Cold Starters

Mixed Olives (VG, GF, N) - £5
Marinated Mediterranean olives

Hummus (VG, GF, N) - £7
Creamy chickpea dip with tahini & lemon

Tzatziki (V, D) - £7
Greek yoghurt with cucumber, dill, garlic & mint

Patlıcan Soslu (V, GF) - £7
Roasted aubergine in tomato sauce

Taramasalata (GF, F) - £7
Smooth smoked cod roe dip

Prawn Cocktail (GF, F) - £9
Prawns in Marie Rose sauce with lettuce, cucumbers, cherry tomatoes, and caviar

Beetroot Salad (V, GF, N, D) - £10
Beetroot, feta & walnuts with balsamic dressing

Greek Salad (V, GF, D) - £8
Tomatoes, cucumbers, red onion, feta & olives

Hot Starters

Halloumi Cheese (V, D) - £8
Grilled Cypriot cheese served with sweet chilli sauce

Sujuk - £8
Spicy Turkish sausage, grilled

Sujuk & Halloumi (V, D) - £11
Grilled halloumi & Turkish spicy sausage

Garlic Mushrooms (V, D) - £9
Sautéed in garlic butter, topped with cheese

Falafel (V, GF) - £8
Crispy chickpea fritters served with hummus

Spinach & Feta Triangles (V, N, D) - £8
Filo pastry filled with feta & spinach, served with sweet chilli sauce

Chicken Liver - £8
Pan-fried with red onions & spices. (Spicy option available.)

Sizzling Prawns (GF, F) - £12
Prawns in garlic butter and tomato sauce, topped with feta cheese and parsley

Calamari (F) - £11
Crispy fried squid with tartar sauce

The Med Sliders - £12
Mediterranean mini lamb burgers, served with a spicy yoghurt sauce

Hummus Kavurma (GF, N) - £8
Hummus topped with sautéed lamb

Chicken Wings - £8
Grilled, choice of house marinade or BBQ

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Steak

Served with triple cooked chips, grilled cherry tomatoes and tender stem broccoli.

Fillet Steak (250gr) - Premium, melt-in-your-mouth cut	£38
Ribeye Steak (300gr) - Juicy, marbled & full of flavour	£33

Sauces £4 Chimmichurri, Peppercorn, Bernaise sauce.

The Med Specialities

Chicken à la Crème (D) - £18
Chicken in a creamy mushroom sauce, served with rice

Chicken Asparagus (D) - £18
Chicken with asparagus in a light cream sauce, served with rice

Chicken Leg with Mushroom - £18
Slow-cooked in mushroom sauce, served with rice

Kleftiko - £21
Slow-roasted lamb with garlic & rosemary, served with seasonal vegetables and mash potatoes

Meat Moussaka (D) - £18
Layered minced lamb, aubergine & béchamel, served with salad

Vegetarian Moussaka (V, D) - £16
A variety of vegetables layered, topped with béchamel sauce and melted cheese, served with salad.

Pasta & Risotto

Penne Con Pollo (D) - Chicken in a creamy tomato sauce	£17
Seafood Linguine (F) - Prawns, mussels & salmon in a light garlic and white wine sauce	£19
Penne Pomodoro (V) - Classic tomato & basil pastan	£16
Steak Pasta (D) - Tender [illegible] & spinach penne pasta cooked in rich cream sauce	£24
Risotto di Pollo (D) - Chicken & mushroom risotto	£17
Risotto di Mare (F) - Seafood risotto with fresh herbs, prawns, mussels & salmon	£19
Risotto Pomodoro (V) - Tomato & basil risotto	£16

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From the Charcoal Grill

Chicken Shish -Marinated grilled cubes of chicken breast	£19
Served with salad. Lamb Shish - Succulent, tender cubes of lamb. Served with salad	£23
Mixed Shish - Chicken & lamb combo. Served with salad	£22
Mixed Kebab - Marinated char-grilled lamb shish, chicken shish, and Adana kebab Served with salad	£24
Med's Adana Kebab - Slightly spicy marinated lamb mince with herbs, char-grilled on a skewer Served with salad	£19
Lamb Beyti - Slightly spicy minced lamb with garlic and herbs, char-grilled Served with salad	£19
Chicken Beyti - Slightly spicy minced chicken breast with garlic and herbs, char-grilled Served with salad	£18
Wrapped Lamb Beyti (D) - Slightly spicy minced lamb with garlic and herbs, char-grilled and wrapped in Lavash bread with tomato sauce, drizzled with melted butter, and served with yoghurt	£22
Wrapped Chicken Beyti (D) - Slightly spicy minced chicken breast with garlic and herbs. char-grilled and wrapped in Lavash bread with tomato sauce, drizzled with melted butter, and served with yoghurt	£21
Chicken Leg Fillet - Juicy, marinated boneless grilled chicken leg	£17
Chicken Wings - Marinated chicken wings	£17
Lamb Chops - Marinated lamb chops	£25
Mixed Grill - Selection of chicken shish, lamb shish, lamb chop, chicken wings & Adana kebab	£27
Vegetarian Mixed Grill (V, D) - Grilled halloumi & vegetables (Make it vegan by swapping halloumi for falafel.)	£19

Sea Food

Salmon Fillet (GF, F, D) - Grilled with lemon butter served with seasonal vegetables and mashed potatoes	£19
Seabass Fillet (GF, F) - Light and flaky, seasoned with fresh herbs served with béarnaise, tenderstem broccoli and crushed baby potatoes	£21
Whole Seabass (GF, F) - Grilled to perfection served with asparagus, tenderstem broccoli and steamed potatoes	£
Monkfish (GF, F, D) - Succulent fillet with garlic butter served with tarragon sauce, crushed potatoes, steamed asparagus and tenderstem broccoli	£28

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Salads

Steak Salad - Tender steak strips over fresh greens	£19
Chicken Salad - Grilled chicken with mixed salad	£16
Greek Salad (V, GF, D) - Tomatoes, red onions, cucumber, olives & feta	£12
Seafood Salad (F) - Mixed seafood on crisp greens	£17

Sides

Triple Cooked Chips (V) - Extra crispy fries	£6
Truffle Chips (V, N, D) - Topped with truffle oil & parmesan	£9
Mashed Potato (V, D) - Buttery & smooth	£5
Rice (V, GF) - Light & fluffy	£4
Bulgur (V) - Nutty, slightly spiced wheat	£4
Tenderstem Broccoli (V, GF) - Steamed & seasoned	£7
Asparagus (V, GF) - Lightly grilled spears	£7
Ezme Salad (V, GF) - Spicy Turkish tomato salad	£8

Kids Section

Mini Burgers and Chips - Mini burgers served with chips	£10
Chicken Shish [illegible] Chips - Chicken shish served with chips	£12
Creamy Cheesy Penne Pasta - Creamy cheesy penne pasta	£10
Tomato Basil Penne Pasta - Tomato basil penne pasta (+ Chicken £3)	£10
Side Salad - Fresh mixed salad	£2.50

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