

# 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 Mezze (for 1)	NGD	£13
Hummus, Moutabbal (Smoked Aubergine Dip), Tabbouleh, Falafel, Fatayer (Spinach Parcel), Rikakat Jebne (Haloumi)		

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

Platter of 10 Mezze (for 1)	NGD	£20
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Platter of 10 Mezze (for 2)	NGD	£35
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Platter of 10 Mezze (for 3)	NGD	£50
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Platter of 10 Mezze (for 4)	NGD	£65
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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
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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

	Solo	Light	Meal
Chicken Shawarma	£7	£12.50	£14
Marinated, sliced chicken		Garlic Sauce	
Shish Taouk	£7	£12.50	£14
Grilled marinated chicken pieces		Garlic Sauce	
Lamb Shawarma	£8	£13.50	£15
Marinated, sliced lamb with hummus		Tahini Sauce	
Kafte Meshwi	£8	£13.50	£15
Grilled minced lamb with parsley & onion		Tahini Sauce	
Lamb Meshwi	£8	£13.50	£15
Grilled lamb pieces with hummus		Chilli Sauce	
Makanek	N £8	£13.50	£15
Flambeed lamb sausage (contains walnut), hummus			
Sojok	£8	£13.50	£15
Spicy Armenian sausage with hummus			
Chicken Liver	£7	£12.50	£14
Cooked in a pomegranate sauce		Garlic Sauce	
Lisanaat	£8	£13.50	£15
Lamb tongue		Garlic Sauce	

Falafel	£6.50	£12	£13.50
Chick pea croquettes deep fried		Tahini Sauce	

Patata Harra	♯♯ £6.50	£12	£13.50
Potatoes with chilli & coriander (no salad)			

Ratatouille & Haloumi	D £7	£12.50	£14
Vegetables and Haloumi cheese (no salad)			

## Lebanese Pizza

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

Or build your own	£7
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Sojok (spicy lamb sausage) • Egg • Spinach • Cheese •

Olives • Onion • Mushroom • Zaatar +£1 each

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

Prices include VAT and are correct as of 1 May 2020. All dishes subject to availability.

# Carte Bistro

## 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.		
V 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
V 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 & hummus		
Chicken Shawarma Platter	G	£16
Chicken shawarma (sliced, marinated chicken) served with tabbouleh & 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

V 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.		
V 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.		

# — Carte Bistro —

## — Larger Plates —

🌿 Musakaat Batenjan with Rice **G** £15

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

🌿 Bamieh with Rice **G** £15

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

🌿 Colcassia with Rice **G** £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 🌶️🌶️ **G** £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 **G** £19

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

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.

# Carte Bistro

## Juices & etc

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!	
Ayran (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, Guarana.

**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

**All £6.00**

## Beer & Cyder

Aspalls	<b>Cyder</b>	5,0%	£6
Becks Blue	<b>No Alcohol</b>	0,0%	£4.50
Daura Damm	<b>Gluten Free</b>	5,4%	£6
Beirut Beer (Pilsner)	Lebanon	4,6%	£5.50
Krombacher (Pilsner)	Germany	4,8%	£5.50
Lefte Blond (Blond Beer)	Belgium	6,6%	£6.50
Alhambra Reserva 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**      **125ml**    **½ Btl**    **Bottle**  
Perrier Jouët      £11      £34      £65

**Prosecco**      **125ml**    **Bottle**  
Prosecco Pirani      £7      £32

**White**      **175ml**    **500ml**    **Bottle**  
St Hillaire Chardonnay      £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*

Trevezie Astoria Suade      £10.50    £25.75    £35  
*Sauvignon Blanc*

**Rosé**      **175ml**    **500ml**    **Bottle**  
Chateau Ksara Sunset      £8.50    £20.50    £28

*Blend: Cabernet Franc, Syrah*

**Red**      **175ml**    **500ml**    **Bottle**  
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*