

LEbanese VALley Lebanese Cuisine



COLD MEZZA

1. **HOMMOS** V S حمص £5.50
Chickpeas purée with sesame paste & lemon juice
2. **HOMMOS BEIRUTY** V S 🌶️ حمص بيروتى £6.25
Chickpeas purée with hot peppers, parsley, garlic, sesame paste & lemon juice topped with chick peas
3. **MOTABEL BABA GHANOUJ** V S متبل بابا غنوج £5.50
Purée of grilled aubergines with sesame paste & lemon juice
4. **TABBOULEH** V G تبولة £5.50
Fine chopped parsley with tomatoes, onions, fresh mint, crushed wheat, lemon juice & olive oil
5. **WARAK INAB B'ZEIT** V ورق عنب £5.50
Grape vine leaves filled with rice, parsley, tomatoes, mint, onions cooked in lemon juice & olive oil
6. **LABNEH** V D لبنة £4.95
Strained yoghurt topped with dried mint & olive oil dressing (Garlic Optional)
7. **KABIS** V كبيس £4.50
Selection of Lebanese pickles
8. **MOUSSAKAA** V مسقعة £5.50
Fried aubergines baked with tomatoes, chickpeas, onions & spices
9. **LOUBIEH B'ZEIT** V لوبية بالزيت £5.50
French green beans cooked with tomatoes, onions & olive oil
10. **BAMIEH B'ZEIT** V بامية بالزيت £5.50
Okra cooked with tomatoes, onions, fresh coriander & olive oil
11. **MIXED STARTERS** V S G مأزة مشكّلة £11.95
Hommos, Moutabal, Tabbouleh, Vine leaves, Falafel & moussakaa
12. **MOUJADARA** V مجدة £4.95
Rice and lentil dish with caramelized onions
13. **MARINATED OLIVES** V زيتون £3.50
14. **MAKDOUS BATINJAN** V N مكدوس بانجان £5.50
Baby aubergines pickled and stuffed with walnuts, garlic & spices



We use nuts in our kitchen and our food may contain traces of nuts

V Vegetarian / N Celery / G Gluten / S Crustaceans / E Eggs / F Fish / L Lupin / D Dairy / M Mustard / N Nuts / P Peanuts / S Sesame / S Soya / S Sulphites / 🌶️ Spicy

A discretionary 10% service charge will be added to your bill



HOT MEZZA

15. **FATIT HOMMOS** **G D N** فتة حمص £6.95
Boiled chickpeas served with toasted bread, yoghurt & pine kernels
16. **FATIT DEJAJ** **G D N** فتة دجاج £8.95
Toasted pieces of bread mixed with yoghurt & garlic served with tender cuts of Chicken
17. **FATIT LAHEM** **G D N** فتة باللحمة £8.95
Toasted pieces of bread mixed with yoghurt & garlic served with tender cuts of Lamb
18. **HOMMOS SHAWARMA OR AWARMA** **S** حمص شاورما أو قاورما £7.50
Purée chickpeas with sesame paste, lemon juice & olive oil dressing topped with sliced or diced marinated lamb
19. **FALAFEL** **V S** فلافل £5.50
Deep fried bean & fine herbs croquettes served with tahine sauce
20. **KIBBEH SHAMEYIEH** **G** كبة مقليّة £6.50
Deep-fried lamb meatballs mixed with cracked wheat, onions & filled with sautéed minced meat and onions
21. **SOUJOK**  سجوق £6.95
Home-made Lebanese spicy sausages sautéed in lemon juice
22. **MAQANEQ** مقانق £6.95
Home-made Lebanese mini sausages flambé in butter & lemon
23. **FOUL MOUDAMAS** **V** فول مدمس £4.95
Boiled broad beans, chick peas seasoned with tomatoes, garlic, lemon juice & olive oil
24. **CHICKEN LIVER** سودة دجاج £7.95
Marinated chicken liver sautéed in lemon juice & butter
25. **JAWANEH (Chicken Wings)** جوانح مشوية £5.50
Charcoal-grilled marinated chicken wings served with or without garlic sauce
26. **HALLOUM MESHWI** **V D** جبنة حلوم مشوية £6.95
Halloumi cheese grilled or fried
27. **BATATA HARRA** **V**  بطاطا حرة £5.50
Potato cubes sautéed with garlic, coriander, sweet pepper & chilli topped with fried vegetables



We use nuts in our kitchen and our food may contain traces of nuts
V Vegetarian / **C** Celery / **G** Gluten / **CC** Crustaceans / **E** Eggs / **F** Fish / **L** Lupin /
D Dairy / **M** Mustard / **N** Nuts / **P** Peanuts / **S** Sesame / **SO** Soya / **S** Sulphites /  Spicy

A discretionary 10% service charge will be added to your bill



BAKERY AND PASTRY

28. **FATAYER B'SABANEKH** V G فطائر £5.50
Baked Lebanese pastry filled with spinach, onions, lemon, olive oil, pine kernels & sumac.
29. **LEBANESE VALLEY ARAYES** G عرايس £5.50
Grilled Lebanese flat bread filled with seasoned minced lamb
30. **LEBANESE VALLEY KALAJ** V D G كلاج £5.50
Grilled Lebanese flat bread filled with halloumi cheese
31. **MEAT SPRING ROLLS** G N رقاقات باللحمة £5.50
Fried pastry filled with minced meat, onion and pine kernels
32. **CHEESE SPRING ROLLS** V D G رقاقات بالجبنه £5.50
Fried Pastry Filled with cheese and herbs



SALADS

33. **SPICY LEBANESE SALAD** V سلطة حرة £5.95
Lettuce, tomatoes, cucumber, parsley, mint, onion, chopped green chilli, Lebanese spices with lemon & olive oil dressing
34. **CUCUMBER SALAD WITH YOGHURT** V D جاجيك £4.50
Yoghurt with finely chopped cucumber and dried mint
35. **TOMATO AND ONION SALAD** V سلطة بندورة مع بصل £4.95
Fresh tomato with finely chopped parsley, onion & dried mint
36. **ROCKET SALAD** V سلطة روكا (جرجير) £5.95
Rocca, tomato, onion, olives, lemon, olive oil & dressing
37. **FETA SALAD** V D سلطة الجبن £5.95
Feta cheese, tomato, cucumber, pepper, onion, radish, summac with lemon & olive oil dressing
38. **FATTOUSH** V G فتوش £5.95
Lettuce, tomato, cucumber, mint, onion, radish, summac & toasted Lebanese bread with lemon & olive oil dressing
39. **LEBANESE VALLEY SALAD** V سلطة الوادي اللبناني £6.50
Ask a member of staff



We use nuts in our kitchen and our food may contain traces of nuts
V Vegetarian / P Celery / G Gluten / CG Crustaceans / E Eggs / F Fish / L Lupin /
D Dairy / M Mustard / N Nuts / P Peanuts / S Sesame / SS Soya / S Sulphites / — Spicy

A discretionary 10% service charge will be added to your bill



MAIN COURSES

served with rice or chips

40. LAHEM MESHWI لحم مشوي £13.95
Charcoal-grilled skewers of tender cubes of specially prepared lamb
41. SHISH TAOUK شيش طاووق £12.95
Charcoal-grilled skewers of marinated chicken cubes
42. KAFTA MESHWI كفتة مشوي £12.50
Charcoal-grilled skewers of seasoned minced lamb with onion & parsley
43. MIXED GRILL مشاوي مشكلة £16.95
Charcoal-grilled skewers of seasoned minced lamb, marinated lamb cubes and chicken cubes
44. KAFTA KHUSH-KHASH كفتة خشخاش £13.95
Charcoal-grilled skewers of seasoned minced lamb served on a bed of spicy sauce
45. SHAWARMA LAMB. شاورما لحم £12.95
Roasted thin slices of marinated prime lamb
46. SHAWARMA CHICKEN شاورما دجاج £11.95
Roasted thin slices of marinated prime chicken
47. MIXED SHAWARMA شاورما مشكلة £13.95
Roasted thin slices of marinated lamb & chicken
48. FARROUJ MESHWI فروج مشوي £12.95
Charcoal-grilled boneless baby chicken
49. CHICKEN ESCALOPE اسكالوب الدجاج £12.95
Breaded chicken escalope, served with french fries and garlic spicy sauce.
50. LAMB CUTLET كستلاتة غنم £14.95
Charcoal-grilled marinated lamb chops
51. KHAROUF MEHSHI خروف محشي مع الأرز £13.50
Rice & minced lamb topped with boneless lamb shank served with roasted nuts, spices & yoghurt
52. SUPREME GRILL (FOR 2 PERSONS) مشاوي لشخصين £26.95
Charcoal-grilled skewers of seasoned minced lamb, marinated lamb cubes, chicken cubes, lamb cutlets & mixed shawarma
53. SUPREME GRILL (FOR 3 PERSONS) مشاوي لثلاث أشخاص £35.95
Charcoal-grilled skewers of seasoned minced lamb, marinated lamb cubes, chicken cubes, lamb cutlets, mixed shawarma & chicken wings
54. SUPREME GRILL (FOR 4 PERSONS) مشاوي لأربعة أشخاص £46.95
Charcoal-grilled skewers of seasoned minced lamb, marinated lamb cubes, chicken cubes, lamb cutlets, mixed shawarma, chicken wings & grilled lamb ribs
55. KIBBEH B' SAYNIEH كبة بالصينية £12.50
Minced lamb mixed with spices and cracked wheat filled with sautéed minced meat, pine kernels and onion served with yoghurt and cucumber salad
56. DISH OF THE DAY طبق اليوم £10.95
Please ask a member of staff



VEGETARIAN MAIN COURSES

57. AUBERGINE STEW Served with rice & vermicelli V G £11.95
58. OKRA STEW Served with rice & vermicelli V G £11.50
59. GREEN BEANS STEW Served with rice & vermicelli V G £11.50

مسقعة بانجان مع الأرز

بامية بالزيت مع الأرز

لوبية بالزيت مع الأرز

We use nuts in our kitchen and our food may contain traces of nuts

V Vegetarian / C Celery / G Gluten / CC Crustaceans / E Eggs / F Fish / L Lupin /
D Dairy / M Mustard / N Nuts / P Peanuts / S Sesame / SS Soya / S Sulphites / Spicy

A discretionary 10% service charge will be added to your bill



SEAFOOD

60. GRILLED SEABASS **F** سمك لقز £16.50
Charcoal-grilled matinated seabass served with salad & tahina sauce
61. GRILLED KING PRAWNS **F** روبيان جامبو £18.50
Charcoal-grilled king prawns marinated in lemon, garlic, olive oil and served with salad & rice
62. GRILLED SALMON **F** سمك سلمون £16.50
Charcoal-grilled salmon fillet marinated in lemon, garlic, olive oil and served with salad & rice

SOUPS

63. LENTIL SOUP **V** شوربة عدس £4.50
64. CHICKEN SOUP شوربة دجاج £4.50

WRAPS (LUNCH MEAL DEAL 11am - 5pm)

65. LAMB SHAWARMA **G S** + Chips & Soft Drink
شاورما لحم £7.95
Thin roasted slices of marinated prime lamb
66. CHICKEN SHAWARMA **G** شاورما دجاج £7.95
Thin roasted slices of marinated prime chicken
67. SHISH TAOUK Charcoal-Grilled **G** شيش طاووق £7.95
Skewer of marinated tender chicken cubes
68. MIX SHAWARMA **G S** شاورما مشكلة £7.95
Thin roasted slices of marinated chicken & Lamb
69. SHISH KEBAB Charcoal-Grilled **G S** لحم مشوي £7.95
Skewer of tender cubes of specially prepared lamb
70. KAFTA CHARCOAL Charcoal-Grilled **G S** كفتة مشوي £7.95
Minced lamb on the skewer with parsley & onion
71. SOUJOUK **G** سجق £8.50
Home-made spicy Lebanese sausages
72. MAQANEK **G** مقانق £8.50
Home-made mini Lebanese sausages
73. CHICKEN LIVER **G** سودة دجاج £8.50
Marinated chicken liver
74. FALAFEL **V G S** فلافل £7.95
Bean and chickpea croquettes
75. SPICY POTATOES **V G** بطاطا حرة £7.95
Spicy potato cubes flame-glazed with garlic, sweet pepper, coriander & chilli
76. HALLOUMI CHEESE Charcoal-Grilled **V D G** جبنة حلوم £7.95
Slices of halloumi cheese grilled until soft

SIDE ORDERS

77. LEBANESE RICE & vermicelli **V E** أرز مع شعيرية £3.95
78. FRENCH FRIES **V** بطاطا مقلية £2.95
79. RICE WITH MINCED LAMB أرز مع اللحم £4.50
80. BULGAR (LEBANESE COUSCOUS) **V** برغل £3.95



CHILDREN'S MENU

£6.50

- A soft drink & a choice of
- Chicken or lamb kebab, chips & hommos dip
 - or
 - Halloumi, flat bread, chips & salad



DESSERTS

BAKLAWA **GND**

بقلاوة

£4.00

Selection of miniature traditional Lebanese Pastries filled with Nuts & Syrup

KENAFE **G D**

كنافة بالجبن

£4.95

Mediterranean cheese cake served warm & topped with Syrup

MOHALABIEH (MILK PUDDING) **G D**

مهلبية

£4.00

RICE PUDDING **G D**

رز بالخليب

£4.00

LEBANESE VALLEY SPECIAL SWEET **GND**

كيك

£4.50



SOFT DRINKS

COKE, FANTA, TANGO, 7UP, DR PEPPER

مشروبات غازية

£1.50

ICE TEA

شاي مثلج

£2.00

STILL WATER, SPARKLING WATER

مياه

£1.50

NON ALCOHOLIC BEER

بيرة خالية من الكحول

£2.00

PLEASE ASK FOR FLAVOURS

AYRAN

عيران

£2.00



FRESH JUICES

ORANGE

عصير البرتقال

£2.95

CARROT

عصير الجزر

£2.95

APPLE

عصير التفاح

£2.95

MELON

عصير الشمام

£2.95

PINEAPPLE

عصير الأناناس

£2.95

ORANGE, CARROT & GINGER

عصير البرتقال - جزر - زنجبيل

£2.95

TUTTY FRUITY / SMOOTHIES

APPLE, PINEAPPLE, RASBERRY

تفاح - اناناس - رزبيري

£2.95

APPLE, BANANA, STRAWBERRY

تفاح - موز - فراولة

£2.95

MANGO, BANANA, STRAWBERRY

مانجو - موز - فراولة

£2.95

MELON, MANGO, PINEAPPLE

شمام - مانجا - اناناس

£2.95

MANGO DREAM

مانجو

£2.95

STRAWBERRY BREEZE

فراولة مثلجة

£2.95

LEBANESE VALLEY SPECIAL

خاص الوادي اللبناني

£3.95



MILKSHAKES

BANANA SHAKE

موز مع حليب

£2.95

STRAWBERRY SHAKE

فراولة مع الحليب

£2.95

CHOCOLATE SHAKE

شوكولا مع الحليب

£2.95

MANGO SHAKE

مانغو مع الحليب

£2.95

HOT BEVERAGES

LEBANESE COFFEE

قهوة لبنانية

£2.00

ESPRESSO, AMERICANO

اسبريسو

£2.00

CAPPUCCINO, WHIT COFFEE

كابوتشينو

£2.00

CAFE LATTE / HOT CHOCOLATE

لاتيه / كاكاو

£2.00

TEA (VARIOUS TYPES AVAILABLE)

شاي

£2.00

FRESH MINT TEA

شاي بالنعناع

£2.00



At Lebanese Valley we locally source our ingredients so that every dish tastes fresh and authentic.
By buying local food, each meal is full of flavor and always in season.

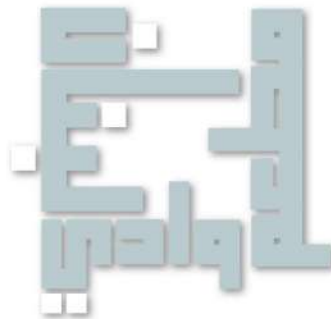
The health benefits of Lebanese food have been well known since ancient times and is considered among the world's healthiest cuisine. It is not only delicious and nutritious, but it comes from a deep-rooted history that has been refined over the centuries.

We make our dishes from carefully selected herbs and spices, giving each plate an abundant flavor. We also use olive oil in the food, which is fantastic for lowering cholesterol and improves the overall health of your heart.

The main meat ingredient in Lebanese food is lamb which is much healthier than other red meat and is an excellent source of Iron and B12 which gives you energy and helps the nervous system.

One of the most beneficial nutritional aspects of Lebanese food is the herbs and spices that we use.
Za'atar is the main spice in many of our dishes which has been linked to increasing brain power and was even used as a medicine in Biblical times due to its cancer-fighting properties.

In Lebanese Valley you will have the opportunity to experience the rich traditional cuisine that has been passed down from generation to generation. We will be delighted to welcome you and make you feel home.



We provide catering service for Weddings, Events, Receptions, House Parties, Lunches, Film Production & Product Launches.



60 - 62 Fife Road, Kingston Upon Thames, KT1 1SP

0208 549 1823

www.lebanesevalley.com
www.facebook.com/Lebanese-Valley-Lebanese-Cuisine
www.instagram.com/lebanesevalleyy
[Twitter.com/LebaneseValley](https://twitter.com/LebaneseValley)

