

meals

MEALS

Available in Entree - \$12.00 or Main \$17.00

Nachos - a bed of golden corn chips, layered with spicy kidney beans, melted cheese, light sour cream, guacamole & salad

Lebanese Platter - a tasty selection of Lebanese dishes: - hummus, baba ganoush, tatzuki, tabbouleh, falafels, dolmades, black olives, jalapenos & Lebanese bread

Vegetarian Lasagne - sandwiched layers of flat pasta, vegetables (carrots, mushrooms, cauliflower, pumpkin & broccoli), Italian tomato sauce, cheese sauce, topped with cheese & baked 'til golden

Carrot & Nut Roast - a delicious nut roast made from sautéed onions, carrots, brazil nuts, walnuts, wholemeal breadcrumbs & seasonings. Choose either lentil gravy or spicy tomato

Chickpea & Vegetable Curry - a fragrant & very tasty curry full of vegetables & served with dahl, tatzuki, jasmine rice & pappadums

Spinach & Cheese Enchilada - sautéed spinach, onion & garlic mixed with ricotta cheese & baked inside flour tortillas with a golden cheese sauce topping

PLUS - ask about our Weekly Specials

rolls

Delicious fillings wrapped in wholemeal Lebanese bread - \$9.00

Soya - soya bean patty, grilled cheese, tomato, beetroot, salad, sprouts & tahini sauce

Tofu - pan fried tofu, tomato, salad, sprouts, & tahini sauce

Mushroom - light sour cream, tabbouleh, mushrooms & grilled cheese

Nachos - chilli bean spread, corn chips, grilled cheese, light sour cream & salad

Chilli Bean - chilli bean spread, tabbouleh, salad, tahini sauce & grilled cheese

Falafel - hummus, tabbouleh, falafels & tahini sauce

Salad - lots of fresh salad, cheese & tahini sauce

Sprout - light sour cream, peanut butter, salad, sprouts & coconut

Curry - rice, vegetable curry, dahl & salad

burgers

\$7.50

Soya - soya bean patty, grilled cheese, tomato, beetroot, salad, sprouts & tahini sauce

Tofu - tasty pan fried tofu, tomato, salad, sprouts & tahini sauce

Hawaiian - soya bean patty, pineapple, grilled cheese, green salad, beetroot, tomato, sprouts & chilli sauce \$9.00

salads

small \$6.00 large \$9.00

Salad - a selection of fresh green salad, carrot salad, tabbouleh, tomato & cucumber

bread

\$4.00

Plain, Herb, Garlic, or Cheese Bread
on wholemeal sesame seed torpedo buns

Lebanese Bread - with herb, garlic or chilli

Nachos Pizza Crusts - with sour cream & guacamole \$7.50

soups

\$7.00

Lentil & Coconut

Pumpkin (available in winter only)