



COMPTOIR LIBANAIS

Allergen & Calorie Menu

Adults need around 2000 kcal a day

* We prepare our food in kitchens where products containing gluten, sesame & nuts as well as other allergens are used. The allergen data detailed in this menu has been derived from supplier specifications on the allergenic ingredients that have intentionally been added to the final food product. We have taken all reasonable steps to ensure that this menu is accurate. We cannot guarantee that any product is "100% free from" any allergen due to the risk of possible cross contamination in production, supply & preparation.

SPRING 2024

Version 01

Nibbles

| | CRUSTACEANS | MILK | PEANUTS | SESAME SEEDS | EGG | FISH | NUTS | MOLLUSCS | MUSTARD | CELERY | SULPHITES & SULPHUR DIOXIDE | LUPIN | SOYA | CEREALS THAT CONTAIN GLUTEN | SUITABLE FOR VEGETARIANS | SUITABLE FOR VEGANS | CALORIES |
|--------------------|-------------|------|---------|--------------|-----|------|------|----------|---------|--------|-----------------------------|-------|------|-----------------------------|--------------------------|---------------------|----------|
| * Lebanese Pickles | | | | | | | | | | | ◆ | | | | ◆ | ◆ | 29 |
| * Marinated Olives | | | | ◆ | | | | | | | | | | | ◆ | ◆ | 221 |
| * Roasted Almonds | | | | | | | ◆ | | | | | | | | ◆ | ◆ | 246 |

Mezze

| | | | | | | | | | | | | | | | | | |
|-------------------------|--|---|--|---|---|--|---|--|---|--|---|---|---|---|---|---|-------|
| Mezze Platter | | ◆ | | ◆ | ◆ | | | | ◆ | | ◆ | ◆ | ◆ | ◆ | ◆ | | 793pp |
| * Lentil Soup | | | | ◆ | | | | | ◆ | | | ◆ | ◆ | ◆ | ◆ | ◆ | 712 |
| * Hommos | | | | ◆ | | | | | ◆ | | | ◆ | ◆ | ◆ | ◆ | ◆ | 539 |
| Tony's Hommos | | ◆ | | ◆ | ◆ | | | | ◆ | | | ◆ | ◆ | ◆ | ◆ | | 647 |
| * Baba Ghanuj | | | | ◆ | | | | | ◆ | | | ◆ | ◆ | ◆ | ◆ | ◆ | 546 |
| Batata Harra | | ◆ | | ◆ | ◆ | | | | | | | | | ◆ | ◆ | | 528 |
| Cheese Samboussek | | ◆ | | ◆ | ◆ | | | | | | | | | ◆ | ◆ | | 476 |
| * Falafel | | ◆ | | ◆ | ◆ | | | | | | ◆ | | | ◆ | ◆ | ◆ | 372 |
| Lebanese Wings | | ◆ | | ◆ | | | | | | | ◆ | | | | | | 456 |
| Halloumi & Tomato | | ◆ | | ◆ | | | | | | | | | | | | | 630 |
| * Tabbouleh | | | | | | | | | | | | | | | ◆ | ◆ | 228 |
| * Fattoush | | | | | | | | | | | | | | ◆ | ◆ | ◆ | 145 |
| Halloumi & Roasted Figs | | ◆ | | ◆ | | | ◆ | | | | ◆ | | | | ◆ | | 565 |

Warm Breads

| | | | | | | | | | | | | | | | | | |
|------------------------|--|---|--|---|--|--|--|--|---|--|--|---|---|---|---|---|-----|
| * Warm Olive Oil Bread | | | | ◆ | | | | | ◆ | | | ◆ | ◆ | ◆ | ◆ | ◆ | 241 |
| Spiced Lamb | | | | ◆ | | | | | ◆ | | | ◆ | ◆ | ◆ | | | 473 |
| * Za'atar & Garlic | | | | ◆ | | | | | ◆ | | | ◆ | ◆ | ◆ | ◆ | ◆ | 524 |
| Feta & Sumac | | ◆ | | ◆ | | | | | ◆ | | | ◆ | ◆ | ◆ | ◆ | | 469 |

Salads

| | | | | | | | | | | | | | | | | | |
|------------------|--|---|--|---|---|--|--|--|--|--|---|--|--|---|---|--|-----|
| Mama Zohra Salad | | ◆ | | ◆ | | | | | | | | | | ◆ | | | 551 |
| Falafel Salad | | ◆ | | ◆ | ◆ | | | | | | ◆ | | | ◆ | ◆ | | 747 |

Wraps

| | CRUSTACEANS | MILK | PEANUTS | SESAME SEEDS | EGG | FISH | NUTS | MOLLUSCS | MUSTARD | CELERY | SULPHITES & SULPHUR DIOXIDE | LUPIN | SOYA | CEREALS THAT CONTAIN GLUTEN | SUITABLE FOR VEGETARIANS | SUITABLE FOR VEGANS | CALORIES |
|---|-------------|------|---------|--------------|-----|------|------|----------|---------|--------|-----------------------------|-------|------|-----------------------------|--------------------------|---------------------|----------|
| * Falafel (1031 kcal - wrap platter) | | ◆ | | ◆ | ◆ | | | | ◆ | | ◆ | ◆ | ◆ | ◆ | ◆ | ◆ | 1039 |
| Lamb Kofta (849 kcal - wrap platter) | | | | ◆ | | | | | ◆ | | ◆ | ◆ | ◆ | ◆ | | | 986 |
| Chicken Taouk (843 kcal - wrap platter) | | | | ◆ | | | | | ◆ | | ◆ | ◆ | ◆ | ◆ | | | 875 |
| Halloumi (1120 kcal - wrap platter) | | ◆ | | ◆ | | | | | ◆ | | ◆ | ◆ | ◆ | ◆ | ◆ | | 1326 |
| * Falafel (Westfield London only) | | ◆ | | ◆ | ◆ | | | | | | ◆ | | | ◆ | ◆ | ◆ | 738 |
| Lamb Kofta (Westfield London only) | | | | ◆ | | | | | | | ◆ | | | ◆ | | | 556 |
| Chicken Taouk (Westfield London only) | | | | ◆ | | | | | | | ◆ | | | ◆ | | | 550 |
| Halloumi (Westfield London only) | | ◆ | | ◆ | | | | | | | ◆ | | | ◆ | ◆ | | 827 |

Grills

| | | | | | | | | | | | | | | | | | |
|-------------------------|--|--|--|---|--|--|--|--|--|--|---|--|--|---|--|--|-----|
| Spiced Lamb Kofta | | | | ◆ | | | | | | | ◆ | | | ◆ | | | 761 |
| Spiced Chicken Kofta | | | | ◆ | | | | | | | ◆ | | | ◆ | | | 671 |
| Marinated Chicken Taouk | | | | ◆ | | | | | | | ◆ | | | ◆ | | | 683 |
| Mixed Grill | | | | ◆ | | | | | | | ◆ | | | ◆ | | | 893 |

House Specialities

| | | | | | | | | | | | | | | | | | |
|----------------------|--|---|--|---|---|---|--|--|--|--|--|--|--|---|---|--|------|
| Pan-roasted Salmon | | | | ◆ | | ◆ | | | | | | | | | | | 1099 |
| Spinach & Feta Borek | | ◆ | | ◆ | ◆ | | | | | | | | | ◆ | ◆ | | 896 |

Tagines

| | | | | | | | | | | | | | | | | | |
|--------------------------|--|---|--|---|--|--|--|--|--|--|---|--|--|---|---|---|------|
| * Aubergine | | | | | | | | | | | | | | ◆ | ◆ | ◆ | 598 |
| Lamb Kofta | | ◆ | | | | | | | | | | | | ◆ | | | 1050 |
| Chicken & Green Olive | | | | | | | | | | | ◆ | | | ◆ | | | 382 |
| * Cauliflower & Chickpea | | | | ◆ | | | | | | | | | | ◆ | ◆ | ◆ | 857 |

Burgers

| | | | | | | | | | | | | | | | | | |
|----------------------|--|---|--|---|---|--|--|--|--|--|---|--|--|---|---|--|-----|
| Halloumi & Aubergine | | ◆ | | ◆ | ◆ | | | | | | ◆ | | | ◆ | ◆ | | 648 |
| Lamb Kofta | | ◆ | | ◆ | ◆ | | | | | | ◆ | | | ◆ | | | 545 |

Sides Continued

| | CRUSTACEANS | MILK | PEANUTS | SESAME SEEDS | EGG | FISH | NUTS | MOLLUSCS | MUSTARD | CELERY | SULPHITES & SULPHUR DIOXIDE | LUPIN | SOYA | CEREALS THAT CONTAIN GLUTEN | SUITABLE FOR VEGETARIANS | SUITABLE FOR VEGANS | CALORIES |
|-----------------------|-------------|------|---------|--------------|-----|------|------|----------|---------|--------|-----------------------------|-------|------|-----------------------------|--------------------------|---------------------|----------|
| * Quinoa | | | | | | | | | | | | | | | ◆ | ◆ | 266 |
| * Vermicelli Rice | | | | | | | | | | | | | | ◆ | ◆ | ◆ | 364 |
| * Steamed Couscous | | | | | | | | | | | | | | ◆ | ◆ | ◆ | 365 |
| Fries with garlic dip | | ◆ | | ◆ | ◆ | | | | | | | | | ◆ | ◆ | | 594 |
| * Garlic Sauce | | | | ◆ | | | | | | | | | | | ◆ | ◆ | 121 |
| * Tahina Sauce | | | | ◆ | | | | | | | | | | | ◆ | ◆ | 130 |
| * Harissa Sauce | | | | ◆ | | | | | | | | | | | ◆ | ◆ | 124 |
| Mint Yoghurt Sauce | | ◆ | | | | | | | | | | | | | ◆ | | 47 |

Desserts

| | | | | | | | | | | | | | | | | | |
|------------------------------------|--|---|--|---|---|--|---|--|--|---|--|--|---|---|---|--|-------|
| Chocolate & Tahina Mousse | | ◆ | | ◆ | | | | | | | | | ◆ | ◆ | ◆ | | 679 |
| Mango & Vanilla Cheesecake | | ◆ | | | | | ◆ | | | | | | | ◆ | ◆ | | 638 |
| Red Berries & Rosewater Mouhalabia | | ◆ | | | | | ◆ | | | | | | | | ◆ | | 403 |
| Baklawa Sandwich | | ◆ | | ◆ | ◆ | | ◆ | | | | | | | ◆ | ◆ | | 368 |
| Orange & Almond Cake | | ◆ | | | ◆ | | ◆ | | | ◆ | | | | ◆ | ◆ | | 699 |
| Selection of Baklawa | | ◆ | | | | | ◆ | | | | | | | ◆ | ◆ | | 548 |
| Baklawa & Fresh Rose Mint Tea | | ◆ | | | | | ◆ | | | | | | | ◆ | ◆ | | 560pp |

Ice Cream (40g per scoop)

| | | | | | | | | | | | | | | | | | |
|--------------|--|---|--|--|---|--|---|--|--|--|--|--|---|--|---|---|-----|
| Vanilla | | ◆ | | | ◆ | | | | | | | | | | ◆ | | 163 |
| * Dairy free | | | | | | | | | | | | | ◆ | | ◆ | ◆ | 55 |
| Pistachio | | ◆ | | | ◆ | | ◆ | | | | | | | | ◆ | | 43 |
| Chocolate | | ◆ | | | ◆ | | | | | | | | ◆ | | ◆ | | 35 |
| Rose | | ◆ | | | ◆ | | | | | | | | | | ◆ | | 36 |

Kids

| | CRUSTACEANS | MILK | PEANUTS | SESAME SEEDS | EGG | FISH | NUTS | MOLLUSCS | MUSTARD | CELERY | SULPHITES & SULPHUR DIOXIDE | LUPIN | SOYA | CEREALS THAT CONTAIN GLUTEN | SUITABLE FOR VEGETARIANS | SUITABLE FOR VEGANS | CALORIES |
|-------------------------------|-------------|------|---------|--------------|-----|------|------|----------|---------|--------|-----------------------------|-------|------|-----------------------------|--------------------------|---------------------|----------|
| Cheesy Chicken on a Flatbread | | ◆ | | ◆ | | | | | ◆ | | | ◆ | ◆ | ◆ | | | 341 |
| Cheesy Tomato Flatbread | | ◆ | | ◆ | | | | | ◆ | | | ◆ | ◆ | ◆ | ◆ | | 518 |
| Chicken in a Wrap | | ◆ | | ◆ | ◆ | | | | | | | | | ◆ | | | 375 |
| Halloumi Wrap | | ◆ | | ◆ | ◆ | | | | | | | | | ◆ | ◆ | | 152 |
| Chicken Taouk Bites | | ◆ | | ◆ | ◆ | | | | | | | | | ◆ | | | 251 |
| Mezze Adventure Platter | | ◆ | | ◆ | ◆ | | | | ◆ | | ◆ | ◆ | ◆ | ◆ | ◆ | | 209 |
| Vanilla Ice-cream | | ◆ | | | ◆ | | | | | | | | | ◆ | ◆ | | 326 |
| * Dairy free Ice Cream | | | | | | | | | | | | | ◆ | | ◆ | ◆ | 71 |

Hot Drinks

| | CRUSTACEANS | MILK | PEANUTS | SESAME SEEDS | EGG | FISH | NUTS | MOLLUSCS | MUSTARD | CELERY | SULPHITES & SULPHUR DIOXIDE | LUPIN | SOYA | CEREALS THAT CONTAIN GLUTEN | SUITABLE FOR VEGETARIANS | SUITABLE FOR VEGANS | CALORIES |
|--------------------------------|-------------|------|---------|--------------|-----|------|------|----------|---------|--------|-----------------------------|-------|------|-----------------------------|--------------------------|---------------------|----------|
| Fresh Rose Mint Tea | | | | | | | | | | | | | | | ✔ | ✔ | 60 |
| Americano with Cow Milk | | ✖ | | | | | | | | | | | | | ✔ | | 28 |
| *Americano with Soya Milk | | | | | | | | | | | | | ✖ | | ✔ | ✔ | |
| *Americano with Almond Milk | | | | | | | ✖ | | | | | | | | ✔ | ✔ | |
| *Americano with Oat Milk | | | | | | | | | | | | | | ✖ | ✔ | ✔ | |
| Cappuccino with Cows Milk | | ✖ | | | | | | | | | | | | | ✔ | | 119 |
| *Cappuccino with Soya milk | | | | | | | | | | | | | ✖ | | ✔ | ✔ | |
| *Cappuccino with Almond milk | | | | | | | ✖ | | | | | | | | ✔ | ✔ | |
| *Cappuccino with Oat Milk | | | | | | | | | | | | | | ✖ | ✔ | ✔ | |
| Latte with Cow Milk | | ✖ | | | | | | | | | | | | | ✔ | | 162 |
| *Latte with Soya Milk | | | | | | | | | | | | | ✖ | | ✔ | ✔ | |
| *Latte with Almond Milk | | | | | | | ✖ | | | | | | | | ✔ | ✔ | |
| *Latte with Oat Milk | | | | | | | | | | | | | | ✖ | ✔ | ✔ | |
| Flat White with Cow Milk | | ✖ | | | | | | | | | | | | | ✔ | | 84 |
| *Flat White with Soya Milk | | | | | | | | | | | | | ✖ | | ✔ | ✔ | |
| *Flat White with Almond Milk | | | | | | | ✖ | | | | | | | | ✔ | ✔ | |
| *Flat White with Oat Milk | | | | | | | | | | | | | | ✖ | ✔ | ✔ | |
| Mocha with Cow Milk | | ✖ | | | | | | | | | | | | | ✔ | | 240 |
| *Mocha with Soya Milk | | | | | | | | | | | | | ✖ | | ✔ | ✔ | |
| *Mocha with Almond Milk | | | | | | | ✖ | | | | | | | | ✔ | ✔ | |
| *Mocha with Oat Milk | | | | | | | | | | | | | | ✖ | ✔ | ✔ | |
| Macchiato Single with Cow Milk | | ✖ | | | | | | | | | | | | | ✔ | | 19 |
| Macchiato Double with Cow Milk | | ✖ | | | | | | | | | | | | | ✔ | | 31 |
| *Macchiato with Soya Milk | | | | | | | | | | | | | ✖ | | ✔ | ✔ | |
| *Macchiato with Almond Milk | | | | | | | ✖ | | | | | | | | ✔ | ✔ | |
| *Macchiato with Oat Milk | | | | | | | | | | | | | | ✖ | ✔ | ✔ | |
| *Espresso Single | | | | | | | | | | | | | ✖ | | ✔ | ✔ | 4 |
| *Espresso Double | | | | | | | ✖ | | | | | | | | ✔ | ✔ | 7 |

Hot Drinks *Continued*

| | CRUSTACEANS | MILK | PEANUTS | SESAME SEEDS | EGG | FISH | NUTS | MOLLUSCS | MUSTARD | CELERY | SULPHITES & SULPHUR DIOXIDE | LUPIN | SOYA | CEREALS THAT CONTAIN GLUTEN | SUITABLE FOR VEGETARIANS | SUITABLE FOR VEGANS | CALORIES |
|--|-------------|------|---------|--------------|-----|------|------|----------|---------|--------|-----------------------------|-------|------|-----------------------------|--------------------------|---------------------|----------|
| Hot Chocolate with Cow Milk | | ✦ | | | | | | | | | | | ✦ | | ◆ | | 272 |
| * Hot Chocolate with Soya Milk | | | | | | | | | | | | | ✦ | | ◆ | ◆ | |
| * Hot Chocolate with Almond Milk | | | | | | | ✦ | | | | | | ✦ | | ◆ | ◆ | |
| Lebanese Spiced Hot Chocolate with Cow Milk | | ✦ | | ✦ | | | ✦ | | | | | | | | ◆ | | 613 |
| * Lebanese Spiced Hot Chocolate with Soya Milk | | | | ✦ | | | ✦ | | | | | | ✦ | | ◆ | ◆ | |
| * Lebanese Spiced Hot Chocolate with Almond Milk | | | | ✦ | | | ✦ | | | | | | | | ◆ | ◆ | |

Homemade Lemonades

| | | | | | | | | | | | | | | | | | |
|---------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|---|-----|
| Roomana | | | | | | | | | | | | | | | ◆ | ◆ | 102 |
| Roza | | | | | | | | | | | | | | | ◆ | ◆ | 120 |
| Toufaha | | | | | | | | | | | | | | | ◆ | ◆ | 118 |
| Leymona | | | | | | | | | | | | | | | ◆ | ◆ | 95 |

BREAKFAST / BRUNCH

Full Breakfast

| | CRUSTACEANS | MILK | PEANUTS | SESAME SEEDS | EGG | FISH | NUTS | MOLLUSCS | MUSTARD | CELERY | SULPHITES & SULPHUR DIOXIDE | LUPIN | SOYA | CEREALS THAT CONTAIN GLUTEN | SUITABLE FOR VEGETARIANS | SUITABLE FOR VEGANS | CALORIES |
|----------------------|-------------|------|---------|--------------|-----|------|------|----------|---------|--------|-----------------------------|-------|------|-----------------------------|--------------------------|---------------------|----------|
| Lebanese | | ◆ | | ◆ | ◆ | | | | ◆ | | | ◆ | ◆ | ◆ | | | 763 |
| Lebanese Veggie | | ◆ | | ◆ | ◆ | | | | ◆ | | | ◆ | ◆ | ◆ | ◆ | | 678 |
| Spinach & Feta Borek | | ◆ | | ◆ | ◆ | | | | | | | | | ◆ | ◆ | | 905 |
| The Beiruty | | ◆ | | ◆ | ◆ | | | | ◆ | | ◆ | ◆ | ◆ | ◆ | ◆ | | 660 |

The Eggs

| | | | | | | | | | | | | | | | | | |
|-------------------------------|--|---|--|---|---|---|--|--|---|--|---|---|---|---|---|--|-----|
| Shakshuka Egg & Feta | | ◆ | | ◆ | ◆ | | | | ◆ | | ◆ | ◆ | ◆ | ◆ | ◆ | | 468 |
| Scrambled Egg & Feta | | ◆ | | ◆ | ◆ | | | | ◆ | | | ◆ | ◆ | ◆ | ◆ | | 596 |
| Smoked Salmon & Scrambled Egg | | ◆ | | ◆ | ◆ | ◆ | | | ◆ | | | ◆ | ◆ | ◆ | | | 702 |
| Shakshuka & Beef Soujok | | ◆ | | ◆ | ◆ | | | | ◆ | | ◆ | ◆ | ◆ | ◆ | | | 595 |

Savoury Selection

| | | | | | | | | | | | | | | | | | |
|----------------------------|--|---|--|---|---|--|--|--|---|--|---|---|---|---|---|--|-----|
| Halloumi & Sumac Man'ousha | | ◆ | | ◆ | ◆ | | | | ◆ | | ◆ | ◆ | ◆ | ◆ | ◆ | | 533 |
| Turkey Bacon Sandwich | | ◆ | | ◆ | ◆ | | | | ◆ | | | ◆ | ◆ | ◆ | | | 448 |

Sweet Selection

| | | | | | | | | | | | | | | | | | |
|------------------------------------|--|---|--|---|--|---|--|--|---|--|--|---|---|---|---|--|-----|
| Rose Figs & Halloumi Man'ousha | | ◆ | | ◆ | | ◆ | | | ◆ | | | ◆ | ◆ | ◆ | ◆ | | 630 |
| Banana, Honey & Halloumi Man'ousha | | ◆ | | ◆ | | ◆ | | | ◆ | | | ◆ | ◆ | ◆ | ◆ | | 631 |

Granola

| | | | | | | | | | | | | | | | | | |
|--------------------------------|--|--|--|---|--|---|--|--|--|--|--|--|--|--|---|---|-----|
| * Granola with Coconut Yoghurt | | | | ◆ | | ◆ | | | | | | | | | ◆ | ◆ | 440 |
|--------------------------------|--|--|--|---|--|---|--|--|--|--|--|--|--|--|---|---|-----|

Pastries & Cakes

| | | | | | | | | | | | | | | | | | |
|------------------------------|--|---|--|---|---|--|---|--|--|---|--|--|---|---|---|--|-----|
| Plain Croissant | | ◆ | | | ◆ | | | | | | | | | ◆ | ◆ | | 288 |
| Pain au Raisin | | ◆ | | | ◆ | | | | | ◆ | | | | ◆ | ◆ | | 358 |
| Chococolate Croissant | | ◆ | | | ◆ | | | | | | | | ◆ | ◆ | ◆ | | 337 |
| Soujok & Shakshuka Croissant | | ◆ | | | ◆ | | | | | | | | | ◆ | | | 470 |
| Halloumi & Za'atar Croissant | | ◆ | | ◆ | ◆ | | | | | | | | | ◆ | ◆ | | 503 |
| Date & Tahina Muffin | | ◆ | | ◆ | | | | | | | | | ◆ | ◆ | ◆ | | 667 |
| Orange & Almond Cake | | | | | ◆ | | ◆ | | | | | | | | ◆ | | 500 |