



Light Lunches @ Meejana

Our philosophy is simple: take the best quality ingredients, prepare dishes fresh to order and provide an authentic taste of Lebanon.

Our lunch menu offers a selection of selected platters, wraps, burgers, salads and larger plates which can be enjoyed together or for a quick lunch. We also offer our full artisan a la carte menu, so please ask to see this for a broader range of mezze and main dishes.



Meejana



EST 2007



facebook.com/meejana



Menu Rapide



□ □ □ APPETISERS □ □ □

- ✓ Selection of Premium Olives £5.00
- ✓ Selection of Mixed Nuts **N** £3.50
- ✓ Red Peppers stuffed w/ Soft Cheese **D** £4.50
- ✓ Green Chillies stuffed w/ Soft Cheese **D** £4.50

□ □ □ SOUPS □ □ □

- ✓ Lentil £5
- ✓ Tomato £5
- ✓ French Onion **G D** £6
 - Chicken & Vermicelli **G** £5
 - Shrimp & Vermicelli **G** £6

□ □ □ MEZZE □ □ □

Platters of 8 and 10 can be made vegetarian

- ✓ Platter of 6 Mezze (for 1) **N D G** £12
 - Hummus, Moutabbal (Smoked Aubergine Dip), Tabbouleh, Falafel, Fatayer (Spinach Parcel), Rikakat Jebne (Haloumi)
- Platter of 8 Mezze (for 1) **N D G** £16
 - Platter of 6 plus Kibbeh Lahme (Lamb & Pine Nuts), Warak Enab (Vine Leaves)
- Platter of 10 Mezze (for 1) **N D G** £20
 - Platter of 8 plus Bamieh (Okra), Rkakat Kraydes (Shrimp in Filo Pastry)
- Meejana Mezze Grill **N D G** £23
 - A platter of 6 vegetarian mezze accompanied by grilled chicken & kafta (minced lamb)
- Platter of 10 Mezze (for 2) **N D G** £35
 - Hummus, Moutabbal (Smoked Aubergine Dip), Tabbouleh, 2 x Falafel, 2 x Fatayer (Spinach Parcel), 2 x Rikakat Jebne (Haloumi), 2 x Kibbeh Lahme (Lamb & Pine Nuts), 2 x Warak Enab (Vine Leaves), Bamieh (Okra), 2 x Rikakat Kraydes (Shrimp in Filo Pastry)

If you have allergies, please discuss this with us and we will be happy to make amendments as needed. Some of our platters are served on a decoration of bread (for example), so please ask us to leave this out if you are gluten intolerant.

□ □ □ LEBANESE SALADS □ □ □

- ✓ Tabbouleh **G** £7.00
 - The famous parsley salad, with cracked wheat, onion, tomato, lemon juice and olive oil.
- ✓ Fattoush **G** £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 Meejana House Dressing
- ✓ Meejana Potato Salad £6.50
 - Potatoes, Tomatoes, Mixed peppers, Onions and delicately spiced olive oil & garlic dressing
- ✓ Batinjan Rahib £7.25
 - Grilled aubergines, chilled, diced and mixed with tomatoes, lemon & garlic
- ✓ 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

□ □ □ SKEWERS □ □ □

- Skewer of Lamb £6.50
- Skewer of Kafte (minced lamb) £6.50
- Skewer of Chicken £6.00

□ □ □ OTHER SIDES □ □ □

- ✓ Basket of Bread **G** £1.50
- ✓ Kabis (Pickled Vegetables) £3.25
- ✓ French Fries £3.75
- ✓ Fresh Chillies **D** £2.00
- ✓ Garlic, Chilli or Tahina Sauce £0.95
- ✓ Avocado Mayonnaise **D** £0.95
- ✓ Crudités £2.95

A full selection of mezze (small dishes) is available on our artisan a la carte menu. Just ask.

Menu Rapide



□ □ □ SALADS □ □ □

	Small	Large
V Parmesan, Rocket & Walnut N Drizzled with our house dressing.	£6.75	£8.75
V Warm Goat Cheese Salad N D Warmed goats cheese on toasted bruschetta set on a salad of mixed leaves, drizzled with balsamic, olive oil, pine nuts and raisins.	£7.50	£10.00
V Haloumi Salad D Grilled Haloumi served with a mixed salad.	£7.50	£10.00
V Greek Salad D Feta cheese with mixed leaves - a classic.	£7.50	£9.75
V Falafel Salad Served with a tahina (sesame) dip.	£6.75	£9.25
Chicken Caesar Salad G Served with croutons. No anchovies.	£7.50	£9.75
Djej (Chicken) Mekhli Salad Pulled chicken coated with a delicate thyme batter, fried and served on a bed of salad	£7.50	£9.75
Warm Sojok Salad Sliced spicy Armenian lamb sausage tossed with tomato & mixed salad leaves.	£7.50	£9.75
Warm Chicken Liver Salad Pan-fried chicken livers with a pomegranate sauce on a mixed leaf salad.	£7.00	£9.50
Lisanaat Salad Lamb tongue served on a bed of house salad	£8.25	£10.75
Sabeedish (Squid) Salad Deep fried squid in a delicate thyme batter served with a rocket salad.	£7.75	£9.75
Whitebait Salad Deep fried whitebait coated with corn flour, served on a blanket of lettuce.	£7.25	£9.25
Shrimp Salad Large shrimps sautéed in garlic and olive oil and served on a bed of mixed leaves.	£7.75	£9.75
Salad Niçoise Tuna, haricots verts, lettuce, tomato, olives, boiled egg, potato and anchovies.	£8.75	£11.50

□ □ □ WRAPS □ □ □

We can wrap the filling, or serve it 'open' in the Lebanese flat bread (like a pocket).

Solo - The wrap on its own

Light - The wrap with Tabbouleh & Hummus

Meal - The wrap with Chips & Salad

	Solo	Light	Meal
Chicken Shawarma Marinated, sliced chicken with salad and garlic sauce	£5	£9	£11
Lamb Shawarma Marinated, sliced lamb with salad and hummus	£5.50	£9.50	£11.50
Shish Taouk Grilled marinated chicken pieces with salad and garlic sauce	£5	£9	£11
Kafte Meshwi Grilled minced lamb with parsley and onion, salad & hummus	£5.50	£9.50	£11.50
Lamb Meshwi Grilled lamb pieces with salad, raw onions & hummus	£6	£10	£12
Makanek N Flambeed lamb sausage with hummus & salad	£5	£9	£11
Sojok Spicy Armenian sausage with hummus and salad	£5	£9	£11
Lisanaat Lamb tongue with salad and garlic sauce	£6	£10	£12
Chicken Liver Cooked in a pomegranate sauce and served with salad and garlic sauce	£5	£9	£11
V Falafel Chick pea, coriander and sesame croquettes deep fried; with salad & tahina (sesame) sauce	£5	£9	£11
V Ratatouille & Haloumi D A juicy combination of vegetables and Haloumi cheese	£5	£9	£11
V Patata Harra ♯♯ Potatoes in a spicy mélange of coriander and peppers	£5	£9	£11

♯ = Mild, ♯♯ = Medium, ♯♯♯ = Hot, **V** = Vegetarian, **N** = Nuts, **G** = Gluten, **D** = Dairy

Prices include VAT and are correct as of 1 Feb 2017. All dishes subject to availability.

A discretionary service charge of 12½% will be added to your bill

Menu Rapide



□ □ □ BURGERS □ □ □

Choose from our artisan bun, a pitta pocket, or 'naked' (without bun) and choose 2 sides from below to compliment your burger.

	Solo	Light	Meal
Classic Beef Hand-made, dry-cured Irish beef with a salad topping of lettuce, onion and tomato.	£7	£11	£13
Classic Chicken G Escalope of chicken with a salad topping of lettuce, onion. A favourite for all ages.	£7	£11	£13
Classic Lamb Minced lamb, parsley and onions with a salad topping of lettuce, onion.	£7	£11	£13
The Cheesemaker D Hand-made, dry-cured Irish beef with a gastronomic lashing of melted cheese. Choose your cheese from (the number is the relative strength of the flavour): Blue Cheese 5 • Shankleesh 4 • Cheddar 3 Goat Cheese 2 • Keshkaval 1	£9	£13	£15
The Expatriate Hand-made, dry-cured Irish beef topped with home-made chunky guacamole and bacon.	£9	£13	£15
The Beiruty ♂♂ Hand-made, dry-cured Irish beef topped with spicy hummus, lettuce, onion and tomato.	£9	£13	£15
The Hot Red ♂♂♂ G N Hand-made, dry-cured Irish beef topped with muhammara (crushed walnuts, hot peppers), lettuce, onion and tomato.	£9	£13	£15

□ □ □ LIGHT SIDES □ □ □

Hummus • Baba Ghanoush (Moutabbal)
Tabbouleh G • Laban we Khair (Yoghurt & mint)
Coleslaw D

□ □ □ MEAL SIDES □ □ □

Chef Salad • Beetroot Salad • Mixed Salad • Chips

□ □ □ PLATTERS □ □ □

Sojok, Chips and Salad ♂♂ Spicy lamb sausages served with chips and salad	£11
Sojok & Patata Harra ♂♂ Spicy Armenian lamb sausage served with potatoes cooked with chilli and coriander.	£11
Shish Taouk & Salad G Grilled chicken pieces served with a mixed salad	£13
Kafta & Fattoush G 2 skewers of grilled kafta (skewered minced lamb with parsley and onion) served with a fattoush salad	£14
Lamb Shawarma Platter G Lamb shawarma (sliced, marinated lamb) served with hummus & salad	£14
Chicken Shawarma Platter G Chicken shawarma (sliced, marinated chicken) served with tabbouleh & rice	£14
Mixed Shawarma Platter G A plate combining both lamb and chicken shawarma & served with tabbouleh and hummus	£14
Lamb Meshwi Platter G Lean lamb pieces grilled and served with Moutabbal (smoked aubergine) & Salad	£15
Mixed Grill Rapide G Grilled Kafte (minced lamb with parsley, onions and herbs) and chicken, served with tabbouleh & hummus	£15

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□ □ □ LARGER PLATES □ □ □

- V Fattet Hummus** **G D N** £11.00
Chickpeas cooked with a delicate spice and served together with yoghurt, mint, baked Lebanese flat-bread and pine nuts.
- V Musakaat Batenjan with Rice** **G** £13.00
Baked seasoned aubergine cooked with tomato & chick peas. We can add chilli 🌶️ to this if required.
- V Colcassia with Rice** **G** £13.00
Taro root, spinach and delicate spices served over a bed of vermicelli rice.
- Tagine Lahme** **N G** £19.00
Slow cooked lamb in an opulent mix of exotic spices and herbs, served with couscous and optionally sprinkled with mixed nuts (almonds, etc)
- Rib Eye Steak Rapide** £14.00
Served with our new signature Lebanese herb sauce **D** and french fries.
- Slow Cooked Baby Chicken** **D** £15.75
Whole, baby chicken lightly seasoned and slow cooked in butter under a clay press. Served with herbed potatoes and haricots verts and our new signature Lebanese herb sauce.
- Djej Meejana with Saffron Rice** 🌶️🌶️ £16.75
Chicken marinated in our signature 12 spice sauce
- Sabeedish with Tomato Rice** **G** £17.00
Squid cooked in a herbed tomato sauce served with vermicelli rice. Can be made spicier 🌶️🌶️🌶️ if required.

A wider selection of larger plates is available on our artisan a la carte menu. Just ask.

Menu Rapide



□ □ □ DESSERTS □ □ □

- V Baklawa N G D £3.95
 Three assorted layered pastries with mixed nuts including almonds, pistachios and pine kernels.
- V Maamoul G D £3.95
 Three shortcrust pastry filled with dates, walnuts N or pistachio N.
- V Selection of Turkish Delight £3.75
 Rose • Lemon • Mint • Pistachio N
- V Knafeh bel Jebn N G D £5.25
 Granulated pastry on cheese, heated until it melts and drizzled with sugar syrup and sprinkled with pistachio
- V Halva, Pistachio £2.75
 A sweet, crumbly tahini (sesame) based dessert.
- V Affogato D £3.75
 Vanilla or Chocolate Ice Cream with a shot of Espresso
- V Rum Baba with Ice Cream G D £5.75
 Warmed rum-soaked sponge served with the ice cream of your choice from the selection below.
- V Chocolate Fondant with Ice Cream G D £5.75
 Warmed chocolate fondant served with the ice cream of your choice from the selection below.
- V Luxury Ice Creams D; per scoop £2.50
 Vanilla • White Chocolate • Dark Chocolate • Salty Caramel • Pistachio • Rose Petal • Walnut • Prune & Armagnac (contains alcohol)
- V Luxury Sorbets; per scoop £2.50
 Passion Fruit • Coconut • Mango • Raspberry
- V Om Ali G D £6
 The Lebanese bread-and-butter pudding: Layered pastry in slightly spiced milk with nuts and raisins and baked in the oven.

□ □ □ CRÊPES □ □ □

- V Crêpe Apple & Calvados G D £8
 Cooked apples soaked in calvados
- V Crêpe Suzette G D £8
 The classic caramelized sugar, butter, orange juice, zest, and Grand Marnier, flambéed.
- V Crêpe Ashta, Asal, Pistachio N G D £7
 Lebanese whipped cream, honey and pistachio
- V Crêpe Nutella N G D £6
 Ask and we might add banana too!
- V Crêpe Grand Marnier G D £6
 A classic sweet crêpe with a kick of Grand Marnier
- V Crêpe Sugar & Lemon G D £5
 The original and some say the best.
- V Crêpe Apricot, Rum & Raisin G D £8
 Slices of apricot soaked in rum & sprinkled with raisins.

□ □ □ COFFEE & TEA □ □ □

- Arabic Coffee (with or without Cardamom) £3.00
- Espresso £2.50
- Macchiato £3.00
- Americano £3.00
- Cappuccino, Café Latte £3.50
- Café Mocha £4.00
- Hot Chocolate £3.50
- Loose Leaf Teas Pot: £3.50
- Assam (Breakfast) • Earl Grey
- Organic Green Tea • Jasmine Pearls
- Lemon Verbena • Peppermint • Chamomile
- Lemongrass & Ginger
- Orange Blossom Tea Cup: £2.50
- aka "Lebanese White Coffee" or Cafe Blanc
- Fresh Mint Pot: £3.50
- Rose Bud Tea Pot: £4.00
- Hibiscus Flowers Pot: £4.00
- Black Tea (Assam) with Mint Pot: £4.00
- Black Tea (Assam) with Rose Buds Pot: £4.00
- Flowering Osmanthus Pot: £4.50

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□ □ □ JUICES & MINERALS □ □ □

Fresh Lemonade	£2.95
+ Orange Blossom (Lebanese-style)	£3.20
Fresh Orange Juice	£3.50
Fresh Pineapple Juice	£3.95
Fresh Apple or Carrot Juice	£3.50
Ayran (yoghurt & mint) D	£2.95

Jellab (date juice cordial with pine nuts)	£2.95
Fentimans Ginger Beer	£2.95
Fentimans Elderflower	£2.95
Cranberry Juice	£4.00
J2O (Apple & Mango)	£2.50
Soft Drinks	£2.50

Appletiser • Coke • Diet Coke • Sprite • Orangina

Filtered Water (Still or Sparkling)	750ml - £4.00
Helping reduce our carbon footprint	

□ □ □ MILKSHAKES □ □ □

Choose a flavour from our ice creams	£3.75
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□ □ □ BEER & CYDER □ □ □

Aspalls Cyder	England	5,0%	£4.25
Becks Blue No Alcohol	Germany	0,0%	£3.50
Daura Damm Gluten Free	Spain	5,4%	£4.50

Beirut Beer (Lager)	Lebanon	4,6%	£4.00
Krombacher (Pilsner)	Germany	4,8%	£4.50
Lefte Blond (Blond Beer)	Belgium	6,6%	£5.00
Alhambra Reserva 1825	Spain	6,4%	£5.50
St Stefanus (Blond Beer)	Belgium	7,0%	£6.00
Duvel	Belgium	8,5%	£6.50
Chimay Blue (Dark Ale)	Belgium	9,0%	£6.50

□ □ □ WINE & CHAMPAGNE □ □ □

A full wine and spirit list is available on request.

Champagne	125ml	½ Btl	Bottle
Perrier Jouët	£10	£27	£50

Prosecco	125ml	—	Bottle
Le Contesse; 200ml Bottle		—	£8
De Stefani; Gran Cuvee	£6.50	—	£35
De Stefani; Gran Cuvee Rosé	£6.50	—	£35

White	175ml	500ml	Bottle
Heritage Blanc de Blanc	£7	£18	£27
<i>Sauvignon-Blanc, Chardonnay, Viognier</i>			

Pinot Grigio; Soravalle	£7	£18	£27
<i>Pinot Grigio</i>			

J Bouchon; Sauvignon Blanc	£7.50	£19.25	£29
<i>Sauvignon Blanc</i>			

Ksara, Blanc de Blancs	£7.50	£19.25	£29
<i>Sauvignon Blanc, Semillon, Chardonnay</i>			

Rosé	175ml	500ml	Bottle
Chateau Ksara Sunset	£7.50	£19.25	£29
<i>Cabernet Franc, Syrah</i>			

Red	175ml	500ml	Bottle
Heritage; Plaisir du Vin	£7.25	£18.75	£28
<i>Cabernet Sauvignon, Syrah, Cinsault</i>			

St Hilaire; Cabernet Merlot	£7.50	£19.25	£29
<i>Cabernet Sauvignon, Merlot</i>			

We also serve small (125ml) and large (250ml) glasses of wine on request.

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