE WITH FREE RANGE EGGS

Ham & Cheese	£7.00	With Herbs
Smoked Salmon	£7.50	With Crème Fraîche, Dill & Lemon
Goats Cheese (V)	£7.50	With Spinach, Crème Fraîche & Red Onions
Mushroom (V)	£7.50	With Béchamel Sauce, Parmesan & Herbs
Chicken	£8.00	With Béchamel Sauce, Parmesan & Pesto
Veggie Luxe (V)	£8.50	Mushroom, Egg, Spinach, Onions & Béchamel Sauce

CREPES

MADE WITH FREE RANGE EGGS & UNSALTED BUTTER

Chocolate (V)	£4.00	With or without hazelnuts
Lemon & Sugar (V)	£4.50	
Banana Chocolate (V)	£5.00	With Crème Chantilly
Coconut & Chocolate (V)	£5.00	Homemade coconut cream
Crepe Suzette (V)	£8.00	Contains alcohol
Apple Calvados (V)	£8.00	Contains alcohol
Sweet Heaven (V)	£3.00	Mix-and-match your own crepe from the following ingredients:
Price is for the base crepe		Jams: (£1 each)
Please add toppings as desired!		Raspberry, Apricot, Strawberry, Mulberry, Marmalade, Fig
		Sauces: (£1 each)
		Crème Chantilly, Crème Pâtissière, Chocolate
		Seasonal Fruits: (£1.50 each)
		As Available in the Deli
		Ice Creams & Sorbets: (£1.95 per scoop)
		Choose from our selection overleaf

ICE CREAM, PATISSERIE & LEBANESE SWEETS

Home-made Gateaux	£3.75	Daily selection varies
Luxury Ice Cream (scoop)	£1.95	Vanilla Coconut Chocolate Salty Carmel Pistachio Rose Petal Matcha Green Tea Mango Lemon Elderflower Mandarin Passion Fruit Basil Lime & Ginger
Luxury Sorbet (scoop)	£1.95	Filo pastry layers filled with pistachios and mixed nuts
Baklawa (each)	£0.70	Shortcrust pastry filled with walnut, pistachio or dates
Mammoul (each)	£1.25	A luxurious Lebanese cake made with cheese, heated until it melts and drizzled with sugar syrup & pistachio
Knefe bel Jibn	£4.75	

SHISHA

All Flavours; 2 Charcoals	£12.50	Double Apple Strawberry
Additional Refills	£6.50	Lemon Mint Peach Plum

COFFEE & CHOCOLATE

Our coffee is 100% Arabica, organic and fair trade. We think it's great and we hope you do too.

	Primo	Mezzo
Arabic Coffee (with or without Cardamom)	£2.25	-
Matcha Green Tea	£2.25	-
Ristreto	£1.50	-
Espresso	£1.50	-
Lungo	£1.60	-
Macchiato	£1.75	-
Americano	£1.80	£2.00
Cappucino	£2.00	£2.25
Café Latte	£2.00	£2.25
Café Mocha	£2.50	£2.75
Organic Hot Chocolate	£2.25	£2.50
Babycino (Hot milk & froth)	£0.75	-
Extra Espresso Shot	£0.40	
Syrup Shot (Vanilla, Hazelnut, Caramel, Mint, Orange, Strawberry)	£0.40	

FRESH JUICES

Fresh Lemonade	£2.50
+ Orange Blossom (Lebanese-style Lemonade)	£2.75
Fresh Orange Juice	£3.50
Fresh Pineapple Juice	£3.95
Fresh Carrot Juice (with or without ginger)	£2.95
Fresh Apple Juice (with or without ginger)	£2.95
Fresh Carrot & Apple Juice (with or without ginger)	£2.95

OTHER DRINKS

Jellab (date juice cordial with pine nuts) / Grenadine	£2.95
Ayran (yoghurt & mint)	£2.95
Soft Drinks (Coke, Diet Coke, Sprite, Orangina, Ginger Beer)	£1.75

TEAS & TISANES

POT: £2.25

Our teas are whole-leaf teas without compromise. The bags are silken and biodegradable and are designed to give maximum freedom to the steeping process and not to taint the flavour of the tea.

Black teas	English Breakfast Tea Darjeeling Earl Grey Chai Tea – A milked spiced Assam brew (£2.50)
Blue Teas	Tung Ting Blue Tea – Oolong
Green Teas	Mao Feng Green Tea Marakkesh Mint – Green tea with mint Jasmine Pearls – With Jasmine Popcorn Tea – With Popcorn
White Teas	Organic Silver Tips (Fujian)
Herbal Teas	Peppermint Tea Chamomile Flowers Yerba Mate – A South American favourite Liquorice & Peppermint Summer Flowers – Lemongrass & Ginger Super Fruit – Hibiscus, Cranberry, Blueberry Organic Honeybush & Rooibos Rooibos Crème Caramel Winter Spiced – Spiced Rooibos Tea
Tisanes	Orange Blossom Tea (Cup: £1.80) (aka “Lebanese White Coffee”)

SHAKES & SMOOTHIES

Milkshakes

£3.25

Banana
Strawberry
Banana & Strawberry
Blueberry
Mixed Berry
Raspberry
Tropical Fruit
Mango

Or choose any scoop from our range of ice creams for your own flavour

Fruit Smoothies

£3.95

Banapple
Raspberry
Berry Blue
Berry Crush
Pink Banana
Mixed Berry
Blue Banana
Mango Crush
Morning Mash
Berry Razzle
Tropical
Fig

Apple , Banana
Apple , Raspberry
Apple, Blueberries
Orange, Mixed Berries, Mint
Apple, Strawberries, Banana
Apple , Mixed Berries
Apple, Blueberries, Banana
Apple , Mango, Orange, Lime
Apple , Orange, Banana
Apple, Mixed Berries, Banana
Apple, Mixed Tropical Fruits
Apple, Figs

Creamy Smoothies

£3.95

Flecked Mango
Berry Creamy
Pineapple Cream
Raspberry Boost

Apple, Yoghurt, Mango, Blueberries
Apple, Yoghurt, Mixed Berries
Yoghurt, Pineapple, Banana
Orange, Yoghurt, Raspberry, Oats

WINES BY THE GLASS

A full drinks list is available on request offering more wines by the bottle, champagnes and spirits. A regular glass of wine is 175ml. For sparkling wines and champagne, a glass is 125ml.

Sparkling & Champagne

Italy	NV	Prosecco De Stefani; Gran Cuvee	11%	£5
Italy	NV	Prosecco De Stefani; Gran Cuvee Rose	11%	£5
France	NV	Perrier Jouet	12%	£8

The Whites

Chile	2011	Julio Bouchon; Sauvignon Blanc	13½%	£5
Lebanon	2010	Chateau Ksara, Blanc de Blancs	13%	£5
Italy	2010	Pinot Grigio	13%	£6

The Rosés

Lebanon	2010	Chateau Ksara Sunset	13%	£5
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The Reds

Lebanon	2006	Heritage, Plaisir du Vin	13%	£5
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BLOND BEERS

Lebanon	Almaza	4,1%	£3.50
Italy	Peroni	5,1%	£3.50
Belgium	Lefte Blond	6,5%	£3.50
Belgium	Duvel	8,5%	£4.00

MINERAL WATER, STILL OR SPARKLING

Mineral Water (Still or Sparkling)

Glass – £1.10 / 750ml – £2.50