

Dietary Menu

Mecca Bah

Mezze

| | | | | | | | |
|--|-------|---|----|----|----|----|----|
| Harissa marinated mixed olives | VEGAN | V | DF | GF | NF | | |
| Hummus topped with spiced lamb, pinenuts, and herbs, Lebanese za'atar bread | | | | | | | |
| Mediterranean Bone Marrow with dips and bread | | | DF | | NF | NC | NG |
| Hot Turkish bread | | V | | | NF | NC | |
| Hot Turkish bread (No ghee) | VEGAN | V | DF | | NF | NC | NG |
| Labna | | V | | GF | | NC | NG |
| Labna (No dukkah) | | V | | | NF | NC | NG |
| Hummus | VEGAN | V | DF | GF | NF | NC | NG |
| Baba Ganoush | | V | | GF | NF | | NG |
| Sweet potato falafels with tahini sauce | | V | | GF | NF | | |
| Sweet potato falafels (No tahini) | VEGAN | V | DF | GF | NF | | |
| Mixed Mezze Platter: Baba Ganoush & Labna, harissa olives, flat bread(w/o flate bread), artichoke, smoked salmon & sliced pastrami | | | | GF | NF | NC | NG |
| Baked Haloumi with pomegranate, mint salad, and lemon | | V | | GF | | NC | |
| Baked Haloumi with pomegranate, mint salad, and lemon (No pinenuts) | | V | | GF | NF | NC | |
| Mushroom cup filled with Middle Eastern cheeses | | V | | GF | | NC | |
| Spicy lamb and pinenut boureks | | | | | | | |
| Cauliflower | VEGAN | V | DF | GF | NF | | NG |
| Spicy Turkish Lamb Kofte With Yoghurt & Mint Sauce (DF on request) | | | DF | GF | NF | | |
| Harira Soup: vegetarian, chickpea, and lentil soup | VEGAN | V | DF | GF | NF | | |
| Harira Soup: spicy lamb, chickpea, and lentil soup | | | DF | GF | NF | | |

Salads

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|---|-------|---|----|----|----|----|----|
| Beetroot, radish, and rocket salad with pomegranate dressing | VEGAN | V | DF | GF | NF | NC | NG |
| Grilled lamb, pumpkin, baby spinach, pickled beetroot, radish, cucumber and mint with orange balsamic dressing & pomegranate molasses dressing Can be made Gluten Free And Nutfree | | | DF | GF | NF | NC | |
| Mixed quinoa, roasted pumpkin, snow pea tendrils, asparagus, fetta w apple balsamic dressing (no fetta) Without Quinoa can be made GARLIC FREE | VEGAN | V | DF | GF | NF | NC | |
| Fattoush: Lebanese bread salad | VEGAN | V | DF | | NF | NC | NG |
| Fattoush: Lebanese bread salad (No bread) | VEGAN | V | DF | GF | NF | NC | NG |
| Tabbouleh | VEGAN | V | DF | | NF | NC | |
| Tabbouleh (No boughal) | VEGAN | V | DF | GF | NF | NC | |

Baked Holumi, Spinach, pineapple, apple, raisins, celery, carrot, almond flakes, cucumber & mint w. orange balsamic dressing (Can be vegan and DF, NF on request) V GF NF NC NG

Desserts

- All ice creams are **Gluten Free** except the Strawberry and Boysenberry
- Blood Orange Sorbet is the only **Dairy Free** ice cream

VEGAN V DF GF NF NC NG

Sticky date and banana pudding NC NG

Yoghurt, semolina, and pistachio cake with rose water syrup NC NG

Flourless orange and almond cake GF NC NG

Chocolate and Turkish delight brownie NF NC NG

Orange blossom cheesecake with pomegranate, raspberry and honey syrup GF NC NG

Lebanese ladies' fingers VEGAN V NC NG

Turkish delight DF GF NF NC NG

Moroccan Tagines served with cousous

- All tagines can be served **Gluten Free** when couscous is replaced with rice

VEGAN V DF GF NF NC NG

Lamb with preserved lemon, green olives, and harissa DF NF

Chicken with cinnamon, raisins, almonds, sesame, and honey DF

Chicken with cinnamon, raisins, almonds, sesame, and honey (No almonds) DF NF

Seafood: Barramundi, mussels, local prawns with harissa, tomatoes, and preserved lemon DF NF

Roasted seven vegetables, flavoured with chermoula spices VEGAN V DF NF

Lamb meatball with egg and spicy tomato sauce DF

Lamb meatball with egg and spicy tomato sauce (No pinenuts) DF NF

Grills

- Grills can be made **Dairy Free** on request
- Grills can be made **Gluten Free** on request

Tenderized calamari marinated with paprika, fresh oregano, garlic, saffron, muhammara sauce, green beans, cannellini beans & side of lemon
Can be Made Nut Free DF GF NF

Crispy skin Barramundi, roasted lemon, walnuts, Mediterranean artichoke, broccoli, hummus and a side of lemon DF GF NF NC

Marinated grilled octopus w raddish, mixed greens, coriander, and broccoli DF GF NF

Garlic chicken kebeb, mjaddarah and tabbouleh NF NC

Tsire spiced lamb kebeb with fragrant rice pilaf and eggplant imam biyaldi GF

Mixed Kebab Grill – Garlic chicken & Tsire spiced lamb, served with minted yogurt, Lemon and Pilaf (no yogurt, **NF** upon request)

DF GF

Baharat spiced lamb shish served with Lebanese flat bread **NF & GF** upon request)

GF NF

Mix Meat Platter: Rack of short ribs, a skewer of lamb & chicken, rice pilaf, garlic skordalia and bone marrow
Can be made Dairy Free and Nutfree

DF GF

Turkish Pizza

- Pizzas can be served **Dairy Free** on request
- Tomato sauce used on most pizzas contains garlic and chilli

Spit roast lamb, rocket, yogurt, and sumac

NF

Pulled slow Braised beef, aged cheddar cheese, onion jam and saute mushrooms

DF NF

Mixed seafood pizza with cheese

DF NF

Spiced chicken with eggplant, rocket, and tahini sauce

DF NF

Harissa spiced tomato, haloumi, parsley, and eggplant

V NF

Harissa spiced tomato, parsley, and eggplant (No haloumi)

VEGAN V DF NF

Turkish lamb kofte, spicy tomato sauce and yoghurt (no yoghurt)

DF NF

Roast pumpkin, chilli, pomegranate jam, and fetta

V NF

Roast pumpkin, chilli, and pomegranate jam (No fetta)

VEGAN V DF NF

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|------------------------|-------------------------|
| NF = Nut Free | VEGAN = Vegan |
| V = Vegetarian | NC = No Chill |
| DF = Dairy Free | GF = Gluten Free |
| NG = No Garlic | |

