



# Menu

GBP

## Starters

- Harira** 6  
A traditional Moroccan tomato soup with lentils, chickpeas, celery, coriander, egg and parsley. (V,1,2,3,8,10,13)
- Danjal** 7  
Sautéed aubergine, grilled peppers , flat leaf parsley, cumin, olive oil, rose water and a splash of lemon. Served with pitta bread. (V,1,2,3,8,13)
- Kobiza** 7  
Baby leaf spinach and olives sautéed with coriander, garlic, lemon juice and harissa. (V,1,2,3,8,13)
- Shlada salad** 8  
Grilled Haloumi, chargrilled peppers, caramelised fig, toasted almond on a tomato and green leaf salad, with a honeyed vinaigrette and argan oil dressing (V,1,2,3,6,7,8,12,13)
- Tiger Prawns** 9.50  
Marinated in Chermoula, lightly fried and tossed in harissa. (1,4,9,13)
- Mussels** 9.50  
Stir fried mussels with Marakchi lemon, garlic, flat leafed parsley and fresh chilli (1,4,9,13)
- Liver** 7  
Spicy lamb liver tossed in olive oil , parsley , garlic and ginger. Served with a side salad. (1,9,12,13)
- Baby Octopus** 9  
Seasoned and flame grilled with jalapeño, paprika and a splash of lemon (1,4,9,13)
- Fresh Sardines** 9  
Marinated in Chermoula ( parsley , lemon , harissa , paprika ) , lightly fried (1,4,9,13)
- Moch** 8  
A traditional desert dish of lambs brain cooked with free range eggs, garlic and parsley. Served with toasted bread. (1,3,9,13)
- Merguez Sausage** 9.50  
Hot and spicy Moroccan lamb sausage on a tangy tomato base. Served with a side salad. (1,9,13,10)

## Mezza

### **Mezza for two**

**75**

Two starters, main courses ( £4.00 extra for lamb) and desserts with a bottle of house wine.

### **Mezza for parties**

**35 pp**

Chef's selection of starters for sharing, your choice of main course, followed by our Moroccan pastries to share. With a half bottle of house wine per person

## Main courses

### Tagines

Conical clay pots where flavours are trapped and intensified.  
We offer a range of tagines in the following styles :

#### **ASSILAH**

**17**

Chicken breast with vegetables, saffron, cumin and ginger on a tomato base.  
Served with a side of couscous. (1,10,9,12)

#### **ESSAOUIRA**

**Chicken 15 / Lamb 17**

In olive oil with potato, peas, olives, saffron, garlic, and preserved lemon (1,10,9,12)

#### **CAMEL BI TIMAR**

**28**

Camel fillet marinated in a date and fig sauce, with a hint of fiery harissa. Served with bread. (1,10,9,12,13)

#### **ELHAM BARCOQ**

**18**

Lamb with prune in a subtle cinnamon flavored jus.  
Served with pitta bread (1,10,9,12 )

#### **MARRAKECH LAMB**

**20**

Lamb with a selection of fresh vegetables, saffron, cumin, ginger and flat leaf parsley.  
Served with a side of couscous. (1,10,9,12)

#### **TAGINE OF FISH**

**19**

Fish of the day marinated in chermoula, cooked with vegetables in tomato maticha.  
Served with a side of couscous. (1,4,9,13)

#### **RABBIT KNIA**

**22**

Fillet of rabbit in olive oil, with sultanas, caramelised onion and saffron. Served with a side of couscous. (1,10,9,12)

#### **BEEF LISSAN**

**18**

A famous Marrakech dish of tenderised tongue cooked with chickpea, raisins, cinnamon, harissa, ginger and fresh parsley.  
Served with Spicy Wheat (1,2,9,12,13)

#### **MARRAKECH TANGIA**

**28**

Slow cooked beef until tender in a special terracotta pot with our ras el hanout spice blend and pickled lemon.  
Served with fresh vegetables and couscous on the side. (1,2,9,12,13)

## Bastillas

### **CHICKEN BASTILA** 20

An elaborate sweet and savoury filling in pastry with saffron, grilled almonds and cinnamon, baked until crisp.

Served with Chefs salad. (1,3,5,6,7,8,9,12)

### **RABBIT BASTILA** 20

Fillet of rabbit, sultanas, grilled almonds and caramelised onion baked until crisp in a filo pastry, topped with honey and sesame seeds.

Served with Chefs salad. (1,3,5,6,7,8,9,12)

### **BASTILA WITH FISH** 30

Selection of fish fillets and seafood in Rass el hanout, lemon juice parsley, harissa, parceled in filo pastry, baked until crisp. (1,3,4,5,6,7,8,9,12)

## Couscous

Couscous , derived from wheat, is light and fluffy when cooked. A two tier pot allows the couscous to cook in the flavoured steam of the stew below.

We serve the following couscous dishes:

(1,2,6,7,8,9,12,13)

### **Chicken Sultanas** 15

Chicken breast cooked with sweet sultanas, caramelised onions and chick peas.

### **Chicken Veg** 17

Chicken breast flavoured with spices accompanied with fresh vegetables of the day

### **Lamb Bi Zbib** 17

Lamb cooked in a sweet sauce with sultanas , caramelised onions and chick peas

### **Lamb Veg** 20

Lamb cooked in traditional spices with fresh vegetables of the day

### **ELFENOON Couscous** 22

Slow cooked lamb and chicken breast with traditionally flavoured vegetables, sweet sultanas, caramelised onions and chick peas.

## Vegetarian

### **Vegetable Couscous** 14

A selection of fresh vegetables traditionally flavoured, and served on a bed of couscous. (1,2,6,8,9,12)

### **Atlas Vegetarian** 14

A mix of fresh vegetables in a tangy tomato sauce served in a tagine , with a side of couscous. (1,2,3,8,9,12)

### **Vegetarian mix** 16

Kobiza and Danjal served with couscous and bread

### **Shlada Salad MAIN** 14

## *Sides*

**Bread 2 , Side Vegetables 4.50 , Couscous 3 , Rice 3 , Bulgur 4 ,  
Olives 2.50 , Spicy Moroccan Potatoes 4.50**

## *ALLERGEN LIST (NOT Conclusive)*

Please always inform your server of any allergies or food intolerances before placing your order as not all ingredients can be listed and we cannot guarantee the total absence of allergens in our dishes.

1) Gluten (Wheat ) 2) Crustaceans 3) Eggs 4) Fish 5) Molluscs 6) Milk , 7) Peanuts 8) Nuts 9) Soybeans 10) Celery 11) Mustard 12) Sesame Seeds 13) Sulphites 14) Lupin

12.5% service charge added to tables of 6 persons or more.  
Minimum food charge of £12 per person applies.

# *ELFENNOON*

