



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 🥜	£3.50
🌱 Red Peppers stuffed w/ Soft Cheese 🍷 🥛	£4.50
🌱 Green Chillies stuffed w/ Soft Cheese 🍷 🍷 🥛	£4.50

□ □ □ SOUPS □ □ □

🌱 Lentil	£6
🌱 Tomato	£6
Chicken & Vermicelli 🍷	£6
Shrimp & Vermicelli 🍷	£7

□ □ □ MEZZE □ □ □

Platters of 8 and 10 can be made vegetarian

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

Presented on a piece of bread (optional)

Skewer of Lamb 🍷	£6.50
Skewer of Kafta (minced lamb) 🍷	£6.50
Skewer of Chicken 🍷	£6.00

□ □ □ OTHER SIDES □ □ □

🌱 Basket of Bread 🍷	£1.50
🌱 Kabis (Pickled Vegetables)	£3.75
🌱 Rice with vermicelli 🍷	£4.50
🌱 Saffron Rice with vegetables	£5.50
🌱 Tomato Rice	£4.50
🌱 Couscous 🍷 🥛	£4.00
🌱 Mixed Seasonal Vegetables	£4.50
🌱 French Fries	£4.50
🌱 Fresh Chillies 🍷 🍷	£2.50
🌱 Garlic, Chilli or Tahina Sauce	£1.25
🌱 Crudités	£3.25

🍷 = Mild, 🍷 🍷 = Medium, 🍷 🍷 🍷 = Hot, 🌱 = Vegetarian, 🥜 = Nuts, 🍷 = Gluten, 🥛 = Dairy

Prices include VAT and are correct as of 1 Feb 2019. All dishes subject to availability.

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) (G)

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 (H) (H) Potatoes in a spicy mélange of coriander and peppers	£5	£9	£11

(H) = Mild, (H) (H) = Medium, (H) (H) (H) = Hot, (V) = Vegetarian, (N) = Nuts, (G) = Gluten, (D) = Dairy

Prices include VAT and are correct as of 1 Feb 2019. All dishes subject to availability.

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	£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 ^{♣♣}	£12
Spicy lamb sausages served with chips and salad	
Sojok & Patata Harra ^{♣♣}	£12
Spicy Armenian lamb sausage served with potatoes cooked with chilli and coriander.	
Shish Taouk & Salad [Ⓞ]	£13
Grilled chicken pieces served with a mixed salad	
Kafta & Fattoush [Ⓞ]	£15
2 skewers of grilled kafta (skewered minced lamb with parsley and onion) served with a fattoush salad	
Lamb Shawarma Platter [Ⓞ]	£15
Lamb shawarma (sliced, marinated lamb) served with hummus & salad	
Chicken Shawarma Platter [Ⓞ]	£15
Chicken shawarma (sliced, marinated chicken) served with tabbouleh & rice	
Mixed Shawarma Platter [Ⓞ]	£15
A plate combining both lamb and chicken shawarma & served with tabbouleh and hummus	
Lamb Meshwi Platter [Ⓞ]	£16
Lean lamb pieces grilled and served with Moutabbal (smoked aubergine) & Salad	
Mixed Grill Rapide [Ⓞ]	£16
Grilled Kafte (minced lamb with parsley, onions and herbs) and chicken, served with tabbouleh & hummus	

□ □ □ LARGER PLATES □ □ □

[Ⓥ] Musakaat Batenjan with Rice [Ⓞ]	£13.00
Baked seasoned aubergine cooked with tomato & chick peas. We can add chilli [♣] to this if required.	
[Ⓥ] Colcassia with Rice [Ⓞ]	£13.00
Taro root, spinach and delicate spices served over a bed of vermicelli rice.	
Tagine Lahme ^{ⓃⓄ}	£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 [Ⓧ]	£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 signature Lebanese herb sauce.	
Djej Meejana with Saffron Rice ^{♣♣}	£16.75
Chicken marinated in our signature 12 spice sauce	
Sabeedish with Tomato Rice	£17.00
Squid cooked in a herbed tomato sauce served with vermicelli rice. Can be made spicier ^{♣♣♣} if required.	
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.	

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

[♣] = Mild, ^{♣♣} = Medium, ^{♣♣♣} = Hot, [Ⓥ] = Vegetarian, [Ⓝ] = Nuts, [Ⓞ] = Gluten, [Ⓧ] = Dairy

Prices include VAT and are correct as of 1 Feb 2019. All dishes subject to availability.

Menu Rapide



□ □ □ DESSERTS □ □ □

🌱 Baklawa 🍌🍷🍓	£0.95
🌱 Turkish Delight 🍷	£0.75
Various Flavours: Mint, Lemon, Rose	
🌱 Maamoul 🍷🍓	£1.35
Shortcrust pastry filled with either dates, walnuts 🍌 or pistachio 🍷	
🌱 Petit Four 🍌🍷🍓	£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).	
🌱 Knafeh bel Jebn 🍌🍷🍓	£5.25
Granulated pastry on cheese, heated until it melts and drizzled with sugar syrup and sprinkled with pistachio	
🌱 Halva, Pistachio 🍌	£2.75
A sweet, crumbly tahini (sesame) based dessert.	
🌱 Affogato 🍓	£3.75
Vanilla or Chocolate Ice Cream with a shot of Espresso	
🌱 Rum Baba with Ice Cream 🍷🍓	£5.75
Warmed rum-soaked sponge served with the ice cream of your choice from the selection below.	
🌱 Chocolate Fondant with Ice Cream 🍓	£5.75
Warmed chocolate fondant with a raspberry filling served with the ice cream or sorbet of your choice from the selection below [Gluten Free]	
🌱 Luxury Ice Creams 🍓; per scoop	£1.95
Vanilla • White Chocolate • Dark Chocolate • Salty Caramel • Pistachio 🍌 • Rose Petal • Coconut	
🌱 Luxury Sorbets; per scoop	£1.95
Passion Fruit • Mango • Raspberry • Lemon • Apricot • Green Apple	
🌱 Om Ali 🍌🍷🍓	£6
The Lebanese bread-and-butter pudding: Layered pastry in slightly spiced milk with nuts and raisins and baked in the oven.	

□ □ □ CRÊPES □ □ □

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

□ □ □ COFFEE & TEA □ □ □

Arabic Coffee (with or without Cardamom)	£2.50
Espresso	£2.25
Macchiato	£2.50
Americano	£2.50
Cappuccino, Café Latte	£3.00
Café Mocha	£3.50
Hot Chocolate	£3.00
Extra Espresso Shot	£0.50
Fine Teas	Pot: £3.00
Assam (Breakfast) • Earl Grey • Green Tea Tulsi (Holy Basil) • Jasmine Pearls • Peppermint Cahmomile • Lemon Verbena	
Orange Blossom Tea	Cup: £2.00
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	Pot: £3.50

🌱 = Mild, 🌱🌱 = Medium, 🌱🌱🌱 = Hot, 🌱 = Vegetarian, 🍌 = Nuts, 🍷 = Gluten, 🍓 = Dairy

Prices include VAT and are correct as of 1 Feb 2019. All dishes subject to availability.

Menu Rapide

□ □ □ JUICES & MINERALS □ □ □

Fresh Lemonade	£3.00
+ Orange Blossom (Lebanese-style)	£3.25
Fresh Orange Juice	£3.50
Fresh Mango Juice	£3.50
Fresh Pineapple Juice	£3.95
Fresh Apple or Carrot Juice	£3.25
Ayran (yoghurt & mint)	£3.00

Jellab (date juice cordial with pine nuts)	£3.00
Fentimans Ginger Beer	£3.50
Fentimans Elderflower	£3.50
Fentimans Rose Lemonade	£3.50
Cranberry Juice (200ml)	£2.00
J2O (Apple & Mango)	£2.75
J2O (Apple & Raspberry)	£2.75
J2O (Orange & Passion Fruit)	£2.75
Appletiser, Orangina	£2.75
Coke, Diet Coke, Sprite	£3.00

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

□ □ □ BEER & CYDER □ □ □

Aspalls	Cyder	5,0%	£5.00
Becks Blue	No Alcohol	0,0%	£3.50
Daura Damm	Gluten Free	5,4%	£5.00
Beirut Beer (Pilsner)	Lebanon	4,6%	£4.00
Krombacher (Pilsner)	Germany	4,8%	£4.75
Lefte Blond (Blond Beer)	Belgium	6,6%	£6.00
Alhambra Reserva 1925	Spain	6,4%	£6.50
St Stefanus (Blond Beer)	Belgium	7,0%	£7.00
Duvel	Belgium	8,5%	£7.50
Chimay Blue (Dark Ale)	Belgium	9,0%	£8.50

□ □ □ WINE & CHAMPAGNE □ □ □

A full wine and spirit list is available on request
We also serve small (125ml) and large (250ml) wines

Champagne	125ml	½ Btl	Bottle
Perrier Jouët	£9.50	£27	£52

Prosecco	125ml	Bottle
Prosecco di Valdobbiadene DOCG	£7	£35

White	175ml	500ml	Bottle
Chardonnay; St Hilaire	£7	£16.75	£23
<i>Chardonnay</i>			

Heritage; Blanc de Blanc	£7.50	£18.25	£25
<i>Sauvignon-Blanc, Chardonnay, Viognier</i>			

Pinot Grigio; Castel Firmian	£8.50	£20.50	£28
<i>Pinot Grigio</i>			

Ksara, Blanc de Blancs	£8.50	£20.50	£28
<i>Sauvignon Blanc, Semillon, Chardonnay</i>			

Suade Sauvignon Blanc	£9.50	£22.75	£31
<i>Sauvignon Blanc</i>			

Rosé	175ml	500ml	Bottle
Chateau Ksara Sunset	£8.50	£20.50	£28
<i>Cabernet Franc, Syrah</i>			

Red	175ml	500ml	Bottle
Heritage; Plaisir du Vin	£8	£19	£26
<i>Cabernet Sauvignon, Syrah, Cinsault</i>			

St Hilaire; Cabernet Merlot	£8.50	£20.50	£28
<i>Cabernet Sauvignon, Merlot</i>			

♨ = Mild, ♨♨ = Medium, ♨♨♨ = Hot, ♻ = Vegetarian, Ⓝ = Nuts, Ⓞ = Gluten, Ⓛ = Dairy

Prices include VAT and are correct as of 1 Feb 2019. All dishes subject to availability.