

THE BELL AT IDEN

SAMPLE LUNCH MENU

Light bites

Prawn Tapas £8.00

Saute prawns with garlic, olive oil, lemon and tomatoes.

Babaganoush £6.00

Grilled Aubergine, garlic, tahini, lemon juice and olive oil.

Tzatziki £6.00

Strained yoghurt, garlic, cucumber, and olive oil.

Shakshuka £6.00

Chopped Grilled Aubergine, courgette, chilli, garlic, and olive oil.

Served on a bed of salad

Grilled Halloumi £6.00

Served on a bed of salad

Vine leaves £6.00

Homemade vine leaves, filled with rice, herbs, olive oil and lemon.

Hummus £6.00

Smooth chickpea pure dip with tahini

Sucuk £6.00

Turkish cured garlic sausage with garnish

Mixed olives £6.00

Mixed olives, feta cheese and balsamic vinegar

Cheese cigar £6.00

Traditional filo dough cigar filled with feta cheese and herbs

Tabbouleh £6.00

Chopped parsley, mint, onion, tomato, cracked wheat, lemon juice and olive oil

Salad morocaine £6.00

Chopped cucumber, onion, tomato, parsley, chefs special vinaigrette

Wraps

(served with chips)

Halloumi wrap £13.00 Grilled halloumi with salad, tomato and onion

Chicken wrap £16.00 Tender chicken donner style with salad, tomato, onion and chefs special sauce

Hummus & falafel wrap £14.00 Falafel on a bed of hummus, salad, pickled cucumber and tahini

Kofta wrap £18.00 Moroccan style beef mince balls with salad, tomato, onion and home made chilli sauce

Salad

Mediterranean salad £12.00 Halloumi and feta cheese, on a bed of mixed salad leaves with balsamic vinegar and olive oil

Chicken salad £14.00 Grilled chicken on a bed of mixed salad leaves with balsamic vinegar and olive oil