



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.

WINTER 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
Whipped Feta		◆		◆					◆			◆	◆	◆	◆		652
* Tabbouleh															◆	◆	228
* Fattoush														◆	◆	◆	145
Halloumi & 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
Marinated Chicken Taouk				◆							◆			◆				683
Mixed Grill		◆		◆							◆			◆				1135
Lamb Kofta Burger		◆		◆	◆						◆			◆				545

House Specialities

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

Tagines

* Aubergine														◆	◆	◆		598
Lamb Kofta & Butter Bean		◆												◆				950
Chicken & Green Olive											◆			◆				382
* Cauliflower & Chickpea Tagine				◆										◆	◆	◆		635

Rice Bowls

Chicken Shawarma		◆		◆							◆			◆				1066
Lamb Kofta		◆		◆							◆			◆				1079
* Falafel				◆							◆			◆	◆	◆		998

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 Cheesecake		◆					◆							◆	◆		638
Orange Blossom Mouhalabia		◆		◆							◆				◆		490
Chocolate Brownie		◆		◆	◆		◆						◆	◆	◆		769
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 Hot Chocolate with Cow Milk		✦		✦			✦								✔		613
* Lebanese Hot Chocolate with Soya Milk				✦			✦						✦		✔	✔	
* Lebanese Hot Chocolate with Almond Milk				✦			✦								✔	✔	
* Tahina & Date Molasses Latte with Almond Milk				✦			✦						✦		✔	✔	146

Homemade Lemonades

Roomana															✔	✔	102
Roza															✔	✔	120
Toufaha															✔	✔	118
Leymona															✔	✔	95

Loaded Lemonades

Roomana															✔	✔	
Roza															✔	✔	
Toufaha															✔	✔	
Leymona															✔	✔	

Soft Drinks

Cans (Coke, Fanta, Sprite)															✔	✔	
Franklin & Sons (all)															✔	✔	
Tap water															✔	✔	

Cocktails

Espresso Martini															✔	✔	
Mojito Classic															✔	✔	
Mojito Twist															✔	✔	
Pina Colada															✔	✔	

Cocktails	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
Rose & Rum Daquiri															✔	✔	
Aperol Spritz											✘				✔	✔	
Blushing Spritz											✘				✔	✔	
Passionfruit Martini											✘				✔	✔	

Limited Edition

Kafra Sangria Red & White											✘				✔	✔	
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Alcohol Free Cocktails

Rose & Orange Spritz															✔	✔	76
Shambania Bellini													✘		✔	✔	111

Sodas

Saffron Ginger Refresher															✔	✔	125
Elderflower Spritz															✔	✔	46
Pomegranate & Hibiscus															✔		87
Cherry Coconut Cooler															✔	✔	196

White Wine

Pecorino											✘				✔	✔	
Pinot Grigio											✘				✔	✔	
Sauvignon Blanc											✘				✔	✔	
Picpoul											✘				✔	✔	
Chateau Ksara Chardonnay											✘				✔	✔	

Red Wine

Tempranillo											✘				✔	✔	
Malbec											✘				✔		
Pinot Noir											✘				✔	✔	
Chateau Ksara Cabernet Sauvignon											✘				✔	✔	
Chateau Musar											✘				✔	✔	

Rose Wine

	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
Chateau Ksara Sunset Rose											🔴				🟢	🟢	
Pinot Grigio rose											🔴				🟢	🟢	

Sparkling Wine

Prosecco											🔴				🟢		
Champagne - Moet											🔴				🟢	🟢	
Bottega - 0%											🔴		🔴		🟢		

Perfect Serves

Scotch, Ginger & Mandarin															🟢	🟢	
Apple & Bourbon															🟢	🟢	
Dark & Stromy															🟢	🟢	
Rum & Roses															🟢	🟢	
Sapphire Rhubarb & Rosemary															🟢	🟢	
Bramble & Rose															🟢	🟢	
Pressed Lemon & Elderflower															🟢	🟢	

Beer

Menabrea Blonde														🔴	🟢	🟢	
Menabrea Amber														🔴	🟢	🟢	
Menabrea Zero														🔴	🟢	🟢	
Camden Pale Ale Can														🔴	🟢	🟢	
Camden Pale Ale Draught														🔴	🟢	🟢	
Beirut Beer														🔴	🟢	🟢	
Aspall Cider											🔴				🟢	🟢	

After Dinner Drink

Arak											🔴				🟢	🟢	
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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
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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