Edited on the 1/9/2019

Abstract

A guide to main ingredients, allergens and some important information regarding our food

Recipe and allergen manual

For customers & staff



Dear customer,

If you would like a bit more information about our dishes – their ingredients, allergens etc - please look carefully at the table below. Are staff do their best to remember these but might get it wrong from time to time, especially under pressure during a busy service.

**Allergens – general notice:**

**We aim to sell you good food and to keep you safe. If you have an allergy or food intolerance – please read the list below carefully. Please note we work in a very busy and small kitchen therefor WE CANNOT GUARANTEE that there will be no cross contamination of allergens. If your allergy is a life threatening one, we STRONGLY RECOMEND you do not purchase our food. Our systems are not sophisticated enough to ensure your food has no specific allergen. We rather lose a customer than risk their life, and we hope you appreciate and understand that. Staff have no right to deviate from this policy.**

General:

All our food is produced at our kitchen in 27 Tottenham Street and is made from fresh and high-quality ingredients, supplied by trusted and selected suppliers.

Our meat: **is not Halal**.

Our bread & pitta pockets: are not gluten free.

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| **PITTAS****Item Name** | **Description** | **Celery** | **Crustaceans** | **Eggs** | **Fish** | **Gluten** | **Lupin** | **Dairy** | **Molluscs** | **Mustard** | **Nuts\*** | **Peanuts** | **Sesame** | **Soybeans** | **Sulphur Dioxide** | **None** |
| **Falafel salads** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pitta |  |  |  |  |  | X |  |  |  |  |  |  |  |  |  |  |
| Falafel balls | Deep fried chickpea “fritters” |  |  |  |  |  |  |  |  |  |  |  | X |  |  |  |
| Shakshooka | Served in a frying pan are 2 eggs cooked in homemade pepper, tomato & garlic sauce. Seasoned with Zaatar parsley and chilli.  |  |  | X |  |  |  |  |  |  |  |  | X |  |  |  |
| Egg |  |  |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
| White/red cabbage pickle salad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pickle cucumber |  |  |  |  |  |  |  |  |  | X |  |  |  |  |  |  |
| Tahini |  |  |  |  |  |  |  |  |  |  |  |  | X |  |  |  |
| Red chili sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |  | X |  |
| Green chili sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |  | X |  |
| Hummus dip tub | Our home-made hummus with olive oil and parsley |  |  |  |  |  |  |  |  |  |  |  | X |  |  |  |
| Smoked aubergine  | Smoked aubergine with tahini, garlic and lemon |  |  |  |  |  |  |  |  |  |  |  | X |  | X |  |
| Sabich pitta- standard | Pitta, boiled egg, eggplant, hummus, vegetable salad, tahini, pickles, white cabbage, amba sauce |  |  | X |  | X |  |  |  | X |  |  | X |  | X |  |
| Falafel pitta - standard | Pitta, falafel, veg salad, white and red cabbage salad, aubergine, pickles, tahini, both chili sauces |  |  |  |  | X |  |  |  | X |  |  | X |  | X |  |
| Shakshooka pitta - standard | Pitta, Hummus, Shakshooka, pickles, aubergine, tahini |  |  | X |  | X |  |  |  | X |  |  | X |  | X |  |

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| **SOUPS****Item Name** | **Description** | **Celery** | **Crustaceans** | **Eggs** | **Fish** | **Gluten** | **Lupin** | **Dairy** | **Molluscs** | **Mustard** | **Nuts\*** | **Peanuts** | **Sesame** | **Soybeans** | **Sulphur Dioxide** | **None** |
| **Sweet Potato & peanut satay soup**  | Smooth textured soup, garnished with red chilli,coriander and roasted peanuts. **Main ingredients:** roasted sweet potatos, potatos | x |  May contain |   |  May contain |  May contain |   |  May contain |   |   |   | x | x |   |   |   |
| **Black bean and Jalapeno soup**  | Earthy and spicy taste. Garnished with coriander and feta cheese (only dairy is on garnish. Can be removed). **Main ingredients:** black beans, carrots, jalapeno peppers | x |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| **Chicken Thai soup**  | A touch spicy - this is a great chunky soup based on coconut milk. Garnished with chilli and coconut flakes and basil leaves. **Main ingredients:** chicken, broccoli, okra, sweet potato, coconut milk, red onions. | x |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| **Chicken Matzo ball soup**  | Traditional Jewish eastern European soup - clear chicken broth soup with Matzo ball dumplings. Garnished with parsley. **Matzo dumpling’s main ingredients:** Matzo flour, egg, dill. **Soup’s main ingredients:** chicken, celery, carrot | x |   | x |   | x |   |   |   |   |   |   |   |   |   |   |
| **Lamb fasolia soup**  | Origins from Yemen - nourishing and full of taste - this soup is based on lamb shoulder, white beans and tomatoes, with cardamon. Garnished with fenugreek sauce, red chilli, parsley. **Main ingredients:** lamb shoulder, tomatos, white beans, fresh rosmary. |   |   |   |   |   |   |   |   |   |   |   |   |   |   | x |
| **Moroccan chickpea & lentil soup**  | Moroccan classic but in a vegan form- rich soup full of lentils and chickpeas, a touch spicy. Garnished with roasted seeds (pine nuts, sunflower seeds, pumpkin seeds) and parsley. **Main ingredients**: Chickpea, lentils, tomatoes, ginger, turmeric. | x |   |   |   | x |   |   |   |   |   |   | x |   |   |   |

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| **Mushroom & truffle oil soup**  | Surprisingly vegan, made with fresh button mushrooms. Garnished with truffle oil and fresh parsley. **Main ingredients:** button mushrooms, oats, potatoes. | x |   |   |   | x |   |   |   |   |   |   |   |   |   |   |
| **Beef Goulash soup**  | Eastern European classic, it’s a chunky meaty soup, delicious with side cream. Garnished with spring onions. **Main ingredients:** beef, red peppers, paprika. |   |   |   |   | x |   |   |   |   |   |   |   |   |   |   |
| **Shrimp island stew**  | One of our favourites - based on coconut milk and okras. Garnished with chilli oil, coriander and fried banana plantain. **Main ingredients:** Lemon grass, coconut milk, prawns, okras | x | x |   |   |  x |   |   |   |   | x | x |  x |   |   |   |
| **Spicy cod soup**  | Spicy tomato and pepper soup with cod dumplings. Garnished with our home made Schugg spicy sauce. **Main ingredients:** tomatoes, red peppers, garlic, cod. | x |   | x | x | x |   |   |   |   |   |   |   |   |   |   |
| **Thai cod soup**  | Chunky soup based on coconut milk. Garnished with chilli and coconut flakes and basil leaves. **Main ingredients:** cod, broccoli, okra, sweet potato, coconut milk, red onions. | x | x |   | x |   |   |   |   |   |   |   |   |   |   |   |
| **Onion soup**  | French classic. Caramelized onions garnished with croutons and grated cheese. **Main ingredients:** onions! | x |   |   |   | x |   | x |   |   |   |   |   |   |   |   |
| **Thai coconut cod** | Chunky soup based on coconut milk. Garnished with chilli and coconut flakes and basil leaves. **Main ingredients:** cod, broccoli, okra, sweet potato, coconut milk, red onions. | x | x |  | x |  |  |  |  |  |  |  |  |  |  |  |

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| **Spinach & cashew nut** | Loads of spinach with our original tofu and cashew nut cream. **Main ingredients:** spinach, nutmeg, cashew, tofu | X |  |  |  |  |  |  |  |  | X |  |  | X |  |  |
| **Lemon & swiss chard with Tahini dumplings** | Super original soup, middle eastern flavours. Includes semolina cast dumplings with tahini and cauliflower inside with light chard broth. Garnished with sumac and parsley. **Main ingredients:** swiss chard, cauliflower, tahini, sumac, turmeric, cumin, lemon. | X |  |  |  | X |  |  |  |  |  |  | X |  |  |  |
| **Beetroot & beef dumplings** | Very well known middle eastern soup - sweet and sour clear beetroot broth with beef dumplings cast in semolina pastry. Garnished with parsley. **Main ingredients:** Beetroot,beef, honey, cloves, cinnamon. | X |  |  |  | X |  |  |  |  |  |  |  |  |  |  |
| **Red lentil & coconut milk** | Smooth red lentil soup with sea food. Garnished with lemon zest. **Main ingredients:** Red lentil, coconut milk, green curry | X |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Carrot & red pepper** | Creamy soup with a distinct peppery taste! Garnished with basil oil and roasted seeds. **Main ingredients:** roasted red peppers, carrots | x |  |  |  |  |  | x |  |  | pine |  | x |  |  |  |
| **Asian chicken noodle** | Clear beef & chicken broth, glass noodle, bok choy, mint and basil leaves | x |  |  |  |  |  |  |  |  |  |  | x |  |  |  |

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| **OTHER BOWLS****Item Name** | **Description** | **Celery** | **Crustaceans** | **Eggs** | **Fish** | **Gluten** | **Lupin** | **Dairy** | **Molluscs** | **Mustard** | **Nuts\*** | **Peanuts** | **Sesame** | **Soybeans** | **Sulphur Dioxide** | **None** |
| Beef and aubergine meatballs | Beef and aubergine meatballs with courgette and tomato sauce, served on giant cousecouse (note that this dish comes with a leafboxe which has a separate allergen list) | X |  | X |  | X |  |  |  |  |  |  |  |  |  |  |
| Chicken Shawarma | Seasoned chicken thighs over giant couscous, with sliced cherry tomatoes, parsley and mint leaves. Comes with Tahini and Amba pickle sauce (fenugreek pickle)- all homemade. |  |  |  |  | X |  |  |  |  |  |  | X |  |  |  |

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| Halva shake |  |  |  |  |  |  |  |  |  |  | X almonds, hazelnuts |  | X |  |  |  |
| Chocolate truflle |  |  |  |  |  | X |  | May contain traces |  |  |  |  | X |  |  |  |
| Boureka | Puff pastry with fetta cheese, spinach and seasoning |  |  | X |  | X |  | X |  |  |  |  |  |  |  |  |