GUIDE TO HEALTHY EATING

Many of the dishes on our menu have ingredients which are very beneficial to our wellbeing. We have highlighted some of those dishes with our heart symbol ❤️

Artichoke is a diuretic and contains inulin which stimulates good bacteria in the gut. It also supports the liver function and bile flow.

Avocado is very high in protein, has a calming effect and is good for digestion and has anti anaemic properties.

Cashew nuts are a great source of niacin, a B vitamin which is known to elevate mood, a natural alternative to Prozac!

Chick peas contain vital minerals and are an aid to cleansing the digestive system and supporting the kidney function.

Lentils are a good source of alkaline minerals for every organ of the body and is great for neutralising the build up of lactic acid during exercise. Puy lentils are a great source of zinc and magnesium to support you in stressful times.

Mango reduces acidity in the gut, supports the kidney function and digestion and cleanses the blood. They also contain phytochemicals which protect against heart disease and stroke and prevent certain forms of cancer.

Pears act as a diuretic. They benefit the thyroid and stimulate the metabolism. They contain pectin which removes toxins from the gut.

Spinach helps to regulate blood pressure, has anti cancer properties, boosts the immune system and supports bone health.

Sumac widely used in Middle Eastern cookery, it is made from dried Rhus Coriara berries and stimulates the digestive enzymes in the mouth.

Tomato is an antiseptic, antibacterial, anti inflammatory and supports the liver function.

Blueberries are an antioxidant superfood and are packed with antioxidants and phytoflavinoids. High in potassium and vitamin C they can help lower your risk of heart disease and cancer and are also anti-inflammatory.
STARTERS AND MEZZE

FLATBREAD • PLAIN OR WITH GARLIC BUTTER V £3.75
RUSTIC BREADS WITH BALSAMIC AND OLIVE OIL V £3.95
MARRINATED OLIVES V GF £3.75
SMOKED HUMMUS V MF VG £4.95
Served with warm flatbread
MUHAMMURAH V MF £4.95
Sweet red pepper and walnut dip served with warm flatbread
BABA GHANOULI V MF VG £4.95
Smoky aubergine and lemon dip served with warm flatbread
HAYDARI V MF VG NEW £4.95
Garlicky yoghurt, feta, walnut and herb dip served with warm flatbread
PERSESIAN THREE DIP SHARING PLATTER V MF VG £9.75
Three of our delicious dips served with warm flatbread
LE GUSTA SOUP OF THE DAY V MF £4.95
A freshly made hearty soup
SEASSBASS KOFFE NEW £5.95
Flaked sea bass fillet bound with egg and breadcrumbs, parsley, thyme and sumac, then pan fried and served with a smoky red pepper sauce and walnut sauce
CHORIZO AND CHEESE BOREK NEW £5.95
Deep fried pastry parcels stuffed with chorizo and feta cheese served with spicy smiricha
LAMB KOFFE NEW £5.95
 Chargrilled spiced minced lamb kebab served with minted yoghurt
HALLOUMI FRIES V MF NEW £4.95
Deep fried fingers of halloumi cheese served with pomegranate jam
TAVUK KANAT NEW £5.95
Chicken wings marinated in yoghurt, oregano, lemon and sumac then chargrilled

GREAT FOR SHARING

ANTIPASTO BOARD £13.25
Cured ham, lemon and za’atar chicken, chorizo, pickles, parmesan and focaccia bread
VEGETARIAN ANTIPASTO BOARD V MF VG £12.95
Sliced flatbread with a selection of dips, marinated artichokes, olives, sunblush tomatoes and marinated peppers
SEAFOOD SHARING PLATTER £14.00
Koh roast salmon, grilled asparagus, white crabmeat and king prawns served with rickat, rustic bread and horseradish cream

PIZZAS AND FLATBREADS

Our 11 inch pizzas and flatbreads are hand stretched and baked in our stone oven to give an authentic taste. Gluten free base available – please ask your server.

CLASSIC MARINHETTA V £8.25
Pomodoro, mozzarella, oregano and olive oil.

CHICKEN, SPINACH AND RED PEPO PIZZA £10.25
Pomodoro, mozzarella, chicken, spinach and red pesto
ditto

FUNGH V £9.50
Pomodoro, mozzarella, field mushrooms, red onions and olives

PARMA HAM AND PEPPERONI £10.25
Pomodoro, mozzarella, parma ham and pepperoni

WHITE ANCHOVY, COURGETTE AND OLIVE £9.50
Pomodoro, white anchovies, courgettes and olives with red onion. Just give it a try!

THE REAL HAWAIIAN NEW £10.25
Pomodoro, hand carved ham and fresh chargrilled pineapple

MUHAMMURAH V MF VG £4.95
Flavored with smoked paprika and lemon juice.

LE GUSTA BETTER BURGERS

BEEF £10.95
Prime Ezo homemade British steak burger with tomato, lettuce and pineapple jam served in a sourdough bun with pickled gherkin and skinny fries. Spice it up with sriracha or add cheese or bacon £1.00

FALAFEL V MF £10.25
Spicy falafel burger with tomato, lettuce and topped with smoked hummus, served in a sourdough bun with pickled gherkin and skinny fries. Add cheese £1.00

LAMB NEW £10.95
Slow cooked tender lamb marinated in olive, anchovy, oregano, chilli, lemon, garlic, sumac and parsley, then shredded and spread with cumin, maple syrup and harissa, served in a sourdough bun with pickled cucumber and skinny fries

CHICKEN NEW £10.25
Harissa rubbed chicken breast fillet, chargrilled and served in a sourdough bun with lettuce, tomato, minted yoghurt and a side of skinny fries

MINS

SEAFOOD TAGINE NEW £12.95
Fillets of red mullet, cod and king prawns simmered in a delicately flavoured fish stock with tomatoes, cumin, cardamom, turmeric and coriander and served with jumbo couscous

PERSIAN LAMB BIRYANI £12.50
Fragrant Persian spiced lamb with honey and garlic and served with pilaf of rice

BABY AUBERGINE, TOMATO AND BUTTERBEAN TAGINE V MF VG NEW £9.95
A hearty warming stew of baby aubergines, butterbeans and tomato flavoured with honey and garlic and served with pilaf of rice

CHICKEN, PRESERVED LEMON AND OLIVE TAGINE £10.95
Slow cooked chicken thighs with preserved lemon and olives, served with spiced couscous

PUMPKIN MANTI V MF NEW £9.95
Our take on Turkish dumplings. Pasta parcels stuffed with pumpkin and topped with yoghurt and sundried tomato pesto

CRAB, PRAWN AND CHILLI LINGUINE £11.50
Durum wheat linguine with white crabmeat, prawns, chilli flakes, white wine, fennel seeds, lemon and parsley

STEAK AND CHIPS £10.95
Flash grilled minute steak served with skinny fries and a choice of parsley, jalapenos or bloody mary butter. Simply delicious!

SIDES

SWEET POTATO CHIPS V £3.95
SKINNY FRIES V £3.50
GIANT ONION RINGS V £3.50
PULAO RICE £3.50
GARLIC MUSHROOMS V £3.50
MIXED SALAD V £3.50
ROCKET AND PARMESAN V £3.50
RAINBOW SLAW V £3.50

SUPERFOOD SALADS

BULGAR WHEAT V MF VG NEW £9.75
Tomato, salad leaves, bulgar wheat, spring onion, red onion, cucumber, mint, flat leaf parsley, pomegranate seeds, smoked paprika and lemon juice.

ARTICHOCHE, FETA AND PUMPKIN SEED V MF VG NEW £9.75
Marinated grilled artichoke hearts with feta, sumac and toasted pumpkin seeds served on mixed leaves with lemon and garlic dressing

HARISSA VEGETABLE AND PUY LENTIL V MF VG £9.75
Spicy roasted vegetables, cherry tomatoes, puy lentils and rocket.

Add your choice of protein: Lemon and za’atar chicken £2.00, King prawns £3.00, Falafel £2.00

GF GLUTEN FREE  •  V VEGETARIAN  •  VG VEGAN  •  MF MEAT FREE  •  XX GOOD FOR WELLING

PLEASE NOTE: Some of the dishes on our menus contain allergens.