



MOUNT LEBANON

RESTAURANT

LEBANESE CUISINE

مطعم جبل لبنان

We are pleased to cater for your special occasion



Mount Lebanon is a mountainous Area that runs along the Mediterranean Sea for a distance of 160km and defines the eastern part of it, which is located entirely in Syria with the Kalloum mountain range. The peak of the highest mountain range is about 3088m making it the highest peak in Lebanon and Levant.

Our Restaurant is named after the great Lebanese landscape that runs along the Mediterranean sea, mount Lebanon transports the adventurous flavours of the region and brings it to your plate to enjoy with great pleasure.

All our food is made fresh to order using local sourced ingredients. We can also for all events like Weddings, birthdays and offer a range of homemade cakes made to order.

- *Contains Gluten.*
- *Vegetarian - food that does not contain meat or fish and other animal products.*
- *Vegan - food does not contain animal products.*
- *Hot - spicy foods are usually considered as hot foods.*
- *Dairy - the food is made from plants or nuts instead for people with a milk allergy and dairy allergy.*
- *Contains Nuts - The food is cooked with any kind of nuts.*

COLD MEZZA مقبلات باردة

- **01. Hummus حمص** £4.25
Chickpea puree with sesame paste (tahina) and lemon juice
- **02. Hummus Beiruty حمص بيروت** £4.75
Chickpea puree with sesame paste (tahina) and lemon juice mixed with hot pepper and parsley
- **03. Hummus Kammoun حمص كمون** £4.50
Chickpea puree with sesame paste (tahina) and lemon juice blended with cumin and olive oil
- **04. Hummus Snobar حمص صنوبر** £5.00
Chickpea puree with sesame paste (tahina) and lemon juice topped with pine nuts
- **05. Moutabel (Baba Ghanoush) متبل** £4.50
Grilled aubergines puree mixed with sesame paste (tahina) and lemon juice
- **06. Spicy Moutabel Raheb (Baba Ghanoush) متبل حراهب** £4.50
Grilled aubergines puree mixed with sesame paste (tahina) and lemon juice and hot pepper
- **07. Tabbouleh تبولة** £4.50
Parsley salad with tomatoes, mint, onion, cracked wheat lemon juice and olive oil dressing
- **08. Fattoush فتوش** £4.50
Lettuce, cucumber, tomatoes, mint, onion, radish, summac, fried Lebanese bread with Lemon juice & extra virgin olive oil dressing
- **09. Mount Lebanon Salad سلطة جبل لبنان** £4.75
Lettuce, cucumber, tomatoes, mint, onion, radish, parsley and a blend of spices with lemon juice & extra virgin olive oil dressing
- **10. Spicy Lebanese Salad سلطة حرة** £4.75
Lettuce, cucumber, tomatoes, mint, onion, radish, parsley, dried chilli flakes and a blend of spices with lemon juice & extra virgin olive oil dressing

- **11. Makdous باذنجان مكدوس** £4.50
Baby aubergine stuffed with walnuts, spices and garlic
- **12. Tzatziki لبن مع خيار** £3.50
Yoghurt with finely chopped cucumber and dried mint
- **13. Feta Cheese Salad سلطة الجبن فيتا** £5.25
Feta Cheese, Lettuce, cucumber, tomatoes, mint, onion, radish, parsley and a blend of spices with lemon juice & extra virgin olive oil dressing
- **14. Labaneh لبننة** £5.25
Soft Lebanese cheese served with olive oil



HOT MEZZA مقبلات ساخنة



- **01. Halloumi Cheese جبنة حلوم** £4.95
Grilled halloumi cheese
- **02. Cheese Bourak بورك جبنة** £4.95
Pastry filled with cheese
- **03. Spinach Bourak بورك سبانخ** £4.95
Pastry filled with spinach and onion
- **04. Hummus Shawarma حمص شاورما** £5.00
Chickpea puree topped with lamb or chicken shawarma
- **05. Sojok سجق** £5.00
Fried spicy minced lamb served with yoghurt sauce
- **06. Hummus Kawarmah حمص قاورما** £5.00
Chickpea puree topped with minced lamb
- **07. Warak Inab Bil Zeit ورق عنب بالزيت** £4.50
Vine leaves stuffed with rice, tomatoes, parsley a blend of spices, extra virgin olive oil and fresh lemon juice
- **08. Loubieh Bil Zeit لوبية بالزيت** £4.50
French green beans cooked with tomatoes, onion and olive oil
- **09. Falafel فلافل** £4.50
Spicy chickpea croquettes topped with sesame seeds served with tahine sauce

• Contains Gluten • Vegetarian • Vegan • Hot • Dairy • Contains Nuts

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| • 10. Foul Medamas فول مدمس
<i>Broad beans cooked with garlic, tahina, olive oil and lemon juice</i> | £4.50 | • 18. Chicken Sambousek سمبوسك دجاج
<i>Fried pastry stuffed with minced chicken and onion</i> | £4.95 |
| • 11. Lamb with Mushroom لحم غنم بالفطر
<i>Minced lamb sauteed with mushrooms, onions & spices</i> | £4.95 | • 19. Veg Sambousek سمبوسك خضار
<i>Fried pastry stuffed with mixed vegetables</i> | £4.50 |
| • 12. Batata Harra بطاطا حرة
<i>Potato cubes sauteed with coriander and garlic mixed with peppers and chilli</i> | £4.95 | • 20. Chicken Liver كبدة دجاج
<i>Marinated chicken liver cooked with onion and fresh lemon juice</i> | £4.95 |
| • 13. Moussaka مصفحة
<i>Aubergines cooked with tomatoes, onion, chickpeas, coriander and sweet peppers</i> | £4.95 | • 21. Jawaneh جوانج
<i>Chargrilled chicken wings marinated in fresh lemon juice and garlic served with garlic sauce</i> | £4.95 |
| • 14. Kallaj Halloum كلاج حلوم
<i>Mixed cheese grilled in Lebanese bread</i> | £4.95 | • 22. Moujaddarah مجدرة
<i>Rice cooked with lentils topped with fried onions</i> | £4.50 |
| • 15. Arayes عرايس
<i>Minced lamb with parsley grilled in Lebanese bread</i> | £5.00 | • 23. Crispy Fried Prawns
روبيان مقلي مقرمش
<i>Fried prawns Fingers served with tahini sauce</i> | £5.50 |
| • 16. Kibbeh Shameyeh كبة شامية
<i>Made of bulgur (cracked wheat), finely ground onion, lamb & spices then shapped into balls & filled with minced meat & onion</i> | £5.95 | • 24. Lentil Soup شوربة عدس
<i>Lentil soup</i> | £4.00 |
| • 17. Lamb Sambousek سمبوسك لحم
<i>Fried pastry stuffed with minced meat and onion</i> | £4.95 | • 25. Chicken Soup شوربة دجاج
<i>Chicken soup</i> | £4.50 |

MEZZA SELECTION مازا

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| • 01. Platter of 6 Vegetarian Mezza
صحن مشكل (نباتي)
<i>Hummus, Moutabel, Tabbouleh, Falafel, Warak Inab Bil Zeit, Batata Harra</i> | £14.95 | • 02. Platter of 6 Mixed Mezza
صحن مشكل (لحم)
<i>Hummus, Falafel, Batata Harra, Chicken or Lamb Shawarma, Lamb Sambousek, Sojok</i> | £15.95 |
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MEAT DISHES أطباق اللحوم

All main courses served with a salad garnish

01. Lamb Shawarma شاورما لحم £10.95

Tender slices of marinated lamb grilled on upright skewer, served with Mount Lebanon tomato sauce & a choice of rice or chips

02. Mixed Shawarma شاورما مكس £12.00

Tender slices of marinated lamb and chicken grilled on upright skewer, served with Mount Lebanon tomato sauce, garlic sauce & a choice of rice or chips

03. Kastilata Ghanam كستلطة غنم £13.50

Seasoned lamb cutlets chargrilled served with Mount Lebanon tomato sauce & a choice of rice or chips

04. Lahem Meshwi لحم مشوي £12.50

Marinated lamb cubes chargrilled served with Mount Lebanon tomato sauce & a choice of rice or chips

• 05. Kafta Khashkash كفتة خشخاش £10.95

Seasoned minced lamb with onion, parsley and a blend of spices skewer chargrilled & topped with peppers and chilli garlic served with Mount Lebanon tomato sauce & a choice of rice or chips

06. Kafta Meshwi كفتة مشوية £10.50

Seasoned minced lamb with onions, parsley and a blend of spices skewers chargrilled, served with Mount Lebanon tomato sauce and a choice of rice or chips

07. Mixed Grill مشاوي مشكلة £13.50

A serving of 3 skewers of Kafta Meshwi, Lahem Meshwi and Shish Taouk served with Mount Lebanon tomato sauce and a choice of rice or chips

08. Fasoulia Bil Lahem فاصوليا باللحم £10.95

Prime cubed lamb cooked with white kidney beans, garlic tomato sauce and black pepper served with rice

• 09. Lamb Kousi قوزي لحم £13.50

Roasted lamb, onion, tomatoes, a mixture of herbs and spices served with rice topped with nuts

10. Kafta Bil Saniey كفتة بالصينية £11.95

Oven baked seasoned minced lamb with onion, parsley potato squares and tomatoes served with rice

11. Lamb Kabseh كبسة باللحم £10.95

Roasted lamb cooked with rice and levantine spices served with Mount Lebanon tomato sauce and yoghurt

12. Mount Lebanon Special مشاوي جبل لبنان £16.95

A serving of 3 skewers of Kafta Meshwi, Lahem Meshwi and Shish Taouk served with Mount Lebanon tomato sauce, Hummus, Moutabel & Tabbouleh

13. Mount Lebanon Shawarma شاورما جبل لبنان £15.95

Tender slices of marinated lamb and chicken grilled on upright skewer, served with Mount Lebanon tomato sauce, Hummus, Moutabel & Tabbouleh

14. Tahini Kofta كفتة بالطحينة £10.50

Minced lamb with sesame sauce served with rice

15. Dawood Basha داوود باشا £10.95

Oven baked seasoned minced lamb meatballs with onion and tomatoes served with rice

16. Lamb Moussaka مصقعة باللحم £11.00

Aubergine cooked with tomatoes, onion, chickpeas coriander, sweet peppers and lamb mince served with rice

17. Lamb Bamia بامية باللحم £11.00

Okra cooked with tomatoes, onion, coriander, garlic, olive oil & lamb mince served with rice



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**Mount
Lebanon
Shawarma
£15.95**

Tender sliced of marinated lamb and chicken grilled on upright skewer, served with Mount Lebanon tomato sauce, Hummus, Moutabel, Tabbouleh, Rice or chips .



**Lamb
Kabseh
£10.95**

Roasted lamb cooked with rice and levantine spices served with Mount Lebanon tomato sauce and yoghurt



**Chicken
Tahini
£10.50**

Tender chunks of chicken cubes in tahini sauce served with rice and topped with parsley





**Dawood
Basha**
£10.95

Lebanese meatballs
marinated in tomato
sauce. Served with
rice.



**Chicken
Kabseh**
£10.50

Half baby chicken
cooked with rice &
levantine spices
served with Mount
Lebanon tomato
sauce and yoghurt



**Mount
Lebanon
Special**
£16.95

A serving of 3 skewers of
Kafta Meshwi, Lahem
Meshwi and Shish Taouk
served with Mount
Lebanon tomato sauce,
Hummus, Moutabel,
Tabbouleh, Rice or chips.

CHICKEN DISHES

أطباق الدجاج

- 01. Chicken Shawarma** شاورما دجاج **£10.50**
Tender slices of marinated chicken grilled on upright skewer, served with Mount Lebanon tomato & a choice of rice or chips
- 02. Chicken Kabseh** كبسة دجاج **£10.50**
Half baby chicken cooked with rice & levantine spices served with Mount Lebanon tomato sauce and yoghurt
- 03. Shish Taouk** شيش طاووق **£10.50**
Marinated chicken cubes chargrilled served with Mount Lebanon tomato sauce & a choice of rice or chips
- 04. Farrouj Meshwi** فروج مشوي **£11.00**
Chargrilled whole chicken served with or without garlic sauce and Mount Lebanon tomato sauce & a choice of rice or chips
- 05. Chicken with Mushroom** دجاج مع فطر **£10.95**
Marinated chicken breast in lemon & garlic cooked in the oven with mushrooms served with Mount Lebanon tomato sauce & a choice of rice or chips
- 06. Chicken Crunch** دجاج مقلي **£9.00**
Chicken breast fillets coated in crunchy breadcrumbs served with Mount Lebanon tomato sauce & a choice of rice or chips

FISH DISHES سمك

- 01. Sayadieh** صادية **£14.50**
Oven grilled fish fillet topped with the chef special tajin sauce peppers, chilli and garlic, served with Mount Lebanon tomato sauce & a choice of rice or chips
- 02. Samaka Harra** سمكة حارة **£14.50**
Oven baked fish stuffed with peppers, chilli and garlic served with sesame sauce and Mount Lebanon tomato sauce & a choice of rice or chips
- 03. Fried Prawns** قريدس مقلي **£14.50**
Prawns sauteed with peppers, chilli, garlic and lemon juice served with Mount Lebanon tomato sauce & a choice of rice or chips



VEGETARIAN DISHES أطباق نباتية

- **01. Malfouf** ملفوف محشي بالزيت **£9.00**
Cabbage leaves stuffed with rice, tomatos, parsley a blend of spices, tomato paste, olive oil and lemon juice
- **02. Stuffed Peppers** فليفلة محشية بالزيت **£9.00**
Hollowed peppers stuffed with rice, onion, parsley, mint a blend of spices, tomato paste, olive oil and lemon juice
- **03. Moussaka** مصفعة بالزيت **£10.00**
Aubergine cooked with tomatoes, onions, chickpeas, coriander and sweet peppers served with rice
- **04. Bamia Bil Zait** بامية بالزيت **£10.00**
Okra cooked with tomatoes, onion, coriander, garlic & olive oil served with rice



KIDS MEALS وجبات الأطفال

All kids meals are served with chips

- **01. Lamb Burger** برغر لحم **£4.50**
- **02. Chicken Burger** برغر دجاج **£4.50**
- **03. Chicken Nuggets** دجاج نغت **£3.50**

SANDWICHES ساندويشات

The wrap available from Sunday to Thursday only

- **01. Chicken Shawarma Wrap** شاورما دجاج **£4.75**
Tender slices of marinated chicken grilled on upright skewer with garlic sauce, lettuce, tomatoes and pickles
- **02. Lamb Shawarma Wrap** شاورما لحم **£5.00**
Tender slices of marinated lamb grilled on upright skewer with onion, tahina, lettuce, tomatoes and pickles
- **03. Mixed Shawarma Wrap** ميكس شاورما **£5.00**
Tender slices of marinated lamb & chicken grilled on upright skewer with garlic sauce, lettuce, tomatoes and pickles
- **04. Lahem Meshwi Wrap** لحم مشوي **£4.75**
Tender slices of marinated lamb grilled on upright skewer with onion, tahina, lettuce, tomatoes and pickles
- **05. Kafta Meshwi Wrap** كفتة مشوي **£4.75**
Tender slices of marinated lamb grilled on upright skewer with onion, tahina, lettuce, tomatoes and pickles
- **06. Shish Taouk Wrap** شيش طاووق **£5.00**
Tender slices of marinated chicken grilled on upright skewer with garlic sauce, lettuce, tomatoes and pickles
- **07. Falafel Wrap** فلافل **£4.50**
Chickpea croquettes with spices topped with sesame paste tahina lettuce, tomatoes and pickles (add halloumi for an extra £1.50)
- **08. Halloumi Cheese Wrap** حلومي **£4.75**
Grilled halloumi cheese with tomatoes, cucumber and lettuce
- **09. Chicken Crunch** دجاج مقلي **£4.75**
Chicken breast fillets coated in crunchy breadcrumb
- **10. Halloumi & Spicy Potato** حلومي مع بطاطا حاره **£5.00**
Grilled halloumi cheese with potato cubes sauteed with coriander and garlic mixed with peppers and chilli
- **11. Falafel with Halloumi Wrap** فلافل مع حلوم راب **£5.50**
Chickpea croquettes with grilled Halloumi with spices topped with sesame paste tahina lettuce, tomatoes and pickles



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PASTRIES مخبزات

- **01. Manakeesh Bizzattar** مناقيش زعتر **£3.00**
Freshly baked Lebanese flat bread topped with thyme seeds, sesame seeds and olive oil
- **02. Cheese Manakeesh** مناقيش جبنة **£3.50**
Freshly baked Lebanese flat bread topped with thyme seeds, sesame seeds olive oil, dry mint and mixed cheese
- **03. Cheese Bourak** بورك جبنة **£4.95**
Pastry filled with cheese
- **04. Lahem Bil Ajeen** لحم بالعجين **£4.00**
Baked Lebanese mini pizzas topped with marinated mix of mince lamb, tomatoes and onions
- **05. Mohamra** محمرة **£3.00**
Baked Lebanese mini pizzas topped with tomato sauce, onions, paprika and spices
- **06. Spinach Bourak** بورك سبانخ **£4.95**
Pastry filled with spinach and onion
- **07. Chicken Parotta** جباتي مع دجاج **£4.75**
Oven grilled marinated chicken and cheese folded within parotta flatbread
- **08. Cheese & Honey Parotta** **£4.75**
 جباتي مع جبن وعسل
Cheddar cheese and honey served within parotta flatbread



— SIDE ORDERS أطباق جانبية —

- 01. Mixed Pickles** كيس مشكل **£2.95**
- 02. Marinated Olives** زيتون **£2.95**
- **03. Lebanese Rice** رز **£2.50**
- **04. Portion of Chips** بطاطا مقلية **£2.00**
- **05. Khubz (Lebanese Bread)** خبز **£75p**
- 06. Garlic Sauce** ثوم **£75p**
- 07. Mount Lebanon Tomato Sauce** طماطم حار **£75p**



COLD BEVERAGES

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|------------------------|--|-------|
| 01. Orange Juice | عصير برتقال | £2.00 |
| 02. Apple Juice | عصير تفاح | £2.00 |
| 03. Mango Juice | عصير مانجو | £2.00 |
| 04. Mixed Fruit | عصير فواكه | £2.00 |
| 05. Pineapple Juice | عصير اناناس | £2.00 |
| 06. Guava Juice | عصير جوافة | £2.00 |
| 07. Pomegranate Juice | عصير رمان | £2.00 |
| 08. Red Bull | ريد بول | £2.50 |
| 09. Soft Drink | مشروب غازي | £1.50 |
| 10. Ayran | عيران | £1.50 |
| 11. Still Water | ماء | £1.50 |
| 12. Sparkling Water | مياه غازية | £1.75 |
| 13. Non Alcoholic Beer | بيرة بدون كحول | £3.00 |
| 14. LIME | عصير لاييم | £2.00 |
| | <i>Lime mixed with soda water or tonic water</i> | |
| 15. Blackcurrant juice | عصير الزبيب الاسود | £2.00 |
| | <i>Mixed with soda or tonic water</i> | |

HOT BEVERAGES

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| 01. Lebanese Coffee | قهوة لبنانية | £1.75 |
| 02. Coffee | قهوة | £1.50 |
| 03. Tea | شاي | £1.50 |
| 04. Fresh Mint Tea | نعناع | £1.50 |
| 05. Green Tea | شاي اخضر | £1.50 |
| 06. Black Tea with Fresh Mint | شاي مع نعناع | £2.00 |

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نلبي طلباتكم لتغطية كافة مناسباتكم وأفراحكم وحفلات أعياد ميلادكم في ضيافتنا أو خارج
مطعمنا جاهزون دائما لخدمتكم وإرضاء رغباتكم وإسعادكم أينما كنتم

**We are pleased at Mount Lebanon to fulfil your requests to cover
all your occasions, weddings and birthday parties in our hospitality
or outside our restaurant. Always ready to serve you, satisfy your
desires and delight you wherever you are.**

إختر الكيك الرائع لعيد ميلادك من جبل لبنان واطلبه في وقت مسبق نحن مستعدون دائما لسعادتكم وإرضائكم

**Choose your perfect birthday cake from mount lebanon and order
it in advance. We are always ready for your happiness and
satisfaction.**

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