

Mashawi Grills

All meals served with one side - Rice / Fries / Burgul

Mixed Grill	£14.50
Shish taouk, lamb kafta, lahem mashwi & arayes	
Tabulé Special Grill (To Share)	£26.90
Lamb chops, lamb kafta, chicken shish taouk, kafta khashkash, chicken wings, lahem mashwi & arayes.	
Shish Taouk	£11.90
Charcoal grilled chicken cubes marinated in traditional spices	
Lahem Meshwi	£12.90
Charcoal grilled soft tender lamb cubes lightly seasoned	
Lamb Kafta	£9.90
Seasoned charcoal grilled minced lamb & parsley	
Lamb Chops	£13.90
Lightly seasoned & charcoal grilled	
Kabab Khashkash	£12.90
Lamb kafta with our homemade tomato spicy & mint sauce	
Salmon Fillet 	£14.50
Lightly seasoned & charcoal grilled	
Seabass	£15.90
Marinated and char-grilled whole sea bass (on the bone)	
Casa Chicken	£12.90
Char-grilled chicken fillet marinated in Mediterranean spices served on a bed of a flavourful tomato sauce with a side of potato cubes, topped with cheese & mushroom	
Chicken Wings	£9.90
Marinated chicken wings grilled over charcoal	
Grilled Chicken	£9.90
1/2 chicken marinated and grilled over charcoal	
Grilled Vegetables & Halloumi 	£11.90
Marinated mixed vegetables and halloumi cheese grilled on skewers, served with our green sauce	

Lamb Shoulder

£46.90

(Share for 2/3)

Slow cooked & marinated for several hours in our Moroccan aromatic spices. Served with lamb broth, veg, dried fruit, nuts and rice

Wraps

All wraps served with fries



Chicken Shawarma	£5.50
Shish Taouk	£5.50
Lamb Kafta	£5.50
Falafel  	£5.50
Halloumi 	£5.50

Falafel & Halloumi

Mixed veg, hummus, halloumi & tahini sauce

£6.90



Shawarma

Would you like your dish Gluten Free?

Chicken Shawarma	£9.50
Slices of marinated chicken. Served with skin on fries, garlic sauce & pickles	
Shawarma Arabie	£9.90
Authentic Arabian chicken shawarma wrap in a thin tortilla bread. Toasted and served with skin on fries & garlic sauce	

Tabekh Mains

Cherry Kebab	£10.90
Authentic recipe from Aleppo, lamb kafta cooked with cherry sauce served with Lebanese bread	
Lamb Shank <i>served with rice or burgul</i> 	£16.00
Slow cooked tender lamb shank	
Bamia Bil Zeit <i>served with rice or burgul</i> 	£8.90
Okra cooked with tomato, garlic & onion	
Bamia Bil Lahem <i>served with rice or burgul</i>	£10.90
Cooked lamb in an okra, garlic, coriander tomato stew	

Tagine & Couscous



Beldi Tagine 	£13.90
Moroccan lamb tagine cooked with vegetable, dried fruits and roasted almonds served with bread	
Chaouia Tagine 	£12.50
Chicken tagine cooked with vegetables, preserved lemon saffron, green olives served with bread	
Asafi Tagine	£15.90
Fish fillet and prawns cooked with vegetables, in a sauce of preserved lemon spices and herbs, served with bread	
Andalucian 	£12.90
Squid rings, prawns & mussels sautéed with spices, pepper paste, garlic, olive oil & chilli. Served with bread	
Atlas <i>with Vegetables</i> 	£11.90
Roasted Mediterranean vegetables on a bed of couscous served with a Moroccan inspired broth	
Dokala 	£15.50
Traditional Moroccan couscous topped with lamb, caramelized onion, raisins & almonds	
Essaouira 	£14.50
Traditional Moroccan couscous topped with chicken, caramelized onion, raisins & almonds	

Side Orders

Burgul <i>with Vermicelli</i>	£3.50
Couscous 	£3.50
Yellow Rice	£3.50
French Fries	Reg £2.49 Lrg £2.99
Mixed Pickles	£2.70
Olives	£2.70

Allergy Notice:

Please tell a member of staff if you suffer from any allergies

-  **Vegetarian**
-  **Vegan**
-  **Sesame**
-  **Gluten Free**
-  **Gluten**
-  **Nuts**

◆ LEBANESE & MOROCCAN KITCHEN ◆

TABULÉ

www.tabulekitchen.co.uk



@tabulekitchen



Cold Mezze

All dips served with Lebanese bread

- Tabulé** 🌱 £4.90
Freshly chopped parsley with crushed wheat, onion & tomato topped with lemon dressing & olive oil
- Fattoush** 🌱 £4.90
Traditional Lebanese salad mixed with lettuce, cucumber, tomatoes, onions, radish, sumac. Topped with toasted Lebanese bread, lemon juice & olive oil dressing
- Feta Cheese Salad** 🌱 🥚 £5.50
Freshly chopped cucumber, onion, feta cheese, cherry tomatoes olives & dressed with salt, pepper, oregano & olive oil
- Eetch Tabulé** 🌱 £4.90
A traditional Arabian salad with burgul mixed with tomato, parsley, mint, basil, chilli, pomegranate syrup & olive oil.
- Moutabal (Baba Ghanoush)** 🌱 🥚 🌱 £5.00
Smoked eggplant dip, garlic, tahini & topped with pomegranate seeds
- Al Rahib** 🌱 🥚 🌱 £5.50
Salad of smoked aubergine, tomato, green peppers, spring onion, parsley, garlic, lemon juice & nuts
- Muhamarah** 🌱 🥚 🌱 £5.00
Roasted nuts with spicy paste, chilli, pomegranate & cumin
- Warak Enab (Vine Leaves)** 🌱 🥚 £4.50
Stuffed grape leaves with rice & vegetable
- Arnabeet bil tahini** 🌱 🥚 🌱 £4.50
Fried cauliflower, onion, parsley, garlic in a tahini sauce
- Kishkeh** 🌱 🥚 £4.50
Bulgur wheat, yogurt, mint, onion, nuts & olive oil
- Laban Bil Khiyar** 🌱 🥚 £3.00
Fine cut cucumber mixed with yoghurt, garlic & mint

Tabulé Vegan Mezze 🌱 £9.90
Hummus, falafel, spicy potato, fried cauliflower & salad

Mixed Cold Mezze Platter 🌱 🥚 🌱 £11.90
A selection of cold dips plus Tabulé and vine leaves (Share for 2)

Hummus Bar

All Served with bread

Our Hummus is made from pureed chickpeas, sesame paste (tahini) and lemon juice, blended together to create an ideal taste and texture. A perfect compliment for all dishes

- The Original** 🌱 🥚 🌱 £4.50
- Beirut** 🌱 🥚 🌱 £4.80
- Beetroot** 🌱 🥚 🌱 £4.90
- Bil Shawarma** 🌱 🥚 £6.00
Topped with thin sliced chicken shawarma
- Bil Lahme** 🌱 🥚 🌱 £6.50
Topped with seasoned diced lamb & pine nuts
- Hummus & Falafel** 🌱 🥚 🌱 £6.90

Soup

- Moroccan Harira Soup** 🌱 🥚 🌱 £3.50
- Lentil Soup** 🌱 🥚 £2.50



Hot Mezze

Burgul? Cracked whole-grain wheat...

- Traditional Falafel** 🌱 £4.50
Fried spiced balls of chickpeas, onion, coriander and fine herbs. Served with tahini sauce
- Batata Harra** 🌱 £4.50
Spicy fried potato cubes cooked with oil, garlic, chilli & coriander
- Fuul Medamas** 🌱 🥚 £4.90
Broad beans cooked with onion, garlic, topped with olive oil & tahini
- Kibbe Sajieh** 🌱 £5.00
Burgul wheat shell filled with minced meat, onion, walnuts, Arabic spices & pomegranate molasses
- Harrak Ispao** 🌱 🥚 (make it gluten free) £5.00
Traditional Damascus lentil cooked with tamarind, coriander, garlic & pomegranate
- Fatfeh Original** £5 / **Eggplant** £5.60 / **Lamb** £6.00 🌱 🥚
Chickpeas, tahini, yoghurt, pita chips, garlic & pine nuts
- Moussaka** 🌱 🥚 £6.50
Eggplant cooked with vegetables & tomato sauce

Butterfly King Prawns £6.90

Grilled cooked with garlic, lemon & mixed herbs

- Grilled Halloumi** 🌱 £5.00
Grilled halloumi cheese served with green leaves and olives. Drizzled with olive oil & pomegranate sauce
- Halloumi Fries** 🌱 £4.90
Delicious deep fried halloumi sticks. Seasoned with cajun seasoning. Served with a special sauce
- Spicy Wings** 🌱 🥚 £4.50
Charcoal grilled wings with lemon juice, spices, garlic & coriander
- Arayes** £4.90
Lebanese flat bread stuffed and toasted with minced meat & herbs
- Chicken Liver** £4.50
Seasoned chicken liver sautéed in garlic, pepper, onions & pomegranate sauce
- Grilled Ribs** 🌱 🥚 £5.00
Marinated delicious lamb ribs, grilled to perfection
- Ras Asfour** £5.50
Tender lamb pieces cooked in Lebanese spices topped with pomegranate sauce, served with bread
- Merguez** £5.50
Grilled Moroccan sausage cooked in tomato sauce
- Crab Rolls** £5.50
Deep fried pastry stuffed with crab
- Chicken Pastry** £4.90
Deep fried pastry stuffed with chicken in Moroccan spices, almonds & onion
- Spinach & Feta** 🌱 £4.90
Deep fried pastry stuffed with spinach & feta cheese
- Jibneh Rolls** 🌱 £4.90
Deep fried pastry stuffed with feta cheese, mozzarella, parsley & black seeds

Oven Bakery



- Lahem bil Ajeen** £4.90
Baked Lebanese pastry topped with marinated minced lamb
- Lahem Bil Ajeen Topped with cheese** £5.50
- Manakish Bizaatar** 🌱 🥚 £4.50
Baked Lebanese pastry topped with thyme, sesame seeds & olive oil
- Sujuk with Cheese** £6.90
Baked Lebanese pastry topped with sujuk (sausage) & cheese
- Mixed Cheese** 🌱 £6.90
Folded bread stuffed with a mix of mozzarella cheese, feta cheese, parsley & black seeds
- Zaatar and Cheese** 🌱 🥚 £5.50
Baked Lebanese pastry topped with zaatar, cheese and olive oil
- Muhamara & Cheese** 🌱 £5.50
Baked Lebanese pastry filled with a roasted red pepper dip & cheese
- Marrakesh** £7.00
Chicken, onion, olives, garlic, coriander and tomato topped with cheese
- Fatayer Bsbaneh** 🌱 £5.50
Baked Lebanese pastry filled with a mixture of spinach, onions, lemon juice, pomegranate seeds, olive oil & sumac
- Cheese Lover** 🌱 £6.90
Oven baked folded Calzone style (Manousheh) stuffed with 4 types of cheese; cheddar, halloumi, mozzarella and feta & brushed with zaatar (thyme)
- Beirut** 🌱 £7.50
Oven baked folded Calzone style (Manousheh) stuffed with feta cheese and halloumi. Olives and tomato, brushed with zaatar (thyme) & olive oil
- Shakshouka** £6.90
Lebanese pastry baked in the oven, topped with free range eggs, roasted tomatoes, peppers, chilli & cheese
- Tabulé Special Bakery** £7.90
Chicken shawarma, onions, peppers, fresh chilli, tomato sauce & mozzarella cheese
- Classic Margherita** £5.90
A base of tomato sauce topped with mozzarella cheese
- Kafta Bil-Tahini** 🌱 £6.90
Spiced minced meat topped tahini sauce

Tabulé Vegan Pizza

A base of tomato sauce topped with grilled vegetables, artichoke, herbs, olives & vegan cheese



£7.90

