

# Meejana



## *Authentic Lebanese Dining*

Our philosophy is simple: take the best quality ingredients, prepare dishes fresh to order and provide an authentic taste of Lebanon. We don't buy in frozen food like many restaurants, but make everything ourselves from the raw ingredients.

The Lebanese like to share a meal and so the food is centred around mezze – smaller plates offering a wide variety of flavours from the simple to the complex and each plate has its own distinctive taste. The best way to enjoy a meal is to select a range of different mezze, both hot and cold, and then pass the time with some good conversation and a few drinks to accompany the meal. Arak is a popular drink in Lebanon, but people also drink Jellab (date juice), soft drinks and, of course, wine (after all, they invented it!)

The food is wonderfully flavoursome, with a mixture of herbs and spices drawn from around the world. There is a wide variety of vegetarian dishes, as well as salads, grills and stews, and Lebanese food is considered an excellent choice for a balanced diet. Except for the steaks, all of our meat is Halal.

## *Rough Guide to Lebanese Food*

If you need any help, please ask and we'll be happy to help you enjoy your dining experience at Meejana. We can put together a selection of mezze for you if you have difficulty choosing. It is also good fun to be surprised with an array of dishes and explore the culinary palette Lebanese food has to offer.

If you are choosing yourself and this is the first time you have eaten Lebanese food, we recommend 2 to 3 mezze per person as a guide. You can always order more if you are still hungry (or find something you really love). If you are having a main course, just stick with one mezze as a starter.

## Cold Mezze

✓ Hummus	£5.50
Puree of chickpeas with sesame paste (tahina) & lemon juice	
✓ Hummus Beiruty 🍯🍯	£6.00
Puree of chickpeas with hot pepper, garlic, parsley, sesame paste (tahina) & lemon juice	
Hummus Awarma 🍋	£7.50
Puree of chickpeas with lamb & pine nuts on top	
✓ Moutabbal	£6.75
Puree of smoked aubergine with sesame paste (tahina) & lemon juice	
✓ Warak Enab	£6.25
Grape vine leaves filled with rice, tomato and parsley; slow-cooked in olive oil	
✓ Mouhammara 🍋🍯🍯	£7.75
Crushed mixed nuts in a spicy paprika-based paste	
✓ Arde Chaouky	£6.50
Artichoke flower or heart (subject to seasonal availability) steamed with garlic, lemon & olive oil	
✓ Batinjan Rahib	£7.25
Grilled aubergines, chilled, diced and mixed with tomatoes, lemon & garlic	
✓ Bamieh	£6.50
Okra with tomato, garlic, coriander & olive oil. Can also be served hot.	
✓ Moussakat Batenjan	£7.00
Baked seasoned aubergine cooked with tomato & chick peas. Can also be served hot.	
✓ Laban we Khiair	£5.75
Yoghurt, cucumber & mint dip	
✓ Olives	£5.00
Selection of premium olives	
✓ Labneh	£5.75
Soft cheese made from strained yoghurt. Can be served with or without garlic	
✓ Shankleesh	£6.75
Aged cheese served with tomatoes, onions and thyme	

# Mejjana



✓ Tabbouleh	£7.00
The famous parsley salad, with cracked wheat, onion, tomato, lemon juice and olive oil.	
✓ Fattoush	£7.50
Mixed salad, lettuce, tomatoes, mint, sumac, onion, radish, peppers, olives & fried Lebanese bread	
✓ Chef's Salad	£6.75
Rocket, avocado, tomato & pomegranate seeds with Mejjana House Dressing	
✓ Tomato & Onion Salad	£5.75
Fresh tomatoes with finely chopped onions, black pepper & olive oil	
✓ Fassoulia Salad	£6.75
Butterbeans, spring onion, garlic, lime & olive oil	
✓ Beetroot & Rocket Salad	£6.75
Sliced Beetroot & rocket with our house dressing	
✓ Mixed Salad	£4.75
Selection of mixed leaves with a simple dressing	
✓ Green Salad	£4.50
Selection of green salad vegetables with simple dressing of lemon and olive oil	

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Bastorma 🍯🍯	£8.75
Thin slices of spicy Armenian smoked beef	
Kafte Nayeh	£9.00
Lamb tartar with parsley & onion	
Kibbeh Nayeh	£9.00
Lamb tartar with cracked wheat, onion & olive oil	
Habra Nayeh	£9.00
Lamb tartar served with garlic and onions	

## SOUPS

✓ Lentil	£5.00
✓ Tomato	£5.00
✓ Carrot & Coriander	£5.00
✓ Rocket	£5.00
✓ Leek & Potato	£5.00
✓ Fennel	£5.00
✓ French Onion	£5.00
Clear Chicken & Vermicelli	£5.00

# Hot Mezze

<b>V</b> Fatayer <b>N</b>	£6.75
Four spinach pastry parcels (contains pine nuts)	
<b>V</b> Rikakat Jebne	£6.50
Four filo pastry tubes filled with Haloumi cheese	
<b>V</b> Rikakat Khouadra	£6.50
Three filo pastry shells filled with mixed vegetables	
<b>V</b> Falafel	£6.75
Four croquettes of fava beans, chickpeas, coriander, garlic & sesame	
<b>V</b> Kibbeh Patata <b>N</b>	£6.75
Four potato and cracked wheat shells filled with spinach, raisins & pine kernels, deep fried	
<b>V</b> Kellaj Jebne	£6.75
Haloumi cheese, thyme & tomato grilled in Lebanese flat bread	
<b>V</b> Grilled Haloumi	£6.50
Haloumi cheese with olive oil & herbs	
<b>V</b> Foul Moudammas	£6.25
Fava beans simmered in tomato, garlic & olive oil	
<b>V</b> Moudardara	£5.75
Lentils and rice served with fried onions	
<b>V</b> Patata Harra <b>♯♯</b>	£6.75
Potatoes diced and cooked with coriander & spices	
<b>V</b> Patata we Sabanekh bel Zeit	£6.75
Potatoes diced and cooked with spinach & spices	

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<b>Samboussik Lahme <b>N</b></b>	£6.75
Four bite size lamb pasties with pine kernels, deep fried	
<b>Kibbeh Lahme <b>N</b></b>	£7.75
Four lamb and cracked wheat shells filled with seasoned minced lamb & pine kernels, deep fried	
<b>Rikakat Bastorma <b>♯</b></b>	£7.25
Filo pastry tubes filled with soft cheese & bastorma	
<b>Arayess</b>	£7.75
Lebanese bread filled with seasoned minced lamb	
<b>Jawaneh</b>	£6.75
Chicken wings served with either garlic sauce or our house coriander & tomato sauce	
<b>Lahm Bel Ajine <b>♯</b></b>	£7.25
Lebanese baked dough bases covered with spiced, minted minced lamb and finely chopped tomato	

<b>Sojok <b>♯♯</b></b>	£7.50
Spicy Armenian lamb sausage	
<b>Makanek <b>N</b></b>	£7.50
Lebanese lamb sausages flambéed in lemon	
<b>Sawdat Djej</b>	£6.75
Chicken livers marinated in pomegranate sauce and flambéed in lemon & garlic	
<b>Lisanaat</b>	£7.75
Lamb tongue with garlic, lemon & olive oil	
<b>Dafadeh</b>	£8.25
Frog's Legs served with coriander & tomato sauce	
<b>Dakn'al Laham</b>	£9.25
A delicacy of lamb sweetbreads, gently grilled	

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<b>Rikakat Kraydes</b>	£7.50
Four filo pastry shells filled with shrimps, deep fried	
<b>Samak Bizri</b>	£6.50
Deep fried whitebait	
<b>Sabeedish Sautee <b>♯</b></b>	£7.75
Squid with mixed peppers, chilli, spring onions & parsley	
<b>Sabeedish Mekhli bel Zaatar</b>	£7.75
Very lightly battered squid with thyme, deep fried	
<b>Grilled Squid</b>	£7.50
Squid grilled and dressed with olive oil and lemon	
<b>Kraydes</b>	£7.50
Shrimps cooked in olive oil, garlic & parsley	

## Main Courses

### GRILLED MEATS BY THE SKEWER

Lamb - £6.50      Kafte - £6.00      Chicken - £6.00

Grilled meats (above) are served with a dipping sauce – chilli for lamb and garlic for chicken.

### MAIN COURSES

All of our main courses (below) are served with your choice of vermicelli rice, herbed new potatoes, chips, mixed salad or vegetables unless stated

- ✓ **Bamieh with Rice** £12.50  
Okra cooked with tomato, garlic and coriander. We can add chilli 🌶️ to this if required.
- ✓ **Musakaat Batenjan with Rice** £13.00  
Baked seasoned aubergine cooked with tomato & chick peas. We can add chilli 🌶️ to this if required.
- ✓ **Lubieh with Rice** £12.50  
Green beans cooked with tomatoes & garlic
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- Mixed Grill** £17.00  
A selection of lamb, chicken & kafte (minced lamb) skewers gently grilled and served with chilli and garlic dipping sauces.
- Shish Taouk** £15.50  
Delicately marinated chicken pieces, charcoal grilled and served with a garlic dipping sauce
- Chicken Chawarma** £15.50  
Shredded chicken, marinated in our secret blend of herbs and spices, sautéed and served with a garlic dipping sauce
- Farrouj Meshwi** £15.50  
Boneless baby chicken grilled & served with garlic sauce (please allow 25 minutes cooking time)
- Djej Meerjana with Saffron Rice** 🌶️🌶️ £16.00  
Chicken marinated in our signature 12 spice sauce
- Ferri Rimmehn** £18.00  
Two whole quail sautéed in a pomegranate sauce
- Kafte Khashkhash** 🍌🌶️🌶️ 🌶️🌶️🌶️ £15.50  
Two minced lamb skewers in a spicy tomato sauce with sweet peppers and optionally sprinkled with pine nuts. Best with rice.
- Kibbeh Labanieh with Rice** 🍌 🌶️ £15.50  
Kibbeh (lamb and cracked wheat shell filled with seasoned minced lamb & pine kernels) cooked in a minty yoghurt sauce and sprinkled with pine nuts

**Kibbeh Bel Synieh & Fattoush** 🍌 🌶️ £15.50  
Baked kibbeh (lamb and cracked wheat layers filled with seasoned minced lamb & pine kernels) served with a laban we khair (yoghurt, cucumber and mint) dip and a fattoush salad.

**Daoud Basha with Rice** 🍌 🌶️ £15.50  
Lebanese lamb meat balls served in a zesty tomato sauce and served with rice – we can add chilli 🌶️ if required.

**Lamb Meshwi** £16.50  
Grilled, marinated cubes of lamb, served with chilli dipping sauce on the side

**Lamb Chawarma** £15.50  
Shredded lamb, marinated in a delicate mix of herbs and spices, sautéed and served with tahina dipping sauce

**Castaleta** £17.50  
3 lamb cutlets marinated with mixed herbs & charcoal grilled and served with a chilli dipping sauce

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**Samke (Sea Bass)** £19.00  
Choose how you would like it prepared:

Plain Grilled  
Tagine (Sesame-based sauce) with optional pine nuts  
Shumra (Arak & Fennel Sauce)  
Harra (Tomato, peppers, & coriander) 🌶️🌶️

**Jumbo King Prawns with Saffron Rice** £21.50  
Plain grilled or sautéed in tomato, parsley & garlic. We can add chilli 🌶️ to the tomato sauce if required.

**Sabeedish with Tomato Rice** 🌶️ £17.00  
Squid cooked in a spicy tomato sauce served with vermicelli rice. Can be made spicier 🌶️ if required.

## Main Courses

### STEAKS

Gourmet, grass-fed steaks served with herbed potatoes, chips, mixed salad or seasonal vegetables.

Rib-eye Steak (Entrecôte) £19.50

Fillet Steak £23.50

T-Bone Steak £27.00

Steak Sauces £1.95

Roquefort Sauce, or  
Tarragon Butter Sauce, or  
Brandy Pepper Sauce, or  
Garlic Butter

### SIDE DISHES

✓ Kabis (Pickled Vegetables)	£3.75
✓ Saffron Rice with vegetables	£5.50
✓ Rice with vermicelli	£4.50
✓ Mixed Seasonal vegetables	£4.50
✓ French Fries	£4.50
✓ Fresh Chillies 🌶️🌶️	£2.50
✓ Garlic Dip or Chilli Sauce 🌶️	£0.95
✓ Basket of Bread	£1.50

## Special Order dishes

These dishes require at least 24 hours notice

Molokhia with Rice £16.50

(Minimum 4 persons; Price per person)

Chicken served with rice with the Molokhia sauce (Molokhia – or Jew's Meadow – is a typical herb of the Middle East), fresh onion, lemon juice or vinegar and dry-baked bread

Syadieh with Rice **N** £21.00

(Minimum 4 persons; Price per person)

Sea bass served on a bed of rice with a luxurious, delicately spiced sauce, sprinkled with pine nuts and fried onions

Djej Ouzi **N** £18.00

(Minimum 2 persons; Price per person)

Roasted chicken served with ouzi rice (delicately spiced rice with minced lamb) and sauce; sprinkled with fruits and nuts

Kharouf Ouzi **N** £19.00

(Minimum 2 persons; Price per person)

Lamb shanks served with ouzi rice (delicately spiced rice with minced lamb) and sauce; sprinkled with fruits and nuts

Moghrabieh Djej £18.00

(Minimum 2 persons; Price per person)

Large couscous grains cooked with shallots and chick peas in an aromatic chicken broth served with steamed chicken