

..... **Special Night / Date Night** .....

**SET MENU 1**

*for minimum 2 people £52*

**STARTERS**

**Liban hummus** *v*

*Homemade hummus with fresh pitta*

**Fattoush** *v*

*Lettuce, tomato, cucumber, parsley, mint, onion, radish, summac, Lebanese bread*

**Motabaal** *v*

*Grilled aubergine, tahini*

**Falafel** *v*

*Chickpeas & broad beans, served with tahina & garlic sauce*

**Patata harra** *v*

*Served with spicy fried potatoes, coriander, chili, lemon sauce, onion, garlic*

**MAINS**

**Moussaka** *v*

*Served with Lebanese rice, aubergines, chickpeas, tomato sauce, onion, garlic*

**Lebanese Mint Tea and Baklava**

**SET MENU 2**

*(Served with Lebanese rice)  
for a minimum of 2 people £56*

**STARTERS**

**Liban hummus** *v*

*Homemade hummus with fresh pitta*

**Fattoush** *v*

*Lettuce, tomato, cucumber, parsley, mint, onion, radish, summac, Lebanese bread*

**Liban arayes**

*Baked Lebanese bread, minced lamb, parsley, onion*

**Falafel** *v*

*Chickpeas & broad beans, served with tahina & garlic sauce*

**Patata harra** *v*

*Served with spicy fried potatoes, coriander, chili, lemon sauce, onion, garlic*

**MAINS**

**Mixed grill**

*Kafta, lamb meshawi and shish taouk, two chicken wings*

**Lebanese Mint Tea and Baklava**

..... **Indian Set Menu** .....

**SET MENU 1 - Vegetarian**

*Minimum 2 people £52*

**STARTERS**

**SPDP (Sev Puri Dahi Puri)**

*Spiced sprouts and potato mix in puffed puri, laced with sweet yoghurt and chutney*

**Achari Paneer Tikka**

*Cottage cheese chargrilled in pickling spices*

**Bullet Beetroot**

*Crumb fried spicy beetroot dumplings, onion seeds*

**MAINS**

**Patra Veg Biryani**

*A leafy roll tossed in spices and then cooked with our spicy long grain basmati rice*

**Kadai Paneer**

*Cottage cheese stir fried with peppers in a chilly ginger sauce*

**SIDES**

**Crackling Chilly & Lime Potato**

*Crispy potatoes tossed in a delicious tangy and spicy sauce*

**Plain Naan**

**Cucumber Green Apple Raita**

*Perfect coolant with yoghurt to match any biryani*

**DESSERT**

**Kalajamun and ice cream**

**SET MENU 2**

*Minimum 2 people £58*

**STARTERS**

**SPDP (Sev Puri Dahi Puri)**

*Spiced sprouts and potato mix in puffed puri, laced with sweet yoghurt and chutney*

**Soola Chicken Tikka**

*Fiery spiced traditional chicken tikka, not for the faint hearted*

**Coastal Fried Fish**

*Semolina crusted spicy and tangy fish, curry leaf*

**MAINS**

**Hyderabadi Lamb Biryani**

*Tender lamb steamed with basmati rice and spices*

**Baluchi Chicken Kadai**

*Smoked chicken stir fried in a chilly and ginger sauce*

**SIDES**

**Crackling Chilly & Lime Potato**

*Crispy potatoes tossed in a delicious tangy and spicy sauce*

**Plain Naan**

**Cucumber Green Apple Raita**

*Perfect coolant with yoghurt to match any biryani*

**DESSERT**

**Kalajamun and ice cream**

*Our food is made daily using only fresh ingredients, most importantly we use Lebanese ingredients where available, from olive oil & herbs to tahini, our Lebanese halloumi & yoghurt. That's why we are so different, our chefs make everything especially for you, and are always working on improving and creating new dishes & tastes at Liban tapas*



**DINNER MENU**

**#LIBLIFE**

**SUMMER 2020**

190 George Lane | South Woodford | London | E18 1AY  
T +44(0)208 989 5356 E info@libantapas.com W libantapas.com

f t i @libantapas

## TAPAS

### COLD

- Avocado hummus v 7.5**  
Our homemade hummus blended with avocado
- Truffle oil hummus v 9.5**  
Our homemade hummus blended with truffle oil
- Liban Beiruti hummus v 6.75**  
Homemade hummus with fresh chillies
- Vine leaves v 6.5**  
Stuffed with rice, tomato, parsley
- Motabaal fresh pomegranate v 6.5**  
Fresh roasted aubergines diced in olive oil
- Moussaka v 6.5**  
Roasted fresh aubergine with chick peas and mix peppers in a tomato sauce
- Liban hummus v 6.5**  
Homemade hummus with fresh pitta
- Soup of the day v 5**  
Served with dry Lebanese bread

### HOT

- Grilled halloumi cheese v 8**  
Halloumi (contains milk), tomato, cucumber
- Soujok n 8.5**  
Spicy sausages, butter, lemon  
Also available in red wine sauce
- Jawaneh meshwi 7.5**  
Grilled chicken wings marinated in Lebanese dressing
- Kibbeh n w 8.5**  
Deep fried lamb balls, cracked wheat, onions, sautéed mince & pine nuts
- Hummus chicken shawarma 8**  
Homemade hummus topped with chicken shawarma
- Beirut calamari 8.5**  
Deep fried fresh calamari in panko crumbs served with tartar sauce
- Courgette 6.5**  
Deep fried courgette stick in panko crumbs served with minted yogurt
- Liban kellaj v 7**  
Charcoal grilled Lebanese bread, halloumi cheese, mint
- Liban arayes 7**  
Baked Lebanese bread, minced lamb, parsley, onion
- Fatayer spinach v 7**  
Lebanese pastry, spinach, onion, olive oil, sumac, pine nuts
- Liban falafel v n 6.5**  
Large fresh falafel
- Cheese spring rolls v 7**  
Lebanese pastry, stuffed with cheese
- Patata harra v 7**  
Spicy fried potatoes, coriander, chilli, lemon sauce

## MAINS

- Vegetarian plate v 15**  
Hummus, motaabal, tabouleh, falafel
- Kafta 15.50**  
Charcoal grilled skewers of seasoned minced lamb with onion & parsley
- Spicy kafta 16.50**  
Charcoal grilled skewers of seasoned minced lamb with onion & parsley, chilli and herbs
- Moussaka v 14.50**  
Served with Lebanese rice, aubergines, chickpeas, tomato sauce, onion, garlic
- Kafta with yoghurt 17**  
Charcoal grilled minced lamb, topped up with yoghurt, served with rice
- Mixed grill 20**  
Kafta, lamb meshawi and shish taouk, lamb chop, two chicken wings
- Lamb meshawi 17.50**  
Grilled marinated lamb cubes, tomato, onion
- Beirut burger 9.5**  
Lamb/chicken/beef, contains cheese
- Chicken shawarma 14**  
Marinated chicken with herbs and spices
- Libani v 16.50**  
Grilled halloumi (halloumi contains milk) with seasoned mix peppers and aubergines
- Lamb shawarma 16**  
Marinated lamb with herbs and spices
- Lamb shanks 18**  
Served in sauce with rice
- Shish taouk 15.50**  
Charcoal grilled chicken
- Sea bass 17.5**  
Fresh caught Sea Bass grilled, served with baby roast potato, boiled vegetables
- Okra stew 14**  
Okra in tomato sauce and coriander served with vermicelli rice
- Charcoal Grilled boneless baby chicken 16.50**  
served with fries
- Lamb chops (4) 18.50**  
With fries or rice

**Rib Eye steak 8oz 21**  
Served with steak fries  
**Choice of 2 Sauces**  
Mushroom Sauce | Peppercorn Sauce

## SIDES

- Halloumi fries 6**  
(halloumi contains milk)
- Truffle oil fries v 6**
- Fries v 4**
- Rice v 4**

## SALADS

- Shish Taouk and Avocado Salad 9.5**  
Charcoal grilled chicken with mix salad and fresh avocado
- Falafel Salad v 8.5**  
Fresh falafel with mixed salad
- Grilled Halloumi Salad v 9.5**  
Grilled halloumi cheese (halloumi contains milk), rocket leaves, lettuce, house dressing
- Fattoush v 7.5**  
Lettuce, tomato, cucumber, parsley, mint, onion, radish, summac, Lebanese bread
- Tabbouleh v w 7.5**  
Parsley, mint, onion, tomato, crushed wheat
- Liban Salad v 9.5**  
Chick peas, avocado, mango & lime lemon dressing

## INDIAN MENU

- INDIAN BITES**
  - Masala Poppadoms 1.95**  
Roasted papad topped with spiced fresh chopped veg salad
  - Poppadom and Chutney Tray 3.25**  
Assorted fried papad with mint & mango chutney
  - Basket Nest Chaat 7.95**  
Flaky potato basket with spiced fillers, chutney and sweet yoghurt
  - Avocado Papdi Chaat 6.95**  
Spicy avocado indian flat tacos topped with tangy tamarind chutney
  - SPDP (Sev Puri Dahi Puri) 6.50**  
Spiced sprouts and potato mix in puffed puri, laced with sweet yoghurt and chutney
  - Punjabi Samosa Chana Chaat 6.95**  
Crispy veggie samosa with spicy chickpeas, sweet yoghurt and chutney
- SMALL PLATES**
  - Poky Fried Prawns 8.95**  
Golden fried prawns, an indian zinger fry, chilly mayo
  - Chicken Lollypop 7.25**  
Juicy chicken wings in a crisp batter, indo sichuan sauce
  - Bullet Beetroot 6.50**  
crumb fried spicy beetroot dumplings, onion seeds
  - Crunchy Paneer Aloo Bon Bon 6.95**  
Potato strings encasing a smooth cheesy mixture, prunes, chilly mayo
  - Coastal Fried Fish 6.95**  
Semolina crusted spicy and tangy fish, curry leaf
  - Lamb Samosa Fingers 6.50**  
Spicy lamb mince and green peas rolled in a pastry
- SMOKING FROM GRILLS/ TANDOOR**
  - Lamb Seekh Kebab 7.50**  
Chargrilled lamb skewer, chilly, ginger and herbs, mint chutney
  - Malai Chicken Tikka 12.50**  
Chicken breast tandoor cooked in a creamy melange of spices
  - Bhatti Lamb Chops 21.95**  
Smokey lamb chops, chilly and lime
  - Achari Paneer Tikka 9.95**  
Cottage cheese chargrilled in pickling spices
  - Soola Chicken Tikka 12.00**  
Fiery spiced traditional chicken tikka, not for the faint hearted
  - Tandoori Afghani Salmon 18.50**  
Salmon steaks, yoghurt, cheese, dill leaves, spices
- SPECIAL APPEARANCE**
  - Zesty Chicken Naanza 10.95**  
Modern take on pizza naan, loaded with fingerlicking chicken tikka, peppers and onion, caramelised tomato sauce
  - Peppy Paneer Naanza 9.95**  
A veggie version loaded with melting soft indian ricotta, peppers, onion and caramelised tomato sauce
- FINAL STROKES**
  - Delhi Butter Chicken 13.50**  
Tandoori chicken thigh in a rich, smokey and spicy tomato sauce
  - Punjabi Shank Roganjosh 14.50**  
Lamb shank in a robust sauce, meat lovers paradise
  - Baluchi Chicken Kadai 13.50**  
Smoked chicken stir fried in a chilly and ginger sauce
  - Dal Makhani 6.50**  
Luxurious black lentil cooked overnight to get that richness right
  - Lasooni Palak 6.50**  
Garlic tempered spinach
  - Chulhe De Chane 8.45**  
Old school classic recipe of chickpeas cooked with authentic spices
  - Kadai Paneer 10.95**  
Cottage cheese stir fried with peppers in a chilly ginger sauce
- STEAM POTS**
  - Hyderabadi Lamb Biryani 14.95**  
Tender lamb steamed with basmati rice and spices
  - Patra Veg Biryani 10.95**  
A leafy roll tossed in spices and then cooked with our spicy long grain basmati rice
- SIDES**
  - Crackling Chilly & Lime Potato 5.95**  
Crispy potatoes tossed in a delicious tangy and spicy sauce
  - Cucumber Green Apple Raita 3.50**  
Perfect coolant with yoghurt to match any biryani
  - Steamed Basmati Rice 3.25**
  - Jeera Rice 3.90**  
Cumin and fresh coriander, rice stir fry
- BREADS**
  - Tandoori Roti 2.00**
  - Plain Naan 2.50**
  - Garlic Naan 2.95**
  - Chilli Cheese Naan 3.25**



10% Service Charge will be added to the final bill

v = Vegetarian | n = Contains Nuts or Seeds or prepared with Seed Oil | w = Contains Wheat or Crushed Wheat  
Ask the waiter for gluten free/dairy free/nut free option | **Please let us know if you have any allergies**