

# LUNCH & TAKE-AWAY

**HOW IT WORKS** We serve our hummus as a base, you choose a topping for the centre. Warm pitta bread comes on the side.

## MAIN COURSES

	small	regular
<b>chickpeas</b> (w/ free-range egg, +85p) slow-cooked with a pinch of cumin	£3.50	£4.70
<b>fava beans (ful)</b> (w/ free-range egg, +85p) a 5,000 year old recipe of mashed brown mexican beans	£4.00	£5.20
<b>vegetable salad</b> (go greek: add feta, +95p) cherry tomatoes with chopped cucumbers, red peppers & red onions	£4.50	£5.70
<b>mushrooms</b> (w/ sundried tomatoes, +95p) simmered with fresh herbs & caramelised onions	£4.50	£5.70
<b>guacamole</b> (w/ jalapeños, +75p) avocado blended with red peppers, tomatoes & red onions	£5.00	£6.20
<b>chicken</b> (w/ sundried tomatoes, +95p) sautéed in a light tomato-based sauce	£5.00	£6.20
<b>chunky beef</b> (w/ tzatziki, +95p) slow-cooked chunks of tender beef	£5.30	£6.50

regular: 2 pittas, small: 1 pitta  
(ask about wheat & gluten-free options)

## EXTRAS

**75p**  
carrot sticks  
jalapeños  
chopped onions

**85p**  
pitta bread  
free-range egg  
tortilla chips

**95p**  
feta cheese  
sundried tomatoes  
tzatziki

<b>mixed vegetable salad</b> cherry tomatoes, chopped baby cucumbers, red peppers & onions drizzled with a parsley & vinegar dressing	£2.50
<b>tabouleh</b> bulgar wheat with finely chopped parsley, tomatoes, cucumbers, red peppers & mint dressed with lemon juice & olive oil	£2.50
<b>greek salad</b> tomatoes, cucumbers, red peppers, onions & imported barrel feta topped with oregano & extra virgin olive oil	£3.00
<b>smoky barbecued aubergine</b> (w/ feta, +95p) aubergine slow roasted over an open flame, dressed with tahini & lemon juice	£3.00
<b>falafel salad</b> falafels smothered with fresh tomato-coriander salsa & tzatziki on a bed of shredded cabbage	£3.20

## COLD DRINKS

<b>fresh mint &amp; ginger lemonade</b> homemade fresh lemonade with a gentle touch of mint & ginger	£1.80
<b>aloe vera juice</b> a unique, extremely refreshing drink sweetened with honey & a dash of grape	£1.80
<b>fresh juice</b> fresh orange   fresh apple	£2.10
<b>innocent smoothies (bottled)</b> mango & passion fruit   strawberry & banana	£2.20
<b>soft drinks &amp; mineral water</b> pepsi, diet pepsi, 7up   still, sparkling spring water	£1.10

## HOT DRINKS

<b>hot spiced apple juice</b> with cinnamon, nutmeg & cloves	£2.30
<b>fresh mint tea</b>	£1.50
<b>jasmine pearl tea</b>	£1.80
<b>freshly ground coffee</b> double espresso   cappuccino   latte   americano   macchiato	£1.80

## DESSERTS

<b>malabi</b> a milk-based dessert with date honey	£1.50
<b>baklava</b> a small, rich pastry filled with chopped nuts & soaked in honey (2 pieces)	£1.80
<b>double chocolate brownie</b> a rich, homemade double chocolate brownie (gluten free)	£2.00

## BY THE TUB

our entire menu is available for takeaway, in addition to the following:			
<b>small hummus tub</b>	£2.20	<b>veg. or mush. topping</b>	£2.30
<b>regular hummus tub</b>	£3.40	<b>guacamole topping</b>	£2.80
<b>chickpea topping</b>	£1.30	<b>chicken topping</b>	£2.80
<b>fava bean (ful) topping</b>	£1.80	<b>chunky beef topping</b>	£3.10

**all hummus dishes served with wholemeal pitta & garnished with tahini, paprika, & parsley unless otherwise requested.** our food may contain traces of nuts & sesame seeds

dinner menu applies after 17:00 monday-friday; weekend menu applies sat.-sun. & bank holidays

**service not included**

**\* free wifi \***