

## Menu

We serve English breakfasts, Soup, Panini/Sandwiches/Wraps, Baguettes and baked potatoes, excellent coffee and cakes during the day, as well as Lebanese food from the menu and fine Lebanese wine.

Warning: dishes may contain nuts

### Soup

**Lentil soup (V)** £2.75  
Red lentil, potatoes and carrots cooked with cumin and lemon

**Vegetable soup (V)** £2.75  
Cauliflower, leek and Lebanese herbs

### Lebanese starters (served cold)

**Houmous (V)** £2.25  
Boiled chick peas blended with sesame seed sauce, lemon and garlic

**Moutabel (V)** £3.00  
Grilled aubergine blended with sesame seed sauce, lemon and garlic

**Taboule (V)** £3.50  
Parsley, tomato, cracked wheat, mint and olive oil salad

**Haloumi salad (V)** £3.00  
Haloumi cheese salad with fresh leaves

**Labneh (V)** £2.50  
Strained and thickened yoghurt, blended with garlic and dried mint leaves

**Lebanese Salad (V)** £2.50  
Mixture of fresh salad leaves marinated with lemon, garlic, dry mint and olive oil

**Vine leaves (V)** £2.90  
Vine leaves stuffed with rice and tomato

**Foul makalah broad beans (V)** £2.90  
boiled with onion and garlic with Lebanese spices and olive oil

### **Lebanese starters (served hot)**

**Calamari** £4.50

Calamari marinated in a flour and onion coating and fried

**Whitebait** £4.00

Seasoned and deep fried whitebait served with a sour Tarator dip

**Houmous with lamb Schawarma** £3.20

Houmous with minced lamb marinated and topped with pine nuts and olive oil

**Crevette Provincial** £4.00

Grilled king prawns sautéed with garlic and red peppers and flambéed with lemon

**Houmous with Shkshouki** £3.50

Pureed chick peas with sesame oil, lemon juice and a touch of garlic filled with spicy minced lamb, cooked with green and red peppers and tomatoes.

**Foul Moukala (V)** £2.90

Baby broad beans, cooked in olive oil, lemon juice and coriander

**Houmous with Schawarma chicken flakes** £3.20

Houmous with chicken flakes marinated with garlic and olive oil

**Shaksuoki** £3.20

Spicy minced lamb, cooked with green and red peppers, tomatoes and garlic

**Sujuq** £3.20

Lebanese baby sausages, mildly hot and spiced, cooked with tomatoes and flambéed with white wine and lemon

**Chicken wings** £3.20

Oven cooked with garlic and lemon

**Foul Medammas (V)** £3.20

Slow cooked fava beans, mashed with garlic, lemon and olive oil

**Batata Harra (V)** £2.90

Potatoes, coriander, chilli and garlic, shallow fried in olive oil

**Green beans (V)** £2.90

French beans cooked in olive oil, tomatoes, onion and garlic

**Okra (V)** £2.90

Okra, fried and baked with tomatoes, onion and garlic

**Falafel (V)** £3.00

Croquette of chick peas and split fava beans mixed with garlic, coriander and spices and fried

**Cheese Sanbousek (V)** £3.00

Pastry filled with feta cheese and parsley

**Spinach Fatayer (V)** £3.00

Pastry filled with spinach, onions, pine kernels and lemon juice

**Chicken Schawarma** £3.20

Baked chicken flakes marinated with garlic, lemon and peppers

**Lamb Schawarma** £3.20

Baked lamb flakes, marinated with Lebanese spices and peppers

**Arayes** £3.20

Lebanese bread, filled with minced meat and grilled

**Kellage halloum (V)** £3.20

Lebanese bread filled with halloumi cheese, thyme and charcoal grilled

**Lamb liver** £3.00

Lamb liver marinated with Lebanese spices and fried with garlic and lemon

**Kibbeh Maqlia** £4.50

Minced lamb with crushed wheat, stuffed with onions and pine kernels

**Zahra Maqlia (V)** £2.90

Seasoned and fried cauliflower topped with sour Tarator dip

**Main Courses (served with rice and salad)**

**Sea Bass Bil-remman** £10.50  
Grilled fresh fillets of Sea Bass, served on a bed of pureed baked aubergines, mixed with pomegranate seeds and chives, drizzled with a reduction of hot pomegranate sauce.

**Kastaletta** £8.00  
Lamb chops lightly spiced and grilled

**Salinas special** £10.00  
Platter with Kafta, Taouk chicken, Kastaletta and Shawarma

**Shish Taouk** £7.50  
Cubes of boneless chicken breast, marinated with garlic, tomatoes and lemon and grilled

**Kafta kebab** £7.50  
Minced lamb mixed with parsely and onion and grilled

**Lahim Mashwi** £8.50  
Tender lamb cubes marinated with Lebanese spices and herbs and grilled

**Lamb Shawarma** £7.50  
Lamb flakes marinated and baked with peppers, served with garlic mayo, chips and salad

**Chicken Shawarma** £7.50  
Chicken flakes marinated and baked with peppers, served with garlic mayo, chips and salad

**Dawood Basha Lamb** £7.50  
Lamb meat balls, baked in the oven with tomato sauce and served with rice

**Dawood Basha Chicken** £7.50  
Marinated chicken cubes, baked in the oven with tomato sauce and served with rice

**Vegetarian Main Courses (served with rice and salad)**

**Moussaka (V)** £7.50  
Fried aubergine, cooked in the oven with tomato sauce and chick peas

**Makloubi (V)** £7.50  
Fried cauliflower, mixed on vermicelli rice and served with salad

**Okra (V)** £7.50  
Baked in the oven with tomato sauce and served with rice

**Set Menus available:**  
**Selection of Mezzeh starters, main course and dessert**

**Full Mezzeh** £10.00

**Regular Set Menu** £12.99

**Exotic Set Menu** £14.99

**Salinas Special** £16.99

**Extras**

**French fries** £1.50

**Rice** £2.00

**Lebanese bread** £0.50

**Desserts**

**Baklawah** £2.50

**Lebanese mixture sweets** £2.50

**Cheese cake** £2.50