

BREAKFAST CLASSIC

FULL ENGLISH	<u>£ 13.95</u>
Fried eggs, streaky bacon, cumberland sausage, baked beans, mushrooms, roast tomatoes & hash browns sourdough bread	
AVOCADO & POACHED EGGS (v) (n)	<u>£ 11.00</u>
Avocado, two poached eggs on organic sourdough bread with mixed seeds & goji berries	
VEGGIE BREAKFAST (v)	<u>£ 13.95</u>
Two poached eggs, veggie sausage, smashed avocado, two hash browns, mushrooms, roast tomatoes and baked beans & sourdough bread	
VEGAN BREAKFAST (v) (vg)	<u>£ 13.95</u>
Sautéed spinach, vegan sausage, avocado, mushroom, hash browns, baked beans and sourdough	
EGGS BENEDICT	<u>£ 11.50</u>
Two poached eggs, smoked streaky bacon, homemade hollandaise sauce on organic English muffin	
EGGS ROYAL	<u>£ 11.50</u>
Two poached eggs, smoked Scottish salmon, homemade hollandaise sauce on organic English muffin	
EGGS FLORENTINE (v)	<u>£ 11.00</u>
Two poached eggs, sautéed spinach, homemade hollandaise sauce on organic English muffin	
EGGS ON TOAST (v)	<u>£ 8.50</u>
Scrambled eggs / Poached eggs / Fried eggs	

SIGNATURES BREAKFAST

EAST MED BREAKFAST	<u>£ 14.00</u>
Free range scrambled eggs, sucuk, halloumi, feta cheese, pitted med olives, grilled cherry tomato, spinach feta roll, honey, mascarpone butter jam with sourdough bread	
TURKISH EGGS	<u>£ 13.00</u>
Poached eggs, whipped yogurt, garlic, fenugreek chilli butter, gunpowder, parsley and house-baked flat bread to mop it all up add Turkish Garlic Sausage for richer taste	
SHAKSHUKA (v)	<u>£ 12.00</u>
Poached eggs in slow-cooked tomato and pepper sauce, Mediterranean spices served with sourdough bread	
COURGETTE & SWEET POTATO FRITTERS (v)	<u>£ 13.00</u>
Crispy courgette and sweet potato fritters with Greek feta and sweet corn topped with avocado, creamy yogurt and Cyprus halloumi cheese	
LABNEH URFA CHILLI (v)	<u>£ 13.00</u>
Sourdough bread with labneh cheese, mushrooms, spinach, poached eggs and Cyprus halloumi cheese topped with the Urfa chilli oil	
PARMESAN SCRAMBLED EGG (v)	<u>£ 13.00</u>
Sourdough bread with folded scrambled eggs topped with the grated Mediterranean parmesan cheese	
ASPARAGUS MUSHROOM (v)	<u>£ 13.00</u>
Sourdough bread with, mushrooms, spinach, asparagus and poached eggs topped with the crumble Greek feta cheese	

OMELETTES

GREEK OMELETTE (v)	<u>£ 12.00</u>
Eggs with feta cheese, tomatoes, olives & parsley served with sourdough bread and salad	
TURKISH OMELETTE	<u>£ 12.00</u>
Eggs with Turkish beef sausage, halloumi and cheddar cheese served with sourdough bread and salad	
HAM & MUSHROOM OMELETTE	<u>£ 12.00</u>
Eggs with ham, mushroom and cheddar cheese served with sourdough bread and salad	
SALMON OMELETTE	<u>£ 12.50</u>
Eggs with smoked salmon and cheddar cheese served with sourdough bread and salad	

BOWLS

PORRIDGE (v) (vg)	<u>£ 7.00</u>
Gluten free porridge, blueberry, strawberry, banana & organic maple syrup with oat milk	
GREEK YOGURT GRANOLA (v) (n)	<u>£ 7.00</u>
Greek yogurt, granola, banana, strawberry, blueberry, omega seeds with organic maple syrup	
ACAI BERRY BOWL (v) (vg) (n)	<u>£ 8.00</u>
Acai blended with banana, mango topped with organic granola, blueberry, raspberry, omega seeds & coconut chips	
ACAI PEANUT BOWL (v) (vg) (n)	<u>£ 8.50</u>
Acai blended with peanut, banana, mango topped with organic granola, blueberry, raspberry, omega seeds & coconut chips	

SWEET SECTION

FRENCH TOAST (v)	<u>£ 12.00</u>
Fresh banana, strawberry, apricot compote, crème fraiche, almond flakes, maple syrup on brioche loaf	
CREAMY PANCAKE (v) (n)	<u>£ 14.95</u>
Super fluffy pancakes served with fresh banana, strawberries, blueberries, icing sugar with hazelnut chocolate or pistachio sauce	
PANCAKE (v) (n)	<u>£ 12.00</u>
Super fluffy pancakes served with fresh banana, strawberries, blueberries, icing sugar with Nutella or organic maple syrup	
AMERICAN STYLE	<u>£ 13.45</u>
Super fluffy pancakes, fried eggs, cumberland sausage, baked beans, hash browns, bacon, seasonal fruits and organic maple syrup	

SIDES	STREAKY BACON	<u>£ 3.00</u>	CYPRUS HALLOUMI	<u>£ 3.50</u>	HASH BROWN	<u>£ 3.00</u>	BAKED BEANS	<u>£ 3.00</u>
	SAUSAGE	<u>£ 3.00</u>	GREEK VILLAGE SAUSAGE	<u>£ 3.50</u>	FRENCH FRIES	<u>£ 3.00</u>	SWEET POTATO FRIES	<u>£ 3.50</u>
	SMOKED SALMON	<u>£ 3.50</u>	SMASHED AVOCADO	<u>£ 3.00</u>	TURKISH SAUSAGE	<u>£ 3.00</u>	SPINACH	<u>£ 3.00</u>

ORGANIC TEAS

ENGLISH BREAKFAST TEA	<u>£ 2.80</u>
ORGANIC ENGLISH DECAF	<u>£ 2.80</u>
EARL GREY	<u>£ 2.80</u>
FRESH MINT TEA	<u>£ 2.80</u>
GREEN TEA	<u>£ 2.80</u>
PEPPERMINT TEA	<u>£ 2.80</u>

SMOOTHIES all day / freshly prepared

DETOX GREEN	<u>£ 7.00</u>
Spinach, kale, avocado, pineapple, banana and apple	
ALL DAY (n)	<u>£ 6.00</u>
Banana, peanut butter, dates, milk and oat	
BERRY GOOD	<u>£ 6.00</u>
Strawberry, blueberry, raspberry, banana and apple	
ACAI	<u>£ 6.00</u>
Mango, banana, acai and apple	
FRUIT DELIGHT	<u>£ 6.00</u>
Mango, pineapple, banana and apple	

FRESH JUICES

VITAMIN C BOOSTER	<u>£ 7.00</u>
Ginger, carrot, apple and orange	
FRESH ORANGE	<u>£ 6.00</u>
FRESH APPLE	<u>£ 6.00</u>
FRESH CARROT	<u>£ 6.00</u>
MILKSHAKES	<u>£ 6.00</u>
fresh and no sugar added	
BANANA - STRAWBERRY CHOCOLATE - VANILLA	

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EAST MED TAPAS

(A Selection of mezzes served with Greek Pitta)
(Ideal for two people)

Hummus - Cacik - Beetroot - Borek - Felafel

£ 14.95

HUMUS and SUCUK

Creamy Hummus and Turkish Garlic Sausage served with Greek Pitta

£ 7.50

CHILLI HONEY HALLOUMI

Cyprus Halloumi with chilli honey

£ 6.95

FETA BOREK

Philo pastry roll filled pinenut, feta & spinach with tomato sauce

£ 6.95

PADRÓN PEPPERS

Deep fried Spanish padrón peppers, maldon sea salt flakes

£ 6.45

MANGO PRAWNS

Crispy mango prawns served with a sweet chilli

£ 7.95

GINGER CORIANDER KALAMARI

Fried squid glazed with chef special ginger & coriander sauce

£ 7.95

mains

CHICKEN SKEWER

Marinated grilled chicken served with Cyprus Halloumi, warm Greek Pitta, creamy garlic sauce and chips

£ 15.95

LAMB SKEWER

Marinated grilled lamb served with warm Greek Pitta, creamy garlic sauce and chips

£ 16.45

CHARGRILLED KOFTE

Served with chips and fresh salad

£ 12.50

PAN-FRIED MEDITERRANEAN SEABASS

With salad and lemon

£ 12.50

MOUSAKKA (veg)

Roasted vegetable, tomato sauce, creamy béchamel sauce, aged mild cheddar

£ 16.95

IMAM BAYILDI (vegan)

Roasted aubergine filled slow cooked onion & tomato relish

£ 12.50

GOAT CHEESE SALAD

Roasted Beetroot & Goat Cheese Salad – Sweet roasted beets paired with creamy goat cheese, mixed greens, toasted nuts and a balsamic dressing

£ 14.95

SMOKED SALMON & AVOCADO SALAD

Smoked salmon with sliced avocado, cherry tomatoes, mixed greens and capers, served with house dressing

£ 15.95

BAVETTE STEAK

Served with chips, salad and chimichurri sauce

£ 12.50

CHICKEN GYROS

Greek pita bread with chicken, tahini sauce, chips and salad

£ 12.50

SMASHED BURGER

Smashed beef patty with melted cheese, fresh tomato and greens served with chips

£ 12.50

KLEFTIKO

Slow cooked lamb shank with mash potato

£ 20.95

CHICKEN ISKENDER

Marinated chicken thigh served on soft pide bread with Halep tomato sauce, creamy yogurt, charred tomato and charliston pepper

£ 19.95

OCTOPUS PRAWNS CASSEROLE

Octopus and prawns served in creamy bisque sauce with garlic, fresh parsley, cherry tomatoes and Greek Pitta

£ 19.95

coffee & iced coffee

ESPRESSO £ 2.80

FLAT WHITE £ 3.80

LATTE £ 3.90

CAPPUCINO £ 4.20

MOCHA £ 3.90

CHAI TEA LATTE £ 4.60

MATCHA TEA LATTE £ 4.60

LONG AMERICANO £ 3.40

LONG MACCHIATO £ 2.90

HOT CHOCOLATE £ 3.40

TURKISH COFFEE £ 3.50

GREEK COFFEE £ 3.50

ICE LATTE £ 4.50

ICE AMERICANO £ 4.20

ICE MATCHA LATTE £ 4.90

ALTERNATIVE MILKS
40p Soya - Oat - Almond - Coconut

SYRUP
40p Vanilla - Hazelnut - Caramel

Dinner Menu

SPREAD

£ 4.95

- PISTACHIO HONEY & GREEK PITTA (n)
TULUM CHEESE & GREEK PITTA
BLACK KALAMATA OLIVES & GREEK PITTA

DIPS & MEZZES

HUMMUS

Hummus chickpeas tahini and a Hint of garlic, olive oil and parsley

£ 5.95

TZATZIKI

Diced cucumber in creamy greek yogurt with a hint of garlic and fresh dill, fresh mint olive oil

£ 5.95

MUHAMMARA (n)

Roasted red capia pepper, tomato, onion, garlic, spicy mix, sour pomegranate, walnut, parsley

£ 5.95

BABA GANOUSH

Smoked aubergine pure, garlic, yogurt and tahini topped with dill oil and black sesame seeds

£ 5.95

BEETROOT DELIGHT

Cooked beetroot, feta cheese, drizzled with vinaigrette

£ 5.95

HOT & COLD MEZZES PLATTERS

Mezzes served with pitta

EAST MED PLATTER

Halloumi, Greek sausages, feta borek, padrón peppers and felafel
(ideal for two people)

£ 17.95

DIPS PLATTER (n)

Hummus, tzatziki, muammara, babaganoush and beetroot delight
(ideal for two people)

£ 14.95

MEZZES / *Mezzes served with pitta*

GINGER & CORIANDER SQUID

Fried squid glazed with chef special ginger & coriander sauce

£ 7.95

SAGANAKI

Panfried saganaki, honey, pistachio

£ 7.45

FETA BOREK (n)

Filo pastry roll filled feta & spinach with tomato sauce and pine nut

£ 6.95

AVCI BOREGI (n)

Filo pastry roll filled with minced lamb, mix vegetable and walnut

£ 7.45

ZAHRAA HARRA

Roast and fried cauliflower, red peppers, coriander and garlic, lemon, tahinni

£ 6.45

BRAISED HARISSA OCTOPUS

Harissa glazed braised octopus with grilled pink fir potatoes

£ 7.95

HUMMUS OCTOPUS

Creamy hummus topped with tender grilled octopus

£ 9.95

EAST MED LAMB'S LIVER

East Med Pan fried seasoned Lamb's liver, served with sumac, onions and parsley

£ 8.95

TEMPURA MANGO PRAWNS

Mango prawns served with a sweet chili

£ 8.95

BLACK HONEY GLAZED GOAT CHEESE

Pan fried goat cheese with homemade black honey, fried kale and fresh pomegranate

£ 7.45

SANTORINI PRAWN

Prawn cooked with bisque sauce, garlic and parsley in terracotta bowl

£ 8.95

CYPRUS HALLOUMI

Grilled cyprus halloumi

£ 6.95

GREEK SAUSAGES

Grilled spicy beef sausages

£ 6.95

SMOKY AUBERGINE

Chardgrilled aubergine with creamy homemade hummus, drizzled chili oil

£ 6.45

PADRÓN PEPPERS

Deep fried Spanish padrón peppers, maldon sea salt flakes

£ 6.45

MAIN COURSE

ROASTED CHICKEN Tender slow-roasted marinated chicken leg, served with herb-roasted potatoes and caramelised carrots	<u>£ 18.95</u>	CHICKEN SKEWERS Chargrilled chicken skewers, served with Turkish rice, warm Greek pitta, sliced tomatoes, sumac-marinated red onions and house-made cacik	<u>£ 22.95</u>
SEA BASS Panfried mediterranean sea bass, za'atar, dill oil, tenderstem broccoli, mash potato	<u>£ 19.95</u>	LAMB SKEWERS Chargrilled lamb skewers, served with Turkish rice, warm Greek pita, sliced tomatoes, sumac-marinated red onions and house-made cacik	<u>£ 23.95</u>
SALMON GUVESH Oven-baked salmon fillet, gently cooked in an aromatic herb and tomato sauce with mushrooms	<u>£ 20.95</u>	MIX SKEWERS Chargrilled lamb and chicken skewers, served with Turkish rice, warm Greek pita, sliced tomatoes, sumac-marinated red onions and house-made cacik	<u>£ 23.95</u>
GRILLED CHICKEN THIGH Chardgrilled marinated and sliced chicken thigh with Urfa chilli mash potato	<u>£ 18.95</u>	KOFTE & BEGENDI Chardgilled meatball served with smoky aubergine puree, grilled tomato and pepper	<u>£ 22.00</u>
ALEPPO ISKENDER Marinated chopped lamb fillet, pide bread, halep tomato sauce, yogurt, charred tomato and charleston pepper	<u>£ 22.95</u>	MOUSAKKA (veg) Roasted vegetable with tomato sauce, creamy bechamel sauce and aged mild cheddar cheese	<u>£ 16.95</u>
LAMB CHOPS & BATATA HARA (n) Marinated grilled lamb chops served with fir baby potato, Urfa chilli flakes and pistachio	<u>£ 23.95</u>	IMAM BAYILDI (vegan) Roasted aubergine filled slow cooked onion & tomato relish	<u>£ 16.95</u>
HARISSA SEA BREAM Harissa-marinated Sea Bream served with chargrilled broccoli, fresh rocket, a lemon wedge and Greek olive oil	<u>£ 19.95</u>	KLEFTIKO Slow cooked lamb shank with mash potato and carrot	<u>£ 20.95</u>
SOSLU KOFTE Tender homemade meatballs simmered in a fragrant herb tomato sauce with mushrooms, finished with melted mozzarella and fresh basil, served with mashed potatoes	<u>£ 22.00</u>	RIB EYE STEAK 12 OZ Chargrilled Rib Eye Steak with peppercorn sauce, tenderstem broccoli and grilled fir potato	<u>£ 29.00</u>
ANATOLIAN - STYLE GRILLED AUBERGINE (n) Chargrilled aubergine cooked with tomatoes, peppers, garlic and onions, served with Turkish rice and yogurt	<u>£ 17.95</u>	SIRLION STEAK 12 OZ Chargrilled sirlion steak with chips and homemade peppercorn sauce	<u>£ 29.00</u>
ALI NAZIK Sautéed lamb served with aubergine puree and chilli butter	<u>£ 21.00</u>	GRILLED OCTOPUS & PRAWN Chargrilled octopus & prawn served with tenderstem broccoli, grilled fir potatoe and a lemon wedge	<u>£ 22.95</u>

SIDES

PINK FIR POTATOES <u>£ 3.95</u>	TURKISH RICE <u>£ 3.95</u>	FRENCH FRIES <u>£ 3.95</u>
SWEET POTATOES FRIES <u>£ 4.50</u>	GRILLED BROCCOLI with ALMOND FLAKES <u>£ 4.45</u>	ASPARAGUS <u>£ 4.50</u>

SALADS

GREEK SALAD <u>£ 6.45</u> Tomato, red onion, cucumber, pepper, parsley, kalamata olive, feta cheese	ROCKET SALAD <u>£ 5.45</u> Rocket salad with parmesan cheese and cherry tomato
GOAT CHEESE SALAD <u>£ 7.45</u> Goat cheese, baby spinach, cherry tomato, beetroot, walnut, golden raisin, sour pomegranate dressing	TOMATO RICOTTO SALAD <u>£ 7.45</u> Tomato, riccotto cheese, red onion, basil, olive oil and fresh lemon juice

SET OF EAST MED DIPS & MEZZE SELECTION

Starters are served to share

HUMMUS

Chicpeas, tahini and a Hint of garlic, olive oil, Urfa chilli drizzle, crispy chickpeas

MUHAMMARA (n)

Roasted red capia pepper, tomato, onion, garlic, spicy mix, sour pomegranate, walnut and parsley

GREEK SAUSAGES

Grilled spicy beef sausages

FETA BOREK

Philo pastry roll filled pine nuts, feta & spinach with tomato sauce

CYPRUS HALLOUMI

Grilled Cyprus Halloumi

MAIN - *Choose your main course*

GRILLED CHICKEN THIGH

Chargrilled marinated and sliced chicken thigh with Urfa chilli mash potato

ALEPPO ISKENDER

Marinated chopped lamb fillet, pide bread, halep tomato sauce, yogurt, charred tomato and charliston

SEA BASS

Pan fried mediterranean seabass, za'atar, dill oil, tenderstem broccoli, mash potato

OCTOPUS & PRAWN

Grilled octopus & prawns, tenderstem broccoli, rocket leaves, slice of lemon

KLEFTIKO

Slow cooked lamb shank, mash potato, baby carrot

IMAM BAYILDI (vegan)

Roasted aubergine filled with slow cooked onion & tomato relish

MOUSSAKKA (veg)

Roasted vegetable, tomato sauce, creamy béchamel sauce and aged mild cheddar

KOFTE & BEGENDI

Chargilled meatball, smoky aubegine puree, grilled tomato, pepper

DESSERT - *Choose your dessert*

BAKLAVA KAIMAK

Crispy layers of filo pastry filled with premium Antep pistachios and traditional kaimak

HOMEMADE TIRAMISU

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£ 35.95



THE CARAFE

EAST MED ALL DAY DINING

Kids Menu



SEA BASS FILLET with
FRENCH FRIES £ 8.25

Pan fried sea bass with chips

MAC and CHEESE £ 8.25

Macaroni pasta with
creamy cheddar cheese

KOFTE with
FRENCH FRIES £ 8.25

Chard grilled meatball with chips

CHICKEN BITES with
FRENCH FRIES £ 8.25

KIDS CHICKEN
SKEWER CHIPS £ 9.95

Marinated grilled chicken with chips

KIDS BURGER CHIPS £ 9.95

Smashed beef patty with
melted cheese and chips

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THE CARAFE
EAST MED ALL DAY DINING

Kids Menu



EGG & BEANS £ 7.25
BREAKFAST (v)

Scrambled eggs on toast with baked beans

NUTELLA PANCAKE (v) (n) £ 7.25

Super fluffy pancakes served with fresh banana, strawberries, blueberries, icing sugar with Nutella or organic maple syrup

KIDS BREAKFAST £ 7.25

Scrambled eggs, sausage with french fries

CHICKEN BITES with £ 8.25
FRENCH FRIES

KIDS BURGER CHIPS £ 9.95

Smashed beef patty with melted cheese and chips

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