

| Cold Starters. | | |
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| Houmus VE | £6 | Pureed chickpeas with tahini, garlic and lemon |
| Cacık (Tzatziki) V | £6 | Creamy yoghurt with cucumber, mint, garlic |
| Kısır (Couscous) VE | £6 | Salad of herbs with cracked wheat, onion, garlic, parsley, tomato, pomagranate sauce |
| Zeytin (Olives) Marinated black and green olives VE | £7 | |
| Acılı Ezme (Spicy Salad) VE | £7 | Chopped onion, celery, red pepper, parsley, herbs, tomato paste and spices |
| Avocado & Mozzarella V | £8 | Sliced avocado, mozzarella, tomato, served with salad |
| Maydanoz Salatasi (Parsley Salad) VE | £7 | Crushed wheat, parsley, onion, chopped tomato with olive oil, lemon and pomegranate sauce |
| Saksuka VE | £7 | Fried aubergine, courgette, onion, potato with tomato sauce |
| Yaprak Sarma (Stuffed Wine Leaves) VE | £8 | Home made stuffed wine leaves with onion, rice, pine kernel and currant |
| Patlıcan Ezme (Aubergine Puree Salad) V | £8 | Chopped grilled aubergine with yoghurt, herbs, olive oil and garlic |
| Hot Starters. | | |
| Mercimek corbasi (Lentil Soup) VE | £6 | |
| Domates corbasi (Tomato Soup) VE | £6 | |
| Mucver (Fried Courgette) V | £7 | Courgette fritters, dill, feta cheese, egg, flour deep fried served with tzatziki |
| Falafel VE | £7 | Vegetable fritter, mashed chickpeas, broad beans, fried served with humus and salad |
| Sigara Böregi (Cheese Roll) V | £8 | Deep fried filo pasl:ry, wrapped and filled with feta cheese, spinach and herbs |
| Keci Peyniri (Goat Cheese) V | £8 | Baked goat cheese, served with beetroot and green salad & dressing |
| Kalamar (Calamari) | £8 | Fried squid, served with salad and tartar sauce |
| Kuzu Ciğer (Lamb Liver) | £8 | Fried lamb liver with herbs, served with onion and pepper salad |
| Hellim Izgara (Halloumi Cheese) V | £8 | Grilled halloumi cheese, served with salad |
| Whitebait | £8 | Fried white bait, served with salad and tartar sauce |
| Sucuk Izgara (Grilled Sausage) | £9 | Grilled garlic sausage, served with salad |
| Humus Kavurma •contains nuts N | £9 | Pan fried diced of lamb cubs and pine kernel on top of houmous |

VE Vegan V Vegetarian N Nuts

| Kebabs. | | |
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| Adana Şiş Kebab (Minced Lamb Kebab) | £16 | Minced lamb meat prepared with spicy herbs, parsley grilled on skewers served with rice and steamed vegetables |
| Tavuk Şiş Kebab (Chicken Shish Kebab) | £16 | Marinated chicken cubes grilled on skewers. Served with rice and steamed vegetables |
| Izgara Kofte (Lamb Meatballs) | £16 | Grilled minced lamb meatballs, prepared with onion, spicy herbs, parsley served with rice and salad |
| Tavuk Kanat (Grilled Chicken Wings) | £16 | Grilled chicken wings, served with rice and steamed vegetables |
| Kuzu Şiş Kebab (Lamb Shish Kebab) | £20 | Grilled lamb cubes on skewer served with rice and steamed vegetables |
| Kuzu Pirzola (Lamb Chops) | £22 | Grilled lamb chops served with rice and steamed vegetables |
| Karışık Izgara (Mix Grill) | £25 | Mix grill of lamb, chicken, lamb chop, chicken wings and minced lamb served with rice and steamed vegetables |
| 2 Kişilik Karışık Izgara (Mix Grill For Two or for more £22 per person) | £44 | Mix grill of lamb, chicken, lamb chops, chicken wings and minced lamb. Served with rice and steamed vegetables |
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* If you have any allergies you must inform a member of staff. *



| Traditional Dishes. | | |
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| Karniyarık (Stuffed Meat Aubergine) | £17 | Aubergine, stuffed with minced meat, onions, parsley, tomato, tomato sauce, cooked in oven served with rice and salad |
| Etli Musakka (Meat Moussaka) | £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 (Chicken Saute) | £19 | Chicken cubes, onion, pepper, tomato, tomato sauce, herbs cooked in fry pan, served with rice |
| Et Sate (Lamb Saute) | £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. | | |
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| Kalamar (Calamari) | £17 | Fried calamari, served with green salad and tartar sauce |
| Soman (Salmon) | £20 | Grilled salmon served with baby potato and broccoli |
| Cupra (Sea Bream) | £20 | Fillet sea bream served with baby potato and broccoli |
| Levrek (Sea Bass) | £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. |

Photos above are some examples of our dishes made from our kitchen

Special Offers / Sharing Plates.

MED TAPAS (Serpme meze)

Choose your favorite dishes from below

Cold Option: each £4

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

Hot Option: each £5

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



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 •containt 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 Orders. Spicy Salad £4 Bread £4 Houmous £4 Yoghurt £4
Rice £4 Fried Baby Potato £5 Chips £4 Salad £5
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

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www.medbistro.co.uk