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LEBANESE KITCHEN

ALLERGEN & CALORIE MENU

Adults need around 2000 kcal a day

We prepare our food in kitchens where products containing gluten, sesame & nuts as well as other allergens are used. The allergen data detailed in this menu has been derived from supplier specifications on the allergenic ingredients that have intentionally been added to the final food product. We have taken all reasonable steps to ensure that this menu is accurate. We cannot guarantee that any product is "100% free from" any allergen due to the risk of possible cross contamination in production, supply & preparation.

Winter 2024

Version 05

Nibbles	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS	CALORIES
*Selection of Pickles											✚				✚	✚	29
*Marinated Mixed Olives															✚	✚	221
*Warm Za'atar & Garlic Flatbread				✚					✚			✚	✚	✚	✚	✚	524
Mezze																	
Mezze Platter		✚		✚	✚				✚		✚	✚	✚	✚	✚		793pp
*Lentil Soup				✚					✚			✚	✚	✚	✚	✚	712
*Hommos				✚					✚			✚	✚	✚	✚	✚	539
Tony's Hommos		✚		✚	✚				✚			✚	✚	✚	✚		647
*Baba Ghanuj				✚					✚			✚	✚	✚	✚	✚	546
Batata Harra		✚		✚	✚									✚	✚		528
Cheese Samboussek		✚		✚	✚									✚	✚		476
Falafel		✚		✚	✚						✚			✚	✚		372
Lebanese Wings		✚		✚							✚						456
Lamb Kibbeh (contains beef)		✚		✚	✚									✚			364
*Tabbouleh															✚	✚	228
*Fattoush														✚	✚	✚	128
Feta Dip with Soujok		✚		✚					✚		✚	✚	✚	✚			661
Halloumi & Roasted Figs		✚		✚			✚				✚				✚		565
Large Salads																	
Mama Zohra Salad		✚		✚										✚			551
Falafel Salad		✚		✚	✚						✚			✚	✚		747
Tagines																	
*Aubergine & Chickpea														✚	✚	✚	598
Lamb Kofta		✚												✚			1050
Chicken & Green Olive											✚			✚			382
Braised Lamb & Butter Bean														✚			989

Wraps	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS	CALORIES
Falafel (1031 kcal - wrap platter)		✚		✚	✚				✚		✚	✚	✚	✚	✚		1039
Lamb Kofta (849 kcal - wrap platter)				✚					✚		✚	✚	✚	✚			986
Chicken Taouk (843 kcal - wrap platter)				✚					✚		✚	✚	✚	✚			875
Halloumi (1120 kcal - wrap platter)		✚		✚					✚		✚	✚	✚	✚	✚		1326
Grills																	
Spiced Lamb Kofta				✚							✚			✚			761
Spiced Chicken Kofta				✚							✚			✚			671
Marinated Chicken Taouk				✚							✚			✚			683
Large Plates																	
Mixed Grill				✚							✚			✚			893
Pan-roasted Sea Bass						✚								✚			738
Lamb Kofta Roll		✚		✚	✚						✚		✚	✚			995
Chicken Kofta Roll		✚		✚	✚						✚		✚	✚			894
Chicken Kofta Roll / Wigmore		✚		✚	✚						✚		✚	✚			692
Steak Skewer		✚		✚	✚									✚			1081
Spinach & Feta Borek		✚		✚	✚									✚	✚		879
Beiruty		✚		✚	✚				✚		✚	✚	✚	✚	✚		660
Sides																	
* Warm Flatbread				✚					✚			✚	✚	✚	✚	✚	241
* Vermicelli Rice														✚	✚	✚	364
* Steamed Couscous														✚	✚	✚	365
Jewelled Couscous		✚		✚	✚						✚			✚	✚		563
* Quinoa															✚	✚	266
* Garlic Sauce				✚											✚	✚	121
* Tahina Sauce				✚											✚	✚	130
* Harissa Sauce				✚											✚	✚	124
Mint Yoghurt Sauce		✚													✚		47
Fries		✚		✚	✚									✚	✚		594

Desserts	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS	CALORIES
Chocolate Brownie		✤		✤	✤		✤						✤	✤	✤		769
Mango & Vanilla Cheesecake		✤					✤							✤	✤		638
Orange Blossom Mouhalabia		✤		✤							✤				✤		490
Baklawa Sandwich		✤		✤	✤		✤							✤	✤		368
Sticky Date & Cardamom Pudding		✤		✤	✤									✤			606
Ice Cream																	
Vanilla		✤			✤										✤		490
* Dairy free													✤		✤	✤	166
* Blood Orange Sorbet															✤	✤	151
Baklawa																	
Selection of Baklawa		✤					✤							✤	✤		548
Baklawa & Fresh Rose Mint Tea		✤					✤							✤	✤		560pp

Hot Drinks

	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS	CALORIES
Fresh Rose Mint Tea															✤	✤	60
Americano with Cow Milk		✤													✤		28
* Americano with Soya Milk													✤		✤	✤	
* Americano with Almond Milk							✤								✤	✤	
* Americano with Oat Milk														✤	✤	✤	
Cappuccino with Cows Milk		✤													✤		119
* Cappuccino with Soya milk													✤		✤	✤	
* Cappuccino with Almond milk							✤								✤	✤	
* Cappuccino with Oat Milk														✤	✤	✤	
Latte with Cow Milk		✤													✤		162
* Latte with Soya Milk													✤		✤	✤	
* Latte with Almond Milk							✤								✤	✤	
* Latte with Oat Milk														✤	✤	✤	
Flat White with Cow Milk		✤													✤		84
* Flat White with Soya Milk													✤		✤	✤	
* Flat White with Almond Milk							✤								✤	✤	
* Flat White with Oat Milk														✤	✤	✤	
Mocha with Cow Milk		✤													✤		240
* Mocha with Soya Milk													✤		✤	✤	
* Mocha with Almond Milk							✤								✤	✤	
* Mocha with Oat Milk														✤	✤	✤	
Macchiato Single with Cow Milk		✤													✤		19
Macchiato Double with Cow Milk		✤													✤		31
* Macchiato with Soya Milk													✤		✤	✤	
* Macchiato with Almond Milk							✤								✤	✤	
* Macchiato with Oat Milk														✤	✤	✤	
* Espresso Single													✤		✤	✤	4
* Espresso Double							✤								✤	✤	7

Hot Drinks Continued

	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS	CALORIES
Hot Chocolate with Cow Milk		✤											✤		✤		272
* Hot Chocolate with Soya Milk													✤		✤	✤	
* Hot Chocolate with Almond Milk							✤						✤		✤	✤	
Lebanese Spiced Hot Chocolate with Cow Milk		✤		✤			✤								✤		613
* Lebanese Spiced Hot Chocolate with Soya Milk				✤			✤						✤		✤	✤	
* Lebanese Spiced Hot Chocolate with Almond Milk				✤			✤								✤	✤	

Homemade Lemonades

Roomana															✤	✤	102
Roza															✤	✤	120
Toufaha															✤	✤	118
Leymona															✤	✤	95