

COLD MEZZA

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| 1. | Hummus (v)
Everyone's favourite.
Mashed chickpeas with tahini sauce, garlic, lemon juice and topped with olive oil. | حمص | ALL MEZZA SERVED WITH ARABIC BREAD | £3.95 |
| 2. | Moutabbal (v)
Blended charcoal grilled aubergine with garlic, Tahini (pure sesame oil) and lemon juice served with olive oil. | متبل | | £4.10 |
| 3. | Tabboule (v)
A true classic. Chopped fresh parsley, diced tomatoes, mint, spring onions and cracked wheat tossed with olive oil, lemon juice and herbs. | تبولة | | £3.95 |
| 4. | Fattoush (v)
A delightful mix of lettuce, tomatoes, cucumbers, spring onions, fresh mint and parsley and toasted Arabic bread, tossed with olive oil, lemon Juice. | فتوش | | £3.95 |
| 5. | Warak Enab (v)
A healthy mix of rice & vegetable, wrapped with pickled grape leaves then cooked in natural juices. | ورق عنب | | £4.10 |
| 6. | Lebanese Salad (v)
Fresh mixture of lettuce, tomatoes, cucumbers, spring onions, fresh mint, parsley and dressing. | سلطة لبنانية | | £3.95 |
| 7. | Leban Bi-Khyar (v)
Home made yoghurt mixed with cucumbers, mint and a touch of garlic. | لبن مع خيار | | £3.95 |
| 8. | Greek Salad (v)
Fresh lettuce, cucumbers, tomatoes, spring onions, parsley, with Feta cheese, olives and dressing. | سلطة يونانية | | £4.20 |
| 9. | Prawns Cocktails
Fresh prawns mixed with homemade prawn sauce, served on a bed of salad and garnished with slice of fresh lemon. | كوكتيل كمبرى | | £4.20 |

HOT MEZZA

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| 10. | Mina Meat Balls
Delicious little spicy meat balls served with our unique sauce. | كرات اللحمة | | £4.40 |
| 11. | Bamieh (v)
Okra cooked with onion, garlic, tomatoes and herbs. | باميه | | £3.95 |
| 12. | Falafel (v)
Vegetarian traditional eastern snack made of chickpeas and broad beans and flavoured with exotic spices, shaped in to balls and deep fried with our special sauce. | فلافل | | £4.10 |
| 13. | Kibba
Lamb and cracked wheat shell filled with seasoned minced lamb, onion and roasted pine nuts, deep fried with our yoghurt mint sauce. | كبة | | £4.10 |
| 14. | Jawaneh
Marinated chicken wings with oregano and spices then grilled on charcoal. | جوانح | | £3.95 |
| 15. | Sujuk
Sliced Lebanese spicy sausage(merguez) with our unique sauce. | سجوك | | £4.20 |
| 16. | Battata Harra (v)
Cubes of baby potatoes cooked with coriander, chilli, garlic and spices. | بطاطة حارة | | £3.95 |
| 17. | Foul moudamas (v)
Boiled broad beans,chickpeas simmered in tomatoes, garlic, topped with olive oil and lemon juice. | فول مدمس | | £4.20 |
| 18. | Mussels
Cooked with cream, wine and garlic sauce. | محار | | £4.50 |
| 19. | Garlic Mushrooms(v)
Fresh mushrooms sautéed in garlic, wine, parsley and butter. | فطر مع الثوم | | £4.20 |
| 20. | Tiger Prawns
Sautéed in garlic, with our tomato herb sauce. | أسد الجمبرى | | £4.20 |
| 21. | Selection of Mezzas
Platter of 6 mezzas: Hummus, Mutabbal, Tabuli, Falafel, Waraq Enab and Kubbi. <i>Recommended as a starter between two or three.</i> | المشكلات من مزة | | £12.50 |

DISHES MARKED (V) ARE SUITABLE FOR VEGETARIAN

43 Crwys Road, Cathays, Cardiff CF24 4ND

Tel/ 02920 235212

www.MinaRestaurant.co.uk

Opening Hours / MON to SAT 5pm till 11pm

SUN 5pm till 10pm

LEBANESE MAIN COURSES

22. **Mina Lamb** مينا غنم £11.95
Tender cubes of leg of lamb slowly cooked, stir fried with tomatoe sauce, mushrooms, onions, green and red peppers, garlic and chilli (mild spicy), served with rice.
23. **Lamb Couscous** كوس كوس مع لحم غنم £11.95
Served in a traditional plate. Bed of couscous topped with mixture of tasty vegetable and tender cubes of lamb .
24. **Kastaletta Ghanam** كستلايتا غنم £12.95
Marinated pieces of tender lamb chop, charcoal grilled, sautéed with our special fresh rosemary and port sauce, served with rice.
25. **Shish Tawk** شيش طاووق £11.95
Cubes of chicken fillet marinated in garlic, lemon juice, olive oil and char-grilled that just melts in your mouth. Served with rice, salad, and grilled tomatoes, onions, mixed peppers.
26. **Lamb Mashwi** لحم غنم مشوى £12.95
Tender cubes of lamb on char-grill, served with rice, salad, and grilled tomatoes, onions, mixed peppers.
27. **Mina Kofta** مينا كفته £11.50
Ground meat “lamb” with onions and parsley on a skewer, char-grilled, served with rice, salad and grilled tomatoes, onions.
28. **Mashwi Mwshakal** مشوى مشكل £12.95
Combination of Shish Tawk, Lamb Mashwi and Mina Kofta, served with rice, salad and grilled tomatoes, onions, mixed peppers.
29. **Kubba bil Sayniyeh** كبه بل صينيه £11.95
Most popular Lebanese dish. Two flat layers of baked minced lamb and cracked wheat shell, filled with seasoned minced lamb and pine nuts, served with our mint sauce, rice and salad.

CHICKEN DISHES

30. **Mina Chicken** مينا دجاج £11.95
Marinated chicken breast grilled sautéed with our special fresh lemon and coriander sauce, served with rice.
31. **Chicken Ala Cream** دجاج مع كريم £11.95
Marinated breast of chicken grilled sautéed onions, mushroom, red wine and cream, served with rice.
32. **Chicken Fajita** فهيتا مع دجاج £12.95
Strips of chicken breast, onion, mix peppers, Mexican seasoning (Spicy) served with tortilla bread and chips.

VEGETARIAN DISHES

33. **Vegetarian couscous** كوس كوس مع خضروات £10.95
Served in a traditional plate. Bed of couscous topped with mixture of tasty vegetables and spices , with herbs.
34. **Dolma** ورق عنب £10.95
Delicious dish. Moist little rolls of vine leaves, stuffed with a healthy mix of rice, tomatoes, fresh parsley and spices served with salad and our yoghurt-mint sauce.
35. **Veggie Club** خضروات مشكل £10.95
Aubergine, tomatoes , courgette, onions, garlic, special Arabic seven spices, cooked then topped with cheese, served with Mediterranean rice.
36. **Pasta ala cream** معكرونه مع كريم £10.95
A delicious dish with pasta , onions, mushrooms, red wine and cream served with chips.

SEA FOOD

37. **Grilled salmon Steak** سمك سلمان £12.95
Salmon fillet, char grilled, served with our tomato sauce, herbs served with rice.
38. **King Prawns** ملك جمبرى £15.50
Charcoal grilled King prawns finished with sautéed garlic butter, fresh coriander, lemon sauce and wine. Served with rice.

STEAK

39. **Char-Grill Sirloin Steak** لحم بقر (ستيك) £13.00
Served with chips.
40. **Steak au Poivre** £13.50
Grilled sirloin steak finished with peppercorn, mustard and cream (Pepper Sauce). Served with chips.
41. **Mina Steak** £13.50
Grilled sirloin steak finished with sautéed onions, mushrooms, red wine and cream (Mushroom Sauce). Served with chips.