

FRESH MED FOOD



NEVER FORGET YOUR ROOTS

NIBBLES

Because you just can't wait!

Smoked & Spiced Nuts smoked almonds, chilli orange walnuts & pistachios
Mixed Seeds & Fruit pumpkin seeds, broad beans, sour cherries & cranberries

£1.95 each
4 for £6.95

Marinated Pitted Olives with sweet pickled garlic
Sweet & Sour Pickled Vegetables with mustard seeds

EZME

Yes Ezme! Fresh ingredients mashed, bashed, crushed & served with pita

£2.95 each
£7.95 x 3 dishes
£14.95 x 6 dishes
£21.95 x 9 dishes

GREAT AS STARTERS, SIDE DISHES OR TO SHARE WITH FRIENDS, FAMILY & LOVERS!

Hummus chick peas, tahini, garlic & lemon
Smoked Pepper Hummus with smoked sweet red peppers
Cucumber Tzatziki with cucumber, yoghurt, mint & dill
Carrot & Chilli Tzatziki with carrot, orange, chilli & yoghurt
White Taramasalata traditionally made & not pink
Smoked Salmon 'Taramasalata' smoked salmon, yoghurt & cream cheese
Shredded Beetroot with orange, cumin, yoghurt & dill
Smoked Aubergine Salad with tahini, yoghurt & smoked aubergines
Green Olive & Anchovy Tapenade with basil, parsley & capers

MEZE

BE AMEZED!

Melon, Feta & Hazelnut Salad with olive oil, black pepper & basil
Grilled Haloumi with plum tomatoes, red onions, parsley & sumac
Bbq Chicken Wings in sticky chilli & honey barbecue sauce
Spiced Lamb & Pinenut Meatballs with tahini sauce
Grilled Lamb Ribs in tomato, mint & honey marinade
Fried Chilli & Salt Baby Squid with garlic yoghurt dip
Whole Grilled Tiger Prawns (3 pcs) with hot chilli dip

£4.95 each
£13.95 x 3 dishes
£24.95 x 6 dishes

THE MAINS

O&E KEBABS

O&E Kebabs are served with a salad of shredded cabbage, onions, parsley & sumac, with bread & a choice of sauce & side order. We're changing your view of the humble Kebab.

FOUR SIMPLE STEPS TO THE KEBAB OF YOUR DREAMS!

COOKED FRESH OVER SMOKING HOT CHARCOALS

STEP 1

FREE RANGE CHICKEN

Juicy and oh so tender! Have it:

Shished On A Skewer £8.25
marinated overnight in yoghurt, tomatoes, paprika & onions
Minced On A Skewer £7.25
skinless thigh fillets minced with fresh chilli, garlic, spring onions & parsley

ALL OF OUR CHICKEN, EGGS & LAMB ARE FREE RANGE!

REAL LAMB

All free range and supplied by British farms. Have it:

Carved Off The Bone £9.45
slow-roasted, then carved fresh & bbq'd over charcoal
Shished On A Skewer £8.75
twice marinated for a melt-in-the-mouth finish
Minced On A Skewer £7.25
lamb shoulder minced with pepper, garlic, mint & parsley

VEGGIE

Your choice from three:

Shished Mediterranean Veggies £6.45
a mix of onions, red peppers, courgettes, mushrooms, tomatoes cooked over charcoal
Shished Veggabab £6.95
a mix of textured vegetable protein, mushrooms, carrots, peppers & onions
Herb Falafel £6.75
cooked lightly in healthy rapeseed oil

GRILLS

A great option main meal and guaranteed to build up your strength just like Mama said!

GET A FAMILY GRILLING!

Mixed Grill
For 1 Person £13.95 For 2 People £25.95
chicken shished, lamb minced on a skewer, lamb carved off the bone, grilled lamb ribs with shredded salad, mint yoghurt, pita bread & rice
Aged Ribeye Steak 8oz £15.95
with shredded salad, garlic yoghurt, grilled tomatoes & chips
Roast Rump Of Lamb £15.75
with shredded salad, mint yoghurt & saffron bulgar
Free Range Chicken £9.75
with shredded salad, mint yoghurt & chips
Freedom Foods Salmon £10.95
with shredded salad, tzatziki, saffron bulgar & lemon & herb dressing

HOW WOULD YOU LIKE YOUR KEBAB ?

- served on flatbread
- wrapped & rolled
- stuffed in pita

STEP 2

WITH WHAT SAUCE ?

- garlic yoghurt
- hot chilli sauce
- tahini sauce
- mint yogurt

STEP 3



A SIDE OF ?

- bulgar wheat with tomatoes, onions & saffron
- hand cut chips
- pilaf rice

STEP 4

ENJOY!

HAVE IT LARGE
add an extra skewer
shished £4.25
minced £3.95
carved lamb £4.45
veggie £3.95

MAIN SALADS

They may be healthy but they are far from boring!

Crispy Lamb & Mediterranean Veg £7.95
crispy lamb leg with roast onions, aubergine & courgette with watercress, smoked almonds & tahini dressing
Olive & Earth Chicken Caesar £7.75
grilled chicken, anchovies, olives, poached free range egg with grated haloumi, croutons & garlic yoghurt dressing
Roast Pumpkin, Vegetable & Feta £7.25
with pumpkin, grilled courgette, aubergine, pepper, feta, olives & saffron bulgar with mixed seeds & herb dressing

DON'T FORGET TO EAT YOUR GREENS!

SIDES

Freshly chopped salads, rice & proper chunky chips, dishes to perfectly compliment your meal.

GO ON. HAVE A BIT IN THE SIDE. WE WON'T TELL!

Pilaf Rice £2.75
Bulgar Wheat £2.75
with tomatoes, onions, mint & saffron
Hand Cut Chips £2.75
proper & chunky

O & E Chopped Salad £4.25
plum tomatoes, cucumber, red onions, beetroot, red peppers, watercress, pomegranate seeds, sunflower & pumpkin seeds & garlic dressing
Mixed Leaf Salad £3.75
with olive oil