

Cold Starters.

Houmus <small>VE</small>	£6
Pureed chickpeas with tahini, garlic and lemon	
Cacık <small>(Tzatziki)</small> <small>V</small>	£6
Creamy yoghurt with cucumber, mint, garlic	
Kısrı <small>(Couscous)</small> <small>VE</small>	£6
Salad of herbs with cracked wheat, onion, garlic, parsley, tomato, pomagranate sauce	
Zeytin <small>(Olives)</small> Marinated black and green olives <small>VE</small>	£7
Acılı Ezme <small>(Spicy Salad)</small> <small>VE</small>	£7
Chopped onion, celery, red pepper, parsley, herbs, tomato paste and spices	
Avocado & Mozzarella <small>V</small>	£8
Sliced avocado, mozzarella, tomato, served with salad	
Maydanoz Salatası <small>(Parsley Salad)</small> <small>VE</small>	£7
Crushed wheat, parsley, onion, chopped tomato with olive oil, lemon and pomegranate sauce	
Saksuka <small>VE</small>	£7
Fried aubergine, courgette, onion, potato with tomato sauce	
Yaprak Sarma <small>(Stuffed Wine Leaves)</small> <small>VE</small>	£8
Home made stuffed wine leaves with onion, rice, pine kernel and currant	
Patlıcan Ezme <small>(Aubergine Puree Salad)</small> <small>V</small>	£8
Chopped grilled aubergine with yoghurt, herbs, olive oil and garlic	

Hot Starters.

Mercimek corbasi <small>(Lentil Soup)</small> <small>VE</small>	£6
Domates corbasi <small>(Tomato Soup)</small> <small>VE</small>	£6
Mucver <small>(Fried Courgette)</small> <small>V</small>	£7
Courgette fritters, dill, feta cheese, egg, flour deep fried served with tzatziki	
Falafel <small>VE</small>	£7
Vegetable fritter, mashed chickpeas, broad beans, fried served with humus and salad	
Sigara Böregi <small>(Cheese Roll)</small> <small>V</small>	£8
Deep fried filo pastry, wrapped and filled with feta cheese, spinach and herbs	
Keci Peyniri <small>(Goat Cheese)</small> <small>V</small>	£8
Baked goat cheese, served with beetroot and green salad & dressing	
Kalamar <small>(Calamari)</small>	£8
Fried squid, served with salad and tartar sauce	
Kuzu Ciğer <small>(Lamb Liver)</small>	£8
Fried lamb liver with herbs, served with onion and pepper salad	
Hellim Izgara <small>(Halloumi Cheese)</small> <small>V</small>	£8
Grilled halloumi cheese, served with salad	
Whitebait	£8
Fried white bait, served with salad and tartar sauce	
Sucuk Izgara <small>(Grilled Sausage)</small>	£9
Grilled garlic sausage, served with salad	
Humus Kavurma <small>·contains nuts N</small>	£9
Pan fried diced of lamb cubs and pine kernel on top of houmous	

Kebabs.

Adana Şiş Kebap <small>(Minced Lamb Kebab)</small>	£16
Minced lamb meat prepared with spicy herbs, parsley grilled on skewers served with rice and steamed vegetables	
Tavuk Şiş Kebap <small>(Chicken Shish Kebab)</small>	£16
Marinated chicken cubes grilled on skewers. Served with rice and steamed vegetables	
Izgara Kofte <small>(Lamb Meatballs)</small>	£16
Grilled minced lamb meatballs, prepared with onion, spicy herbs, parsley served with rice and salad	
Tavuk Kanat <small>(Grilled Chicken Wings)</small>	£16
Grilled chicken wings, served with rice and steamed vegetables	
Kuzu Şiş Kebap <small>(Lamb Shish Kebab)</small>	£20
Grilled lamb cubes on skewer served with rice and steamed vegetables	
Kuzu Pirzola <small>(Lamb Chops)</small>	£22
Grilled lamb chops served with rice and steamed vegetables	
Karışık Izgara <small>(Mix Grill)</small>	£25
Mix grill of lamb, chicken, lamb chop, chicken wings and minced lamb served with rice and steamed vegetables	
2 Kişilik Karışık Izgara <small>(Mix Grill For Two or for more £22 per person)</small>	£44
Mix grill of lamb, chicken, lamb chops, chicken wings and minced lamb. Served with rice and steamed vegetables	



Traditional Dishes.

Karnıyarık <small>(Stuffed Meat Aubergine)</small>	£17
Aubergine, stuffed with minced meat, onions, parsley, tomato, tomato sauce, cooked in oven served with rice and salad	
Etli Musakka <small>(Meat Moussaka)</small>	£17
Aubergine, potato, courgette, minced lamb topped with bechamel, cheese and tomato sauce served with rice and green salad	
Chicken With Cream & Mushroom	£19
Chicken cubes, onion, pepper, mushroom, herbs cooked in fry pan with cream, served with rice	
Tavuk Sote <small>(Chicken Saute)</small>	£19
Chicken cubes, onion, pepper, tomato, tomato sauce, herbs cooked in fry pan, served with rice	
Et Sate <small>(Lamb Saute)</small>	£20
Lamb cubes, onion, pepper, tomato, tomato sauce, herbs cooked in fry pan, served with rice	
Beyti Kebab	£20
Grilled minced lamb meat on skewer, prepared with onion, parsley and herbs, wrapped with thin bread (lavaş) served with butter sauce and garlic yoghurt	
iskender	£20
Grilled minced lamb meat layered on crispy bread, dressed with garlic yoghurt, tomato sauce and butter	

Sea Food.

Kalamar <small>(Calamari)</small>	£17
Fried calamari, served with green salad and tartar sauce	
Soman <small>(Salmon)</small>	£20
Grilled salmon served with baby potato and broccoli	
Cupra <small>(Sea Bream)</small>	£20
Fillet sea bream served with baby potato and broccoli	
Levrek <small>(Sea Bass)</small>	£20
Fillet sea bass served with baby potato and broccoli	
King Prawns	£22
Marinated king prawns cooked in fry-pan with garlic, onion, tomato, mixed fresh herbs and butter. Served with rice.	

Special Offers / Sharing Plates.

MED TAPAS (Serpme meze)

Choose your favorite dishes from below

Cold Option:

Humus / Cacik / Kisir / Acili Ezme / Maydonoz salatası / Saksuka
Yaprak sarma / Patlican ezme / Zeytin

each £4

Hot Option:

Mucver / Falafel / Cheese Roll / Kalamar / Halloumi / Whitebait / Sucuk

each £5



Cold Meze Platter V £12

Houmous - Cacik - Stuffed Wine Leaves - Couscous
Mix Vegetable - Spicy Salad

Hot & Cold Meze Platter V £14

Houmous - Cacik - Couscous - Falafel - Fried Courgette - Cheese Roll

Salads.

Yeşil Salata (Green Salad) VE £6

Carrot, red cabbage, lettuce with olive oil and salad dressing

Roka Salata VE £7

Fresh rocket, red onion, fresh tomato and dressing

Çoban Salata (Shepherd Salad) VE £8

Chopped tomato, cucumber, red onion, parsley and salad dressing

Peynirli Salata (Cheese Salad) V £10

Feta cheese, chopped tomato, cucumber, red onion, parsley and salad dressing

Cevizli Salata (Walnut Salad) VE N • contain nuts £10

Chopped tomato, cucumber, red onion, parsley and salad dressing and topped with walnuts

Chickpeas Salad VE £9

Chopped tomato, cucumber, red onion, parsley and salad dressing topped with chickpeas

Avocado salad VE £10

Chopped tomato, cucumber, red onion, parsley, avocado and salad dressing

Tavuk Salata (Chicken Salad) £14

Lettuce, carrot, cucumber with salad dressing topped with grilled chicken breast slices

Side Spicy Salad £4 Bread £4 Houmous £4 Yoghurt £4

Rice £4 Fried Baby Potato £5 Chips £4 Salad £5
Orders. Steamed Vegetable £5 Spinach £6



Vegetarian & Vegan Dishes.

Sebze Kızartma (Fried Vegetable) VE £15

Fried peppers, baby potato, aubergine, courgette, onion served with tomato sauce and rice

Patatesli Ispanak (Spinach & Potato Stew) VE £17

Spinach, Onion, baby potato, tomato, herbs cooked in fry pan served with rice

Mantar Sote (Mushroom Saute) V £17

Mushroom, onion, pepper, tomato cooked in fry pan topped with melted cheddar cheese served with rice

Falafel VE £15

Vegetable fritter, mashed chickpeas, broad beans, fried and served with houmous and green salad

Veg Moussaka V £16

Aubergine, potato, courgette with bechamel, cheese and tomato sauce served with rice and green salad

imam Bayıldı (Stuffed Vegi Aubergine) VE £15

Stuffed aubergine with green peppers, onion, tomato, parsley and herbs cooked in oven served with rice and salad

Sebze Sote (Vegetable Stew) VE £17

Pepper, onion, aubergine, courgette, baby potato and tomato cooked in fry pan. Served with rice

Mucver V £15

Courgette fritters, dill, feta cheese, egg and flour fried and served with tzatziki

Kids Menu.

4 Pieces Fish Fingers With Chips £8

4 Pieces Chicken Nuggets With Chips £8

Sausage & Beans With Chips £8

Penne Pasta With Butter (v) £8

Med



Bistro Restaurant Bar

MENU

0207 254 5634

www.medbistro.co.uk