

# SHEN'S MEDITERRANEAN CUISINE LUNCH MENU

## 1 COURSE MENU

1 main dish

£7.95

## 2 COURSE MENU

Includes 1 starter (hot or cold)

& 1 main dish

£9.95

## 3 COURSE MENU

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

£11.50

SOUP OF THE DAY *Ask for our chef's daily special*

## 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*

SAK-SUKA (V) *Aubergine, onion, green peppers in a home-made tomato sauce*

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

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

BORULCE (V) *Blackeyed beans with olive oil, lemon, chops courgettes*

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*

SHEN'S 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 (7 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 onions, eggs served with yoghurt, served with rice or bulgur and salad*

CHICKEN ALA-CREAM *Filletts 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 *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*

*Some dishes may contain allergic ingredients, please ask a member of staff if you have any allergy or specific dietary requirements*

## Cold Drinks

Coca Cola (Bottle) 33 cl	£2.40
Diet Cola (Bottle) 33 cl	£2.40
Fanta (Bottle) 33 cl	£2.40
Sprite (Bottle) 33 cl	£2.40
Ayran (Glass)	£2.20

### Small Large

Still Water	£2.00	£3.40
Sparkling Water	£2.00	£3.40
Apple Juice	£1.90	£2.30
Cranberry Juice	£1.90	£2.30
Pineapple Juice	£1.90	£2.30
Orange Juice	£1.90	£2.30

## Beers

Efes (33 cl)	£3.95
Draft Efes (50 cl)	£4.40
Corona (33 cl)	£3.95
Perroni (33 cl)	£3.95
Keo (33 cl)	£3.95
San Miguel (33 cl)	£3.95
Becks Blue Alcohol Free (33 cl)	£3.95
Stella Artois (33 cl)	£3.95

## Spirits

	25cl	50cl
Martini (Dry, Rosso, Bianco)	£3.75	£4.75
Smirnoff Vodka	£3.75	£4.75
Brandy	£3.75	£4.75
Gordons Gin	£3.75	£4.75
Remy Martin	£4.25	£5.25
Bacardi	£3.75	£4.75
Archers	£3.75	£4.75
Malibu	£3.75	£4.75
Tequila	£3.75	£4.75
Bells	£3.75	£4.75
Jamesons	£3.75	£4.75
Jack Daniels	£4.25	£5.25
Raki & Ouzo (Double)	£4.75	
Raki (35 cl) (Bottle)	£26.00	
Raki (70 cl) (Bottle)	£49.00	

## Liqueur Coffees

Irish Coffee (Irish Whiskey)	£4.75
Calypso Coffee (Tia Maria)	£4.75
Russian Coffee (Vodka)	£4.75
French Coffee (Brandy)	£4.75
Baileys Latte (Baileys)	£4.75

## Hot Drinks

Pot of Tea	£2.00
Filter Coffee	£2.00
Turkish Coffee	£2.00
Espresso	£2.00
Double Espresso	£2.20
Cappuccino	£2.40
Café Latte	£2.40
Café Mocha	£2.80
Hot Chocolate	£2.40
Fresh Mint Tea	£2.40
Herbal Tea	£2.20

## Liqueurs

Drambuie	£3.25
Sambuca	£3.25
Cointreau	£3.25
Benedictine	£3.25
Grand Marnier	£3.25
Baileys	£4.25
Tia Maria	£3.25
Amaretto	£3.25
Southern Comfort	£3.25
Limoncello	£3.25
Peppermint	£3.25
Rose	£3.25