

Mashawi Grills

All meals served with one side Rice Fries or Burgul

Mixed Grill	£15.90
Shish taouk, lamb kofta, laham meshwi & arayes	
Shish Taouk	£13.90
Charcoal grilled chicken cubes marinated in traditional spices	
Lahem Meshwi	£14.50
Charcoal grilled soft tender lamb cubes lightly seasoned	
Lamb Kofta	£12.50
Seasoned charcoal grilled minced lamb & parsley	
Lamb Chops	£16.50
Lightly seasoned & charcoal grilled	
Kabab Khashkash	£13.50
Lamb Kofta with our homemade tomato spicy & tomato sauce	
Salmon Fillet	£15.90
Lightly seasoned & charcoal grilled	
Chicken Wings	£11.90
Marinated chicken wings grilled over charcoal	
Grilled Chicken	£11.90
1/2 chicken marinated and grilled over charcoal	
Grilled Vegetables & Halloumi	£13.50
Marinated mixed vegetables & halloumi cheese grilled on skewers. Pick your side	

Ramadan Platters

LAMB SHOULDER £49.90

Slow cooked & marinated for several hours in our Moroccan aromatic spices. Served with lamb broth, veg, dried fruit, nuts + 2 rice

SPECIAL GRILL FOR 4/5 £64.90

Cold mezze, batata harraah, 8 skewers, 4 lamb chops & arayes with rice and fries

TABULÉ SPECIAL GRILL 2/3 £35.90

Lamb chops, lamb kofta, shish taouk, kofta khashkhash, chicken wings, lahem meshwi & arayes + 2 Sides

BEIRUT EXPRESS 2/3 £46.90

3x Shawarma Arabie, Chicken Filet, Jibneh Rolls, Mix Pickles, Salad & Fries

THE LEBANESE & MOROCCAN 2/3 £44.90

Half Chicken, Merguez, Arayes, Lamb Chops, Lamb Kofta, Chicken Wings + 2 sides

Side Orders

Burgul with Chickpeas	£4.00
Couscous	£4.00
Yellow Rice	£4.00
French Fries	£3.99
Mixed Pickles	£3.90
Olives	£3.90

Shawarma

Would you like your dish gluten free



Chicken Shawarma £11.50

Marinated chicken shawarma thinly cut

Served with skin on fries, garlic sauce & pickles

Shawarma Arbie £12.90

Authentic Arabian Chicken Shawarma wrap in a thin tortilla bread. Toasted and served with skin on fries & garlic sauce

Tabekh Mains

Lamb Shank served with rice or burgul £17.50

Slow cooked tender lamb shank in its sauce

Bamia Bil Zeit served with rice or burgul £9.90

Okra cooked with tomato, garlic & onion

Bamia Bil Lahem served with rice or burgul £12.90

Cooked lamb in an okra, garlic, coriander tomato stew

Tagine & Couscous



Beldi Tagine

Moroccan Lamb tagine cooked with vegetable, dried fruits and roasted almonds served with bread

Chaoquia Tagine

Chicken tagine cooked with vegetables, preserved lemon saffron, green olives served with bread

Atlas with Vegetables

Roasted Mediterranean vegetables on a bed of couscous served with a Moroccan inspired broth

Dokala

Traditional Moroccan couscous topped with lamb, caramelized onion, raisins & almonds

Essaouria

Traditional Moroccan couscous topped with Chicken, caramelized onion, raisins & almonds

Wraps

Best Wraps In Town

All wraps served with fries



Chicken Shawarma £7.50

Shish Taouk £7.50

Lamb Kofta £7.50

Falafel £7.50

Halloumi £7.50

Falafel & Halloumi

Mixed veg, hummus, halloumi, falafel & tahini sauce

£8.00



TA•BULÉ

◆ LEBANESE & MOROCCAN KITCHEN ◆

RAMADAN & EID MENU

Wishing you and your family a spiritual and blessed holy month



www.tabulekitchen.co.uk

tabulekitchen



Cold Mezze

All dips served with Lebanese bread

Tabulé	£6.00
Freshly chopped parsley with crushed wheat, onion & tomato topped with lemon dressing & olive oil	
Fattoush	£6.00
Traditional Lebanese salad mixed with lettuce, cucumber, tomatoes, onions, radish, sumac. Topped with toasted Lebanese bread lemon juice & olive oil dressing	
Feta Cheese Salad	£6.50
Freshly chopped cucumber, onion, feta cheese, and olives and dressed with salt, pepper, oregano & olive oil	
Etch Tabulé	£6.00
A traditional Arabian salad with bulgur mixed with tomato, parsley, mint, basil, chilli, pomegranate syrup & olive oil.	
Moutabal (Baba Ghanoush)	£6.00
Smoked eggplant dip, garlic, tahini & topped with pomegranate seeds	
Muhamarah	£5.50
Roasted nuts with spicy paste chilli pomegranate & cumin	
Al Rahib	£6.00
Salad of smoked aubergine, tomato, green peppers, spring onions, parsley, garlic, lemon juice & nuts	
Warak Enab (Vine Leaves)	£6.00
Stuffed grape leaves with rice & vegetable	
Arnabeet bil tahini	£6.00
Fried cauliflower, onion, parsley, garlic in a tahini sauce	
Laban Bil Khiyar	£4.00
Fine cut cucumber mixed with yoghurt, garlic & mint	
Olives or Mix Pickles	£4.00

Tabule Vegan Mezze	£14.00
Hummus, falafel, spicy potato, fried cauliflower & salad. served with bread	
Mixed Cold Mezze Platter	£15.00
A selection of cold dips with Tabulé and vine leaves. Served with bread	

Hummus Bar

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	£5.50
Beiruti	£6.00
Beetroot	£5.70
Bil Shawarma	£6.50
Topped with thin sliced of chicken shawarma	
Bil Lahme	£6.70
Topped with seasoned tender diced lamb & pine nuts	
Hummus & Falafel	£7.50
Topped with falafels	



Hot Mezze

Burgul? Cracked whole-grain wheat...

	£5.50
Traditional Falafel	
Fried spiced balls of chickpeas, onion coriander and fine herbs. Served with tahini sauce	
Batata Harra	£6.00
Spicy fried potato cubes cooked with oil, garlic, chilli & coriander	
Ful Medamas	£6.00
Broad beans cooked with onion, garlic, topped with olive oil & tahini	
Kibbe Sajieh	£7.00
Bulgur wheat shell filled with minced meat, onion, walnuts, Arabic spices & pomegranate molasses	
Moussaka	£7.00
Eggplant cooked with vegetables & tomato sauce	
Harrak Ispaao <small>Make it gluten free</small>	£6.50
Traditional Damascus lentil cooed with tamarind, coriander, garlic & pomegranate. Topped with Pita chips	
Butterfly King Prawns	£7.50
Grilled cooked with garlic, lemon & mixed herbs	
Grilled Halloumi	£6.00
Grilled halloumi cheese served with green leaves and olives. Drizzled with olive oil & pomegranate sauce	
Grilled Halloumi Fries	£6.00
Delicious deep fried halloumi sticks. Seasoned with cajun seasoning. Served with a special sauce	
Spicy Wings	£6.50
Charcoal grilled wings with lemon juice, spices, garlic & coriander	
Arayes	£6.70
Lebanese flat bread stuffed and toasted with minced meat & herbs	
Chicken Liver	£7.00
Seasoned chicken liver sautéed in garlic, pepper, onions & pomegranate sauce	
Grilled Ribs	£6.70
Marinated delicious lamb ribs, grilled to perfection	
Merguez	£7.00
Grilled Moroccan sausage cooked in traditional Shakshuka bed	
Crab Rolls	£5.50
Deep fried pastry stuffed with crab	
Chicken Pastry	£5.50
Deep fried pastry stuffed with chicken in Moroccan spices, almonds & onion	
Spinach & Feta	£5.50
Deep fried pastry stuffed with spinach & feta cheese	
Jibneh Rolls	£5.50
Deep fried pastry stuffed with feta cheese, mozzarella, parsley & black seeds	



Soup

Moroccan Harira Soup	£3.50
Lentil Soup	£3.00

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

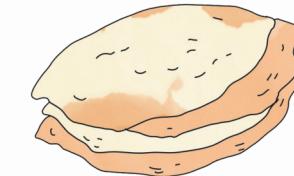
(V) Vegetarian
(G) Vegan
(S) Sesame

(GF) Gluten Free
(C) Gluten
(N) Nuts

Oven Bakery

Manakish Lebanese Pizza

Great to share!



Lahem bil Ajeen	£8.00
Baked Lebanese pastry topped with marinated minced lamb	
Lahem bil Ajeen Topped with cheese	£8.50
Baked Lebanese pastry topped with marinated minced lamb	
Spicy Lahem bil Ajeen	£9.00
Baked Lebanese pastry topped with marinated minced lamb	
Lahem bil Ajeen Deluxe	£9.50
With both Cheese & Chilli	
Sujuk With Cheese	£9.00
Baked Lebanese pastry stuffed with mince seasoned sujuk spices & cheese	
Manakish Bizaatar	£6.50
Baked Lebanese pastry topped with thyme, sesame seeds & olive oil	
Zaatar and Cheese	£7.00
Baked Lebanese pastry topped with zaatar, cheese and olive oil	
Mixed Cheese	£8.00
Folded bread stuffed with a mix of mozzarella cheese, feta cheese, parsley & black seeds	
Muhamara & Cheese	£7.50
Baked Lebanese pastry filled with a roasted red pepper dip & cheese	
Marrakesh (Chicken)	£9.00
Chicken, onion, olives, garlic, coriander and tomato topped with cheese	
Fatayer Bsbanehk (Spinach pastry)	£8.00
Baked Lebanese pastry filled with a mixture of spinach, onions, lemon juice, pomegranate seeds, olive oil & sumac	

Tabulé Veggie Pizza



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

£8.00

Add Feta Cheese £1.50

