

# SHEN'S MEDITERRANEAN CUISINE LUNCH MENU

12pm - 5pm

## 1 COURSE MENU

1 main dish  
£8.95

## 2 COURSE MENU

Includes 1 starter (hot or cold)  
& 1 main dish  
£10.95

## 3 COURSE MENU

Includes 1 starter (hot or cold),  
1 main dish & Baklava or Rice Pudding  
£12.50

### STARTERS

#### COLD MEZES

ALL SERVED WITH BREAD

HUMUS (V) Crushed chickpeas, tahini, lemon juice, garlic & olive oil

CACIK (V) Cucumber & a hint of garlic in a creamy yoghurt sauce

TARAMA Freshly prepared whipped cod roe

KISIR (V) Crushed wheat, celery, tomato sauce, parsley, mixed peppers & herbs

PATLICAN SOSLU (V) Fried aubergine with a homemade tomato sauce

DOLMA (V) Stuffed vine leaves with rice, lemon, onion, parsley

PIYAZ (V) Beans with parsley, tomato, onion, olive oil, lemon

POTATO SALAD (V) Potato with Spring onions, olive oil, lemon, coriander

MIXED OLIVES (V) Marinated black and green olives

#### HOT MEZES

ALL SERVED WITH BREAD AND GARNISH SALAD

BOREK (V) Rolled pastry filled with feta cheese and parsley

ARNAVUT CIGERI Freshly diced pan fried liver with herbs.  
Served with red onions & parsley

FALAFEL & HUMUS (V) Ground Chickpea and Broad Bean Fritters

MITITE KOFTE Charcoal grilled home made minced lamb  
with parsley, onions & garlic

CHICKEN WINGS (4) Marinated cooked over charcoal.  
Served with tomato sauce

FRIED VEGETABLES (V) Sliced aubergine, courgette, mixed peppers.  
Served with yoghurt sauce

MUCVER (V) Vegetable fritters made with courgettes feta cheese, spring  
onions, eggs, served with yoghurt

### MAIN COURSES

CHICKEN SHISH Marinated lean chunks of chicken on a skewer.  
Served with rice or bulgur and salad

ADANA KOFTE Hand-minced lamb seasoned and skewered.  
Served with rice or bulgur and salad

CHEFS SPECIAL CHICKEN Breast of marinated chicken cooked over  
charcoal. Served with rice or bulgur and salad

CHICKEN WINGS (8 Pcs) Marinated plump and juicy chicken wings  
chargrilled. Served with rice or bulgur and salad

LAMB RIBS (8 Pcs) Marinated lamb ribs chargrilled.  
Served with rice or bulgur and salad

FALAFEL & HUMUS (V) Broad beans, chick peas, vegetables, sesame,  
garlic all crushed and deep fried. Served with rice or bulgur & salad

IMAM BAYILDI (V) Delicately fried aubergine, stuffed mixed peppers,  
onions, garlic and tomato sauce. Served with rice or bulgur and salad

MUCVER (V) Vegetable fritters made with courgettes feta cheese, spring on-  
ions, eggs served with yoghurt. Served with rice or bulgur and salad

CHICKEN ALA-CREAM Fillets of Chicken cooked in a Mushroom, White  
Wine Cream Sauce. Served with sauté potato and mixed vegetables

MOUSSAKA (V) Oven baked sliced aubergine, potatoes, courgette cooked  
with simple delicious home made béchamel sauce, mozzarella cheese.  
Served with rice or bulgur and salad

MEAT MOUSSAKA Lamb minced, aubergine, potatoes, carrots, onions,  
courgette, peppers with béchamel sauce topped with melted cheddar cheese.  
Served with rice or bulgur and salad

GRILL SEA BASS (FILLET)  
Served with Mixed Vegetables & Sauté Potato

GRILL SEA BREAM (FILLET)  
Served with Mixed Vegetables & Sauté Potato

GUVEC (LAMB CASSEROLE) Lamb cubes with chopped aubergine,  
onions, tomatoes & herbs. Served with rice or bulgur and salad

GUVEC (CHICKEN CASSEROLE) Chicken cubes with chopped  
aubergine, onions, tomatoes & herbs Served with rice or bulgur and salad

CHICKEN CAESAR SALAD  
Chargrilled chicken breast, served Caesar Dressing

HALLOUMI OR FETA CHEESE SALAD (V)  
Served with Mixed Salad and Olives

SPAGHETTI BOLOGNESE  
Served in a Rich Minced Beef and Tomato Sauce

CHICKEN ESCALOPE BOLOGNESE  
Served with Spaghetti Napolitano



Opening Times

Monday - Sunday: 12:00 - 22.00

SHENS MEDITERRANEAN CUISINE

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