



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



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Menu Rapide



□ □ □ APPETISERS □ □ □

- ✓ Selection of Premium Olives £5.00
- ✓ Selection of Mixed Nuts **N** £3.50
- ✓ Green Chilli stuffed w/ Soft Cheese **♯♯** **D** £4.50
- ✓ Red Peppers 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** £10
 - Hummus, Moutabbal (Smoked Aubergine Dip), Tabbouleh, Falafel, Fatayer (Spinach Parcel), Rikakat Jebne (Haloumi)
- Platter of 8 Mezze (for 1) **N** **D** **G** £12.50
 - Platter of 6 plus Kibbeh Lahme (Lamb & Pine Nuts), Warak Enab (Vine Leaves)
- Platter of 10 Mezze (for 1) **N** **D** **G** £15
 - Platter of 8 plus Bamieh (Okra), Rkakat Kraydes (Shrimp in Filo Pastry)
- Meejana Mezze Grill **N** **D** **G** £18
 - A platter of 6 vegetarian mezze accompanied by grilled chicken & kafta (minced lamb)
- Platter of 10 Mezze (for 2) **N** **D** **G** £25
 - 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)

□ □ □ 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

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.

Menu Rapide



□ □ □ SALADS □ □ □

	Small	Large
✓ Parmesan, Rocket & Walnut N Drizzled with our house dressing.	£6.75	£8.75
✓ 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
✓ Haloumi Salad D Grilled Haloumi served with a mixed salad.	£7.50	£10.00
✓ Greek Salad D Feta cheese with mixed leaves - a classic.	£7.50	£9.75
✓ 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
✓ Falafel Chick pea, coriander and sesame croquettes deep fried; with salad & tahina (sesame) sauce	£5	£9	£11
✓ Ratatouille & Haloumi D A juicy combination of vegetables and Haloumi cheese	£5	£9	£11
✓ Patata Harra 🔥🔥 Potatoes in a spicy mélange of coriander and peppers	£5	£9	£11

🔥 = Mild, 🔥🔥 = Medium, 🔥🔥🔥 = Hot, **✓** = Vegetarian, **N** = Nuts, **G** = Gluten, **D** = Dairy
 Prices include VAT and are correct as of 1 June 2017. All dishes subject to availability.
 A discretionary service charge of 12½% will be added to your bill for groups of 6 or more.

Menu Rapide



□ □ □ BURGERS □ □ □

Choose from our brioche bun, a pitta pocket, or 'naked' (without bun). All burgers are served with a side of fries. Add cheese for £1.

Classic Beef	£11
Hand-made, dry-cured Irish beef with a salad topping of lettuce, onion and tomato.	
Classic Chicken G	£11
Escalope of chicken with a salad topping of lettuce, onion. A favourite for all ages.	
Classic Lamb	£11
Minced lamb, parsley and onions with a salad topping of lettuce, onion.	

□ □ □ PLATTERS □ □ □

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

□ □ □ OTHER SIDES □ □ □

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

□ □ □ LARGER PLATES □ □ □

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	£19.50
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	
Samke Tajen with Saffron Rice	£19.50
Sea bass served with a lightly spiced sesame sauce with fried onions and optional pine nuts	
Samke Harra with Tomato Rice ♯♯	£19.50
Sea bass served with a Harra sauce (Tomato, peppers, & coriander) with optional pine nuts	
Sabeedish with Tomato Rice G	£17.00
Squid cooked in a herbed tomato sauce served with vermicelli rice. Can be made spicier ♯♯♯ if required.	

We also have a full a la carte menu with many more choices, including the famous Lebanese mezze.

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□ □ □ JUICES & MINERALS □ □ □

Fresh Lemonade	£2.50
+ Orange Blossom (Lebanese-style)	£2.75
Fresh Orange Juice	£3.50
Fresh Mango Juice	£3.50
Fresh Pineapple Juice	£3.95
Fresh Apple or Carrot Juice	£2.95
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	£2.90
J2O (Apple & Mango)	£2.25
Soft Drinks	£2.00

Appletiser • Coke • Diet Coke • Sprite • Orangina

Filtered Water (Still or Sparkling)	750ml - £3.25
Helping reduce our carbon footprint	

□ □ □ MILKSHAKES □ □ □

Banana, Strawberry, Blueberry,	£3.50
Mixed Berry, Raspberry	
Or choose any scoop from our range of ice creams	

□ □ □ SMOOTHIES □ □ □

Raspberry (Apple/Raspberry)	£3.95
Berry Blue (Apple/Blueberry)	£3.95
Berry Crush (Orange/Mixed Berries/Mint)	£3.95
Pink Banana (Apple/Strawberries/Banana)	£3.95
Mixed Berry (Apple/Mixed Berries)	£3.95
Blue Banana (Apple/Blueberries/Banana)	£3.95
Mango Crush (Apple/Mango/Orange/Lime)	£3.95
Berry Razzle (Apple/Mixed Berries/Banana)	£3.95
Tropical (Apple/Melon/Papaya/Coconut)	

Flecked Mango D	£3.95
(Apple/Yoghurt/Mango/Blueberries)	
Berry Creamy D	£3.95
(Apple/Yoghurt/Mixed Berries)	

□ □ □ BEER & CYDER □ □ □

Aspalls	Cyder	5,0%	£4.00
Becks Blue	No Alcohol	0,0%	£3.25
Daura Damm	Gluten Free	5,4%	£4.50
Beirut Beer (Pilsner)	Lebanon	4,6%	£4.00
Krombacher (Pilsner)	Germany	4,8%	£4.50
Lefte Blond (Blond Beer)	Belgium	6,6%	£5.00
Alhambra Reserva 1925	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	£8.50	£24	£46

Prosecco	125ml	Bottle
De Stefani; Gran Cuvee	£6.50	£29
De Stefani; Gran Cuvee Rosé	£6.50	£29

White	175ml	500ml	Bottle
Pinot Grigio; Soravalle	£7	£16.75	£23
<i>Pinot Grigio</i>			

Heritage Blanc de Blanc	£7	£16.75	£23
<i>Sauvignon-Blanc, Chardonnay, Viognier</i>			

Julio Bouchon	£7.25	£17.50	£24
<i>Sauvignon Blanc</i>			

Ksara, Blanc de Blancs	£7.50	£18.25	£25
<i>Sauvignon Blanc, Semillon, Chardonnay</i>			

Rosé	175ml	500ml	Bottle
Chateau Ksara Sunset	£7.50	£18.25	£25
<i>Cabernet Franc, Syrah</i>			

Red	175ml	500ml	Bottle
Heritage; Plaisir du Vin	£7.25	£17.50	£24
<i>Cabernet Sauvignon, Syrah, Cinsault</i>			

St Hilaire; Cabernet Merlot	£7.50	£18.25	£25
<i>Cabernet Sauvignon, Merlot</i>			

We also serve small (125ml) and large (250ml) glasses.

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□ □ □ DESSERTS □ □ □

- V Baklawa N G D £0.75
V Turkish Delight G £0.75
 Various Flavours: Mint, Lemon, Rose
- V Maamoul G D £1.35
 Shortcrust pastry filled with either dates, walnuts N
 or pistachio N
- V Petit Four N G D £1.25
 A shortbread biscuit variously finished with either a
 chocolate dunk, a sprinkle of pistachio, or a sandwich
 of fruit puree (or any combination thereof). Perfect
 with a coffee.
- 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 with a raspberry filling
 served with the ice cream or sorbet of your choice from
 the selection below.
- V Luxury Ice Creams D; per scoop £1.95
 Vanilla • White Chocolate • Dark Chocolate •
 Salty Caramel • Pistachio • Rose Petal • Walnut •
 Prune & Armagnac (contains alcohol)
- V Luxury Sorbets; per scoop £1.95
 Passion Fruit • Coconut • Mango • Wild Strawberry
- 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) £2.25
- Espresso £1.75
- Macchiato £2.00
- Americano £2.00
- Cappuccino, Café Latte £2.50
- Café Mocha £3.25
- Hot Chocolate £3.00
- Extra Espresso Shot £0.40
- Loose Leaf Teas Pot: £2.50
 - Assam (Breakfast) • Earl Grey
 - Organic Green Tea • Jasmine Pearls • Organic Silver Tips
 - Lemon Verbena • Peppermint • Chamomile
 - Lemongrass & Ginger • Rooibos & Honeybush
 - Yerba Mate • Rooibos & Crème Caramel
- Orange Blossom Tea Cup: £1.80
 aka "Lebanese White Coffee" or Cafe Blanc
- Fresh Mint Pot: £3.00
- Rose Bud Tea Pot: £3.50
- Hibiscus Flowers Pot: £3.50
- Black Tea (Assam) with Mint Pot: £3.50
- Black Tea (Assam) with Rose Buds Pot: £3.50
- Flowering Osmanthus Pot: £3.50

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