

TĒTA MONA

LEBANESE SOULFOOD

TASTING MENU

DESIGNED TO SHARE & PORTIONED FOR YOUR GROUP SIZE

Dinner (choose 7 dishes - 2 small, 2 medium, 2 mains, 1 dessert platter) **Min 4 people** **\$35pp**

(We can cater for vegan/vegetarian/gluten free dietary requirements)

ZGHIIR

SMALL SHARE BOWLS

- Mtabalaat** (house dips - Labné | Hommus | Baba Ghanouj) **\$8.5/trio \$16.5**
- Loubiyé Khadra** (sautéed green beans in onion, garlic & chilli w fresh tomato | pita bread) **v \$8.5**
- Batata Mlaiyé** (sautéed baby potatoes, onion & thyme | capsicum ajvar) **v \$8.5**
- Spanegh Burgul** (sautéed baby spinach | brown wheat | caramelized onion | cabbage salad) **v \$9.5**
- Shanklish Salata** (sun-dried yoghurt, oregano, tomato, cucumber & olive salad) **\$9.5**
- Tabboulé** (parsley, cracked wheat, cucumber, spring onion & tomato salad) **v \$10.5**
- Fattouch** (cos lettuce, radish, tomato, cucumber salad w pita chips & pomegranate molasses) **v \$10.5**

WASAT

MEDIUM SHARE BOWLS

- Arnabeet Tahina** (fried cauliflower w dukka spice | moghrabieh couscous | tahini | wild cucumber) **v \$13.5**
- Falafel D.I.Y.** (yellow & green pea falafels | mix pickles | tahini dip | pita bread) **v \$13.5**
- Samboosek bi Jebne** (pastry envelopes filled w haloumi, feta cheese duo, parsley & spring onion) **\$13.5**
- Cigara bi Lahem** (pastry rolls filled with spiced lamb & onion | walnuts | pomegranate molasses) **\$13.5**
- Makanèk** (lebanese spiced beef & pine nut sausages | garlic yoghurt) **\$15**
- Samké Harra** (chilli encrusted barrumundi w fresh herb salsa | tahini | crushed walnuts) **\$16**

KBIIR

MAIN MEALS FROM \$17.5

- Kousa** (organic zucchinis stuffed with wild rice & spices in a rich bean tomato sauce) **v (w pot yoghurt) \$17.5**
- Kebé Dumplings** (pumpkin wheat cases filled w chickpea | spinach | onion | warm cabbage salad | ajvar) **v \$17.5**
- Rez wa Djaj** (7 spice free range chicken, baby spinach & organic quinoa | buttered almonds | wild rice) **\$18.5**
- Fattè bi lahem** (pita chips w slow cooked lamb | chickpeas | cabbage | garlic yoghurt | buttered almonds) **\$19.5**
- Kafta w batata** (premium beef & fresh herb meatballs w potatoes in a chilli tomato sauce | wild rice) **\$19.5**



whole foods

v -vegan

03 9380 6680 facebook.com/tetamona



TĒTAMONA

LEBANESE SOULFOOD

HELOU

SWEET DESSERTS \$6.5

Choco Prince (organic cocoa & honey biscuit slice w crushed pistachios & fresh strawberries)

Baklawa (layered pastry filled w almonds, chia & pepita seeds, sweetened w organic agave) v

Rose Crumble (rose water & crushed walnut booza topped w semolina walnut cookie crumble)

Booza (2 scoops natural flavoured gelato topped with arabic sesame halva)

Choc Cinnamon | Pistachio | Rose water crushed walnut **(extra scoop \$3)**

MASHROOBAAT

COLD \$4

Mango Ayran (mango nectar sweet yoghurt drink)

Rose water crush / Mulberry crush (crushed ice & fresh mint)

Lemonada (real lemonade with fresh mint)

Pomegranate (100% organic cold pressed pomegranate juice)

Organic cola/ Organic gingerbeer

Sparkling mineral water

HOT \$4

Kahwé lebnani (traditional lebanese coffee pot for one)

Kahwé italiani (espresso machine range - fair trade coffee blend)

Shai (fresh teas; cinnamon bark & cardamon pods | star anise & lemon | mint leaves & lemon)

Shai organic (earl grey, english breakfast, green tea)

Kakao chocola (village style rich hot chocolate pot)



whole foods

v -vegan

03 9380 6680 [facebook.com/tetamona](https://www.facebook.com/tetamona)

