--- Carte Bistro ---

--- Appetizers ---

✅ Selection of Premium Olives  £6
✅ Selection of Mixed Nuts  N  £5.50
✅ Green Chilli stuffed w/ Soft Cheese  D  £5.50
✅ Red Peppers stuffed w/ Soft Cheese  D  £5.50

--- Soups ---

✅ Lentil  £6
✅ Tomato  £6
Chicken & Vermicelli  G  £7
Shrimp & Vermicelli  G  £8

--- Mezze Platters ---

Platters of 8 and 10 can be made vegetarian

✅ Platter of 6 Meze (for 1)  NGD  £13
Hummus, Moutabbal (Smoked Aubergine Dip), Tabbouleh, Falafel, Fatayer (Spinach Parcel), Rikakat Jebne (Haloumi)

Platter of 8 Meze (for 1)  NGD  £15
Platter of 6 plus Kibbeh Lahme (Lamb & Pine Nuts), Warak Enab (Vine Leaves)

Platter of 10 Meze (for 1)  NGD  £20
Platter of 10 Meze (for 2)  NGD  £35
Platter of 10 Meze (for 3)  NGD  £50
Platter of 10 Meze (for 4)  NGD  £65
Hummus, Moutabbal (Smoked Aubergine Dip), Tabbouleh, Falafel, Fatayer (Spinach Parcel), Rikakat Jebne (Haloumi), Kibbeh Lahme (Lamb & Pine Nuts), Warak Enab (Vine Leaves), Bamieh (Okra), Rikakat Kraydes (Shrimp in Filo Pastry)

Meejana Mezze Grill  NGD  £22.50
A platter of 6 vegetarian mezze accompanied by grilled chicken & kafta (minced lamb)

Fancy more Mezze?
Our full a la carte menu is available at lunch also. Just ask.

--- Lebanese Wraps ---

All wraps contain salad (lettuce, tomato). Lamb wraps also contain raw onion. Can be served open or without the wrap. All wraps contain gluten.

Solo = The wrap on its own
Light = The wrap plus tabbouleh and hummus
Meal = The wrap plus chips and salad

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<tr>
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<th>Solo</th>
<th>Light</th>
<th>Meal</th>
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<tr>
<td>Chicken Shawarma</td>
<td>£7</td>
<td>£12.50</td>
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<tr>
<td>Shish Taouk</td>
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<td>Lamb Shawarma</td>
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Platter of 6 vegetarian mezze accompanied by grilled chicken & kafta (minced lamb)

--- Lebanese Pizza ---

Manouché Zaatar  £7.75
Baked dough base with thyme, olive oil and sesame. Served with sliced tomato, cucumber, onion and mint.

Or build your own  £7
Sojok (spicy lamb sausage) • Egg • Spinach • Cheese • Olives • Onion • Mushroom • Zaatar +£1 each

Fancy more Mezze?
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 Prices include VAT and are correct as of 1 May 2020. All dishes subject to availability.
### Lebanese Salads

- **Tabbouleh** G £7.50
  - The famous parsley salad, with cracked wheat, onion, tomato, lemon juice and olive oil.

- **Fattoush** G £8.00
  - Mixed salad, lettuce, tomatoes, mint, sumac, onion, radish, peppers, olives & fried Lebanese bread.

- **Chef’s Salad** £8.50
  - Rocket, avocado, tomato & pomegranate seeds with Meejana House Dressing.

- **Meejana Potato Salad** £8.00
  - Potatoes, Tomatoes, Mixed peppers, Onions and delicately spiced olive oil & garlic dressing.

- **Greek Salad** D £8.50
  - Feta cheese with mixed leaves.

- **Batinjan Rahib** £8.50
  - Grilled aubergines, chilled, diced and mixed with tomatoes, lemon & garlic.

- **Tomato & Onion Salad** £7.00
  - Fresh tomatoes with finely chopped onions, black pepper & olive oil.

- **Fassoulia Salad** £8.00
  - Butterbeans, spring onion, garlic, lime & olive oil.

- **Beetroot & Rocket Salad** £8.50
  - Sliced Beetroot & rocket with our house dressing.

### Skewers

- **Skewer of Lamb** £9.00
- **Skewer of Kafte (minced lamb)** £8.50
- **Skewer of Chicken** £8.00

### Sides

- **Basket of Bread** G £3.00
- **Saffron Rice with vegetables** £5.50
- **Tomato Rice** £4.50
- **Rice with vermicelli** G £4.50
- **Couscous** GD £4.00
- **Mixed Seasonal Vegetables** £5.50
- **French Fries** £4.00
- **Fresh Chillies** £3.00
- **Garlic, Chilli or Tahina Sauce** £1.50
- **Crudités** £4.00

### Platters

- **Sojok & Patata Harra** £14
  - Spicy lamb sausages served with potatoes cooked with chilli and coriander

- **Shish Taouk & Salad** £15
  - Grilled chicken pieces served with a mixed salad

- **Kafta & Fattoush** G £15
  - Grilled kafta (skewered minced lamb with parsley and onion) served with a fattoush salad

- **Lamb Shawarma Platter** G £18
  - Lamb shawarma (sliced, marinated lamb) served with tabbouleh and hummus

- **Chicken Shawarma Platter** G £16
  - Chicken shawarma (sliced, marinated chicken) served with tabbouleh and hummus

- **Mixed Shawarma Platter** G £18
  - A plate combining both lamb and chicken shawarma & served with tabbouleh and hummus

- **Lamb Meshwi Platter** G £19
  - Lean lamb pieces grilled and served with tabbouleh and moutabbal

- **Mixed Grill Rapide** G £19
  - Grilled Kafte (minced lamb with parsley, onions and herbs) and chicken, served with tabbouleh & hummus

### Salads

- **Warm Goat Cheese Salad** NGD £14
  - Goats cheese on toasted bruschetta set on a salad of mixed leaves, balsamic, olive oil, pine nuts and raisins.

- **Haloumi Salad** D £14
  - Grilled Haloumi served with a mixed salad.

- **Falafel Salad** £14
  - Served with a tahina (sesame) dip.

- **Warm Chicken Liver Salad** £14
  - Pan-fried chicken livers with a pomegranate sauce on a mixed leaf salad.

- **Sabeedish (Squid) Salad** £14
  - A choice of deep fried squid in a delicate thyme batter G or sautéed squid with peppers served on a rocket salad.

- **Whitebait Salad** £14
  - Deep fried whitebait coated with corn flour, served on a blanket of lettuce.

- **Shrimp Salad** £14
  - Large shrimps sautéed in garlic and olive oil and served on a bed of mixed leaves.

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

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--- Carte Bistro ---

--- Larger Plates ---

**Musakaat Batenjan with Rice**

- £15
- Baked seasoned aubergine cooked with tomato & chick peas. We can add chilli to this if required.

**Bamiieh with Rice**

- £15
- Okra cooked with tomato, garlic and coriander. We can add chilli to this if required.

**Colcassia with Rice**

- £15
- Taro root, spinach and delicate spices served over a bed of vermicelli rice.

**Daoud Basha with Rice**

- NG £17.50
- Lebanese lamb meat balls served in a zesty tomato sauce and served with rice – we can add chilli if required.

**Kibbeh Labanieh with Rice**

- NGD £17.50
- Kibbeh (lamb and cracked wheat shell filled with seasoned minced lamb & pine kernels) cooked in a minty yoghurt sauce and sprinkled with pine nuts.

**Djej Meejana with Saffron Rice**

- £17.50
- Chicken marinated in our signature 12 spice sauce

**Samke Tajen with Saffron Rice**

- £21
- Sea bass served with a lightly spiced sesame sauce with fried onions and optional pine nuts

**Samke Harra with Tomato Rice**

- £21
- Sea bass served with a Harra sauce (Tomato, peppers, & coriander) with optional pine nuts

**Sabeedish with Tomato Rice**

- £19
- Squid cooked in a herbed tomato sauce served with vermicelli rice. Can be made spicier if required.

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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.

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\[ \text{M} = \text{Mild}, \text{MD} = \text{Medium}, \text{H} = \text{Hot}, \text{HHH} = \text{Extra Hot} \]

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--- Carte Bistro ---

--- Juices &cTC ---

Fresh Lemonade £4.90
- Add Orange Blossom (Lebanese-style) £5.00
- Add Mint £5.00
Fresh Apple Juice £4.90
Fresh Carrot Juice £4.90
Fresh Apple and Carrot Juice £4.90
+ Add Ginger to the Apple/Carrot for a Boost!
Ayrain (yoghurt & mint) £4.90
Jellab (date juice cordial with pine nuts) £4.00
Frobishers Pure Apple Juice £4.60
Frobishers Pure Mango Juice £4.60
Frobishers Pure Orange Juice £4.60
Frobishers Pure Pineapple Juice £4.60
Frobishers Pure Grapefruit Juice £4.60
Frobishers Pure Apple & Mango £4.60
Frobishers Pure Apple & Raspberry £4.60
Frobishers Pure Orange & Passion Fruit £4.60
Cranberry Juice (200ml) £3.00

Fentimans Ginger Beer £4.90
Fentimans Elderflower £4.90
Appletiser, Orangina £3.50
Coke, Coke Zero, Sprite £3.50

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

--- Smoothies ---

Step 1: Choose your base juice:
Apple • Pineapple • Orange • Mango

Step 2: Pick a Booster Blend

Superfruits: Blackberry, Blueberry & Raspberry

Energy: Strawberry, Blueberry, Banana, Raspberry, Blackcurrant, Spinach, Flaxseed, Maca, Cacao, Guaraná.

Detox: Pineapple, Apple, Spinach, Kale, Ginger, Lemon, Spirulina, Chlorella, Wheatgrass, Barleygrass

Defence: Pineapple, Mango, Papaya, Banana, Ginger, Flaxseed, Goji Berries, Baobab, Sunflower Seed, Pumpkin Seed

Or Build Your Own Blend (up to 3 items)
Kiwi • Banana • Yoghurt • Fresh Mint • Raspberry
Strawberry • Blueberry • Other Fruits by Season

--- Beer & Cyder ---

Aspalls Cyder 5,0% £6
Becks Blue No Alcohol 0,0% £4.50
Daura Damm Gluten Free 5,4% £6
Beirut Beer (Pilsner) Lebanon 4,6% £5.50
Krombacher (Pilsner) Germany 4,8% £5.50
Leffe Blond (Blond Beer) Belgium 6,6% £6.50
Alhambra 1925 Spain 6,4% £7.50
St Stefanus (Blond Beer) Belgium 7,0% £8
Duvel Belgium 8,5% £8
Chimay Blue (Dark Ale) Belgium 9,0% £9

--- Wine & Fizz ---

We also serve small (125ml) and large (250ml) wines

Champagne
- Perrier Jouët 125ml £11 ½ Btl £34 Bottle £65
- Prosecco 125ml £7 Bottle £32
- St Hillaire Chardonnay 175ml £7.25 £17.50 £24 Chardonnay
- Heritage; Blanc de Blanc £7.50 £18.25 £25 Blend: Sauvignon-Blanc, Chardonnay, Viognier
- Ksara, Blanc de Blancs £8.50 £20.50 £28 Blend: Sauvignon Blanc, Semillon, Chardonnay
- Pinot Grigio, Savian £9.75 £23.50 £32 Pinot Grigio
- Trevenezie Astoria Suade £10.50 £25.75 £35 Sauvignon Blanc

Rosé
- Chateau Ksara Sunset £8.50 £20.50 £28 Blend: Cabernet Franc, Syrah

Red
- Heritage; Plaisir du Vin £8 £19 £26 Blend: Cabernet Sauvignon, Syrah, Cinsault
- St Hilaire; Cabernet Merlot £8.50 £20.50 £28 Blend: Cabernet Sauvignon, Merlot

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