



Mouna's Kitchen

Catering menu
Fall 2019

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Dips and small bites

Hummus

A chickpea, tahini, lemon and garlic dip (VG, S).

Muhammara

Red pepper and walnut dip with pomegranate molasses (VG, N).

Mutabbal

Smokey aubergine with tahini, garlic and lemon juice (VG, S).

Shawandar

Beetroot, tahini, lemon juice and garlic dip (VG, S).

Filo dip cups

Little filo cups filled with muhammara, hummous, muttabal or shawandar (G, and see relevant dip allergens)

Baba ghanoush

Smoky aubergine with tomatoes, green peppers, lemon juice and garlic (VG).

Fatayer sabaneh

Little tangy spinach pies (V, N).

Lamb fatayer

Little parcels of pastry filled with pomegranate minced lamb (G,N).

Zahra

Crispy cauliflower with tarator - a tahini, garlic and lemon sauce (VG, G, S).

Yalanji

Variety of stuffed vegetables with aromatic rice, herbs and walnuts (VG, N).

Chicken shawarma rolls

Mini chicken shawarma sandwiches with tomatoes and pickles (G).

Ijeh

Little egg frittata bites with herbs and onions with a mint yogurt sauce (V, E).

Su borek

Squares of soft dough layered with a mix of cheeses and parsley (V, G, E, D).

Sambosek

Little pastries filled with cheese or meat (G, D, N).

'Eras na'na'

Small mint meat patties with a lemon and garlic sauce.

Pumpkin kibbeh

A bulgur and pumpkin crust filled with spinach and chickpeas (VG, G).

Chicken tarator

Shredded chicken in a tahini, lemon juice and garlic sauce (N, S).

Fassoulia

Braised green beans with coriander and garlic topped with crispy onion (VG).

Labneh crostini

Za'atar Roasted Tomato Crostini with Labneh (V, G, D, S).

Shoki

Artichoke bottoms with peas and carrots in a lemon and garlic sauce (VG).

Sujok rolls

Baked pita rolls filled with spicy minced beef (G).



Salads

Fattoush

A fresh crunchy salad with lettuce, radishes, tomatoes and cucumbers topped with toasted pita bread and with a lemon and sumac dressing (VG, G).

Tabbouleh

A vibrant green parsley and bulgur salad with diced tomatoes and spring onions (VG, G).

Eech

A fine and refreshing bulgur salad with tomatoes, red pepper and parsley (VG, G).

Malfouf

The Syrian coleslaw: a mix of red and green cabbage with diced tomatoes, walnuts and a vinaigrette dressing (VG, N).

Eric's tabbouleh

A different take on tabbouleh: a green couscous salad with an abundance of herbs tomatoes and pickled onions (VG, G).

Lentils and beetroots

Cumin roasted beetroots, lightly spiced lentils and spinach with tomatoes and herbs (VG).

Zaatar aubergine and red pepper

Zaatar roasted aubergines and red peppers on a bed of rocket and green leaves, sprinkled with crumbled feta, black olives and walnuts with a pomegranate molasses and blasamic vinegar dressing (V, D, N, S).

Giant couscous salad

Giant couscous with chickpeas, tomatoes, green and red peppers and cucumbers with a lemon and olive oil dressing (VG, G).

Zeitoun salad

A rich olive salad with tomatoes, peppers and walnuts in a cumin and pomegranate dressing (VG, N).

Platters

Hera' Esba'o

Tamarind infused lentil stew with garlic and coriander, topped with pomegranate seeds, crispy onions and toasted pita squares (VG, G).

Kibbeh mtajaneh

Bulgur and minced meat patties sauteed in a mix of peppers and onions (G).

Kabseh

Chicken or vegetables in aromatic spices, black lemons, raisins and nuts (N).

Aubergine Fatteh

Layers of toasted pitta bread topped with a tahini yogurt sauce, aubergines cooked in a tangy tomato sauce, parsley and pine nuts (V,G,D,N).

Freekeh

Chicken or vegetables cooked in Aleppo spices on a bed of smoky green cracked bulgur, topped with toasted nuts and pomegranate seeds (G, N).

Dawood Basha

Kafta meatballs and potatoes in a tomato and pomegranate sauce.

Ouzi

Aromatic minced beef, peas and rice, topped with nuts (N).

Bamia

Okra stew, with or without meat, in a tomato and coriander sauce.



Sweets

Baklava fingers

Rich filo pastry filled with walnuts and pistachios with a sweet fragrant syrup (can be vegan) (V, G, N).

Chocolate tahini brownies

Chocolate brownies marbled with tahini and halva (V, G, N, E, D)

Znoud el sett

Filo rolls filled with a rich custard cream (V,G D).

Asafiri

Little pancake parcels filled with cream and pistachios (V,D,N).

Orange blossom polenta and almond cakes

A light and moist almond polenta cake (GF,N,E,D).

Pistachio and rose water plum cakes

(G,N,E,D).

Knafeh cheesecake

Kataifi pastry topped with an orange blossom and pistachio cream cheese filling (V,G,N,D).