



# TABULÉ

## Vegan Menu!



### Cold Mezze

All dips served with Lebanese bread

- Tabulé** £4.70  
Freshly chopped parsley with crushed wheat, onion, tomato and lemon dressing
- Fattoush (make it GF)** £4.70  
Traditional Lebanese salad mixed with lettuce, cucumber, tomatoes, onions, radish, sumac, toasted Lebanese bread with lemon and olive oil dressing
- Beetroot & Rocket Salad** £4.90  
Beetroot, rocket salad, spring onions, mint, walnuts, lemon, olive oil & pomegranate molasses
- Muhamarah** £4.70  
Roasted crushed nuts with spicy chilli pomegranate and cumin
- Warak Enab (Vine Leaves)** £4.50  
Stuffed grape leaves with rice and vegetable
- Arnabeet Bil Tahini** £4.50  
Fried cauliflower, fine onion, parsley, garlic in a tahini sauce
- Batenjaan Bil Tahini** £4.50  
Fried aubergine, fine onions, tomatoes, topped with tahini sauce

### Cold Mix Mezze Platter

A selection of all cold dips plus tabule and vine leaves

Ask for gluten free option **£9.90**



### Hummus Bar

- Traditional Hummus** £4.50  
Homemade chickpeas puree with sesame paste tahini and lemon juice
- Spicy Hummus** £4.60  
Traditional, with added hot pepper, parsley, garlic and lemon juice
- Shmandar Hummus** £4.70  
Traditional, with added beetroot, parsley, garlic and lemon juice



### Hot Mezze

- Traditional Falafel** £4.30  
Traditional falafel crushed with sesame paste and lemon juice
- Batata Harra** £4.50  
Fried potato cooked with olive oil, garlic, chilli and coriander
- Fuul (Fava Beans)** £4.50  
Broad beans cooked with onion, garlic, coriander and olive oil
- Spicy Fuul (Fava Beans)** £4.70  
Broad beans cooked with onion, garlic, coriander and olive oil
- Harrak Ispao** (make it GF) £4.70  
Traditional Damascus lentil cooked with tamarind, coriander, crispy bread, garlic and pomegranate
- Fatfeh (make it GF) Original E5 / Eggplant** £6.00  
Chickpeas, tahini, yoghurt, pita chips, garlic and pine nuts
- Bamia Bel Zeit** £5.90  
Okra cooked with tomato and onion
- Moussaka** £6.50  
Eggplant cooked with vegetables and tomato sauce
- Asparagus Ras El-Hanout** £3.90  
Pan-fried Asparagus with chilli tomato and ras el hanout spice
- Mujadara** £3.90  
Traditional Lebanese lentil rice with crispy onions

### Hot Mix Mezze Platter

A selection of hot mix mezze with hummus and tahini sauce

Ask for gluten free option

**£9.90**

### Tabekh Mains

- Vegetable Couscous** £8.49  
Traditional steamed couscous with seasonal vegetables, served with our special sauce
- Vegetarian Merzouga** £8.49  
Slow cooked Moroccan vegetable stew, served with Lebanese bread



## Sandwiches

We use traditional Lebanese flat bread for an authentic taste

|               |       |
|---------------|-------|
| Falafel       | £3.99 |
| Spicy Falafel | £4.30 |
| Green Falafel | £4.30 |



## Side Orders

|               |                       |
|---------------|-----------------------|
| French Fries  | Reg £2.49   Lrg £2.99 |
| Mixed Pickles | £2.70                 |
| Olives        | £2.70                 |



## Hot Drinks

Unsweetened almond milk or Soya Milk

### Tea

|                                       |                                |
|---------------------------------------|--------------------------------|
| Mint Tea                              | £1.95                          |
| English Tea                           | £1.95                          |
| Karak Tea                             | £2.50                          |
| Arabic Tea with Cardamon and Cinnamon | £2.50                          |
| Anise Tea                             | £2.50                          |
| Moroccan Green Tea                    | S: £2.50   M: £4.60   L: £5.80 |

### Coffee

|                                 |                                |
|---------------------------------|--------------------------------|
| Single Espresso Extra Shot +40p | £1.80                          |
| Americano                       | £2.30                          |
| Cappuccino                      | £2.30                          |
| Café Latte                      | £2.30                          |
| Macchiato                       | £2.30                          |
| Mocha                           | £2.75                          |
| Hot Chocolate                   | £2.50                          |
| Chaii Latte                     | £2.75                          |
| Turkish Coffee                  | S: £2.50   M: £4.50   L: £5.20 |

Turkish Coffee brewed on sand

## Soft Drinks

|                 |       |
|-----------------|-------|
| Coke            | £1.95 |
| Diet Coke       | £1.95 |
| Fanta Orange    | £1.95 |
| Sprite          | £1.95 |
| Mineral Water   | £1.50 |
| Sparkling Water | £1.95 |

## Manakish

All our Manakish breads are freshly baked on order

|  |       |
|--|-------|
| Manakish Bizaatar  | £4.20 |
| Baked Lebanese bread topped with thyme sesame seeds and olive oil            |       |
| Manakish Spinach   | £4.50 |
| Folded baked bread stuffed with a mix of spinach, sumac spice and red onions |       |



## Juices

|                             |       |
|-----------------------------|-------|
| Lemonade with/ without mint | £3.75 |
| Orange                      | £3.75 |
| Carrot                      | £3.75 |
| Strawberry                  | £3.75 |
| Apple                       | £3.75 |
| Pineapple                   | £3.75 |
| Mango                       | £3.75 |



## Fresh Fruit Cocktails

|  |       |
|--|-------|
| Taza Special                                   | £3.95 |
| Mango, Strawberry, Banana & Passion Fruit      |       |
| Ya Salam                                       | £3.95 |
| Orange, Strawberry and Pineapple               |       |
| Ya Hala  | £3.95 |
| Apple, Carrot, Orange and Ginger               |       |
| Ma Fi Metlo                                    | £3.95 |
| Apple, Orange, Lemon and Strawberry            |       |
| Beirut   | £4.30 |
| Avocado, Almonds, Dates, Honey and Almond Milk |       |



### Allergy Notice:

Please tell a member of staff if you suffer from allergy

🍃 Vegan
🌾 Gluten Free
🥜 Nuts
🌱 Sesame



#tabulekitchen

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