

EAT  **BEIRUT**
Lebanese Kitchen

*Laughter
is brightest where
food
is best*





EAT BEIRUT
Lebanese Kitchen

Eat Beirut, a simple Lebanese cuisine concept, serving fresh ingredients in a relaxed atmosphere and welcoming ambiance.

We believe Lebanese cuisine is influenced by Mediterranean countries from Flavours, textures and aromas.

Our aim is to provide a friendly service, healthy and high quality dishes.

So sit back! Let us look after you!
For a Lebanese dining experience treat!

Mezza Lebanese Way!
Means
Cold or Hot Starters

Cold Mezza

Accompanied With Lebanese Flat Bread



Warak Inab (V)

£8.95

Slow cooked grape leaves stuffed with rice, parsley, tomatoes and onions.

Homos (V) (S)

£7.25

Chickpeas dip blended with tahini, lemon juice, and olive oil.

Homos Mouhamara (V) (S) £8.50

Our famous homos recipe topped with mouhamara adding a crunchy texture and a mild spicy kick.

Mouhamara (N)

£8.50

Classic Lebanese dip with a unique texture of walnuts, roasted red peppers, pomegranate molasses, hot red pepper flakes.

Crudites Mix (V)

£6.50

No bread so let's get some carrots, cucumbers, celery sticks best for dipping.



Moutabal (V) (S) £7.25

Grilled aubergine nicely seasoned, tahini, lemon juice, olive oil and a hint of garlic.

Homos Beirut (V) (S) £7.25

Our famous homos recipe mixed with chopped flatparsley leaves, green chillies and a hint of garlic.

Kabis (V) £6.50

Mix of Lebanese Mediterranean pickles.

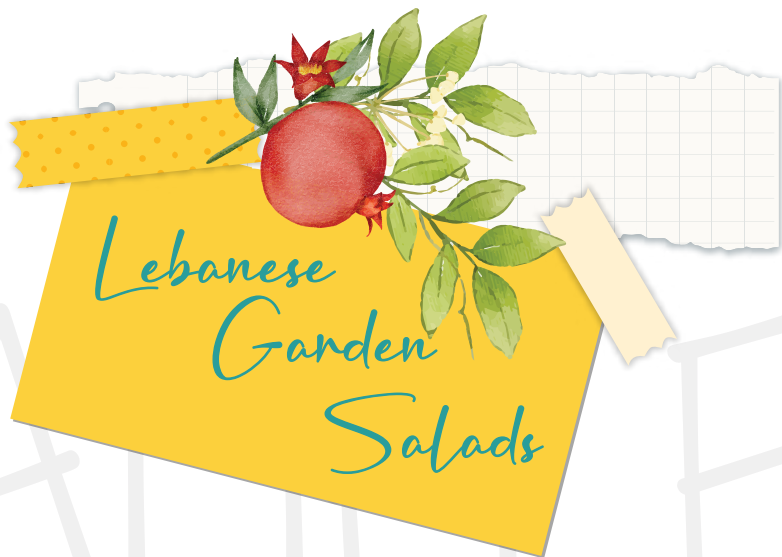
Mousaka (V) £8.75

Chunks of aubergines baked with wine tomatoes, chickpeas, onion and garlic.

Loubya Bzeit (V) £7.75

Fresh long green beans cooked in a rich tomato sauce with onions and garlic





Lebanese Garden Salads

Fattoush (V) (G)

£8.95

Mix of garden leaves, tomatoes, radish, cucumber, Lebanese toasted croutons, sumac dressing.

Tabbouleh (V) (G)

£8.50

The beloved Lebanese salad, finely chopped parsley, tomatoes, dry mint, cracked wheat, lemon and olive oil dressing.

Tabouleh Quinoa (V)

£8.50

The beloved Lebanese salad, finely chopped parsley, tomatoes, dry mint, Quinoa, lemon and olive oil dressing, boosted with quinoa.

Spicy Salad (V)

£8.95

Lettuce, tomatoes, radish, cucumber, mixed peppers, spicy lemon dressing.

Eat Beirut Salad (V)

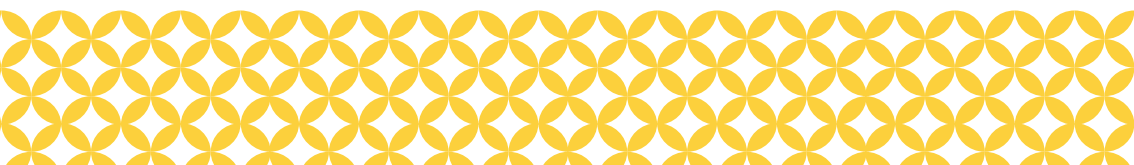
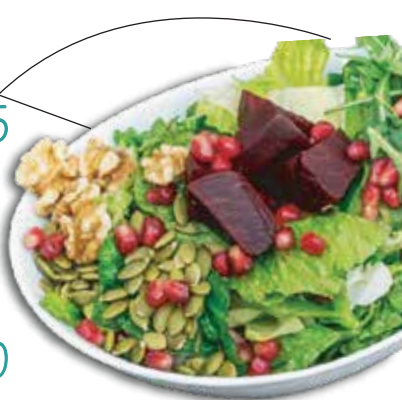
£8.95

Seasonal garden leaves, tomatoes, baked beetroot, roasted pumpkin seeds, Pomegranate seeds, summac dressing

Beirut Boost Salad (V)

£9.50

Seasonal garden leaves, tomatoes, radish, cucumbers, sumac dressing topped with grilled halloumi slices and toasted walnuts



Soups



Lentil Soup (V)

£7.00

Slow cooked Yellow and red lentils, carrots, turmeric, onion, Lebanese spices



Eat Beirut Sambousik Dumplings

Meat Sambousik (G)

Pan fried Lebanese dumplings, Filled with Minced lean beef, onions, Lebanese spice.

£8.25



Spinach Fatayer (V) (G)

Pan-fried dumplings, filled with spinach, onions, sumac.

£8.25

Cheese Sambousik (V) (D)

Pan-fried dumpling, filled with mix of Lebanese cheese, dry mint & parsley.

£8.25





Hot Mezza



Accompanied with Lebanese flat bread

Homos Kafta (G)

Our famous homos recipe topped with grilled kafta meat, pomegranate seeds and olive oil.

£9.50

Falafel (V) (G)

Nicely fried balls of chickpeas and fava beans patty mixed with parsley, Lebanese herbs, served with a side of tahini dip.

£8.00

Kibbeh, Lebanese National Dish (G)

Pan fried beef croquettes made of cracked wheat, minced lean beef, filled with onions, minced lean lamb, Lebanese spices.

£8.50

Soujouk

Pan-fried Lebanese spicy lamb sausage with tomatoes, parsley, garlic.

£9.50

Egg Soujouk Foukhara (E)

Oven baked eggs with Lebanese spicy lamb sausages, parsley and Lebanese spices.

£10.00

Halloumi Grilled (V) (D)

Grilled halloumi cheese topped with zaatar spice and a drizzle of olive oil.

£8.50

Jawaneh

Grilled Marinated chicken wings served with garlic dip sauce.

£8.50

Batata Harra (V)

Sautéed cubes of potatoes with coriander, onions, peppers, fresh green chillies, garlic.

£8.50

Pumking Kibbeh (V) (G)

Pumpkin croquettes made of wheat, pumpkin, served with spinach, onion, sumac, pomegranate seeds.

£8.50

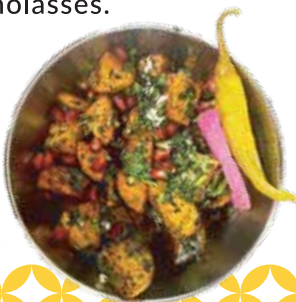
Makanek

Nicely seasoned pan fried lamb sausage with parsley, sumac and pomegranate molasses.

£9.50



Kibbeh



Batata Harra



Makanek

Main Dishes

Accompanied with our homemade chef's unique recipe of chilli and garlic sauce



Lahm Meshwi £18.75

Chargrilled skewers of especially prepared tender lamb cubes marinated in Lebanese herbs

Lamb Kafta Meshwi £17.75

Chargrilled skewers of minced lean lamb mixed with parsley, onions, Lebanese spices

Shish Tawouk £18.00

Chargrilled skewers of chicken cubes marinated in tomato paste, garlic, lemon juice, Lebanese spices

Eat Beirut Mixed Grill £18.75

Chargrilled skewers of lean minced lamb, cubes of marinated lamb and chicken

Kafta Koushkash (G) £18.75

Our chargrilled kafta meshwi served on a bed of spicy tomato sauce with Lebanese vermicelli rice

Kafta Foukhara (G) £18.75

Kafta meat balls cooked in rich tomato sauce, parsley, pomegranate seed topped with a nicely poached cozy egg served with a side of Lebanese vermicelli rice.

Farouj Meshwi £18.75

Boneless chargrilled baby chicken marinated in tomato paste, garlic, lemon juice, Lebanese spices served with chilli and garlic sauce.



Kafta



Taouk

Mousaka with Rice (V) (G) £17.75

Shanks of aubergines cooked in tomato sauce, onions, garlic, parsley, Lebanese spices and chickpeas served with vermicelli rice.



Green Beans Stew (V) (G) £17.75

Fine green beans cooked in tomato sauce, onions, garlic, Lebanese spices and fresh wine tomatoes served with vermicelli rice.



Mediterranean King Prawns 1Kg £59.00

Ask your waiter for pre order. Marinated Mediterranean king prawns in olive oil, Lebanese seven spices, garlic, served with our special garlicky spicy sauce.



Wrap Platters

- Served with
homos & salad
- Wrapped with flat bread



Shish Tawouk Wrap (G)

Grilled chicken cubes wrapped in Lebanese pitta bread, gherkins, tomato, lettuce, garlic sauce

£9.85

Kafta Meshwi Wrap (G)

Grilled minced lean lamb wrapped in Lebanese pitta bread, gherkins, tomato, parsley, onions, tahini sauce

£9.85

Halloumi Wrap (V) (G) (D)

Grilled halloumi cheese wrapped in Lebanese pitta bread, tomato, fresh mint, hint of zaatar spice and drizzle of olive oil

£9.85

Falafel Wrap (V) (G) (S)

Falafel wrapped in Lebanese pitta bread, gherkins, tomato, parsley, radish, pickled turnip, tahini sauce

£9.85

you can't decide?
Let us choose for you

Set Meal For 2
£65.00

Homos, Fatoush, Moutabal, Kibbeh, Mix of Lebanese Sambousik, Falafel Followed by a Mix of Grills
Served with Lebanese Vermicelli Rice,
Followed by Lebanese Baklawa & Fresh Mint Tea.

Set Meal For 4
£130.00

Homos, Fatoush, Moutabal, Kibbeh, Falafel,
Sambousik Lamb, Lebanese Sambousik, Spinach Pastry,
Followed by Eat Beirut Mix Grill and Moussaka with Rice
Followed by Lebanese Baklawa
& Fresh Mint Tea.



side
orders

Thick Cut Fries (V)

£5.50

Vermicelli Rice (G)

£5.50

Mint Yogurt (V) (D)
With Cucumber

£6.50



Selection of
Lebanese Baklavas
£6.50

Dessert

- | | | |
|---------------------------------------|---|-------|
| Milk Rose Water Pudding (D) |  | £8.95 |
| Orange Blossom Rice Pudding (D) | | £8.75 |
| Dates Orange Blossom Milk Pudding (D) | | £9.00 |
- Topped with Lebanese sugar floss, served with vanilla ice cream.

Soft Drinks

and


Fresh Juices

- | | |
|---|-------|
| Coke, Diet Coke, 7Up | £4.50 |
| Soda Water, Tonic/ Glim Line Water | £4.50 |
| Still or Sparkling Water | £4.50 |
| Fresh Orange Juice | £7.25 |
| Lebanese Fresh Lemon Juice with Mint & | £7.25 |
| Orange Blossom Water | |
| Fresh Carrot Juice with or without Ginger | £7.25 |
| Fresh Apple Juice | £7.25 |

Hot Drinks

Lebanese Fresh Mint Tea	£4.50
English Tea	£4.50
Espresso	£4.50
Cappuccino	£4.50
Caffè Latte	£4.50
Black Americano	£4.50
Lebanese Coffee	£5.00



For any allergy and intolerances requirements please ask a team member
(S) Sesame, (V) Vegetarian, (N) Nuts, (G) Gluten, (D) Dairy, (E) Egg,  Spice

A %12.5 Optional service charge will be added to your bill

