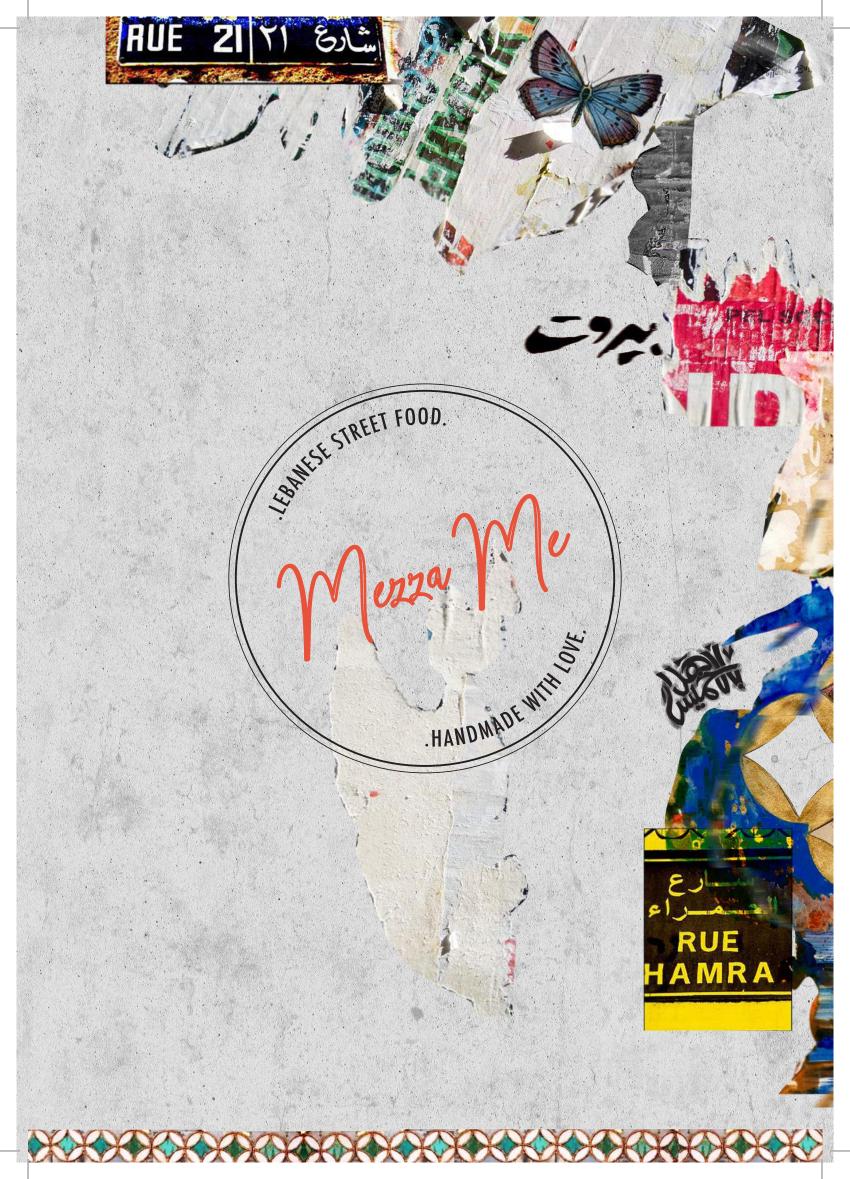


Lebanese Street Food

Relive the nostalgia of growing up with the taste of home-made hummus and richly stuffed wraps. We've revamped Teta's traditional Lebanese recipes and given them a bit of a glow up.

Featuring all your classic mezza favourites like smooth hummus, shawarma for days, and sinfully fluffy falafel, our menu (and portion sizes) aim to satisfy. Giving it a South London twist, we've introduced some beefed up co-stars like our mega 8" wraps.

Veggie, Vegan or meaty, there is something for even the most unassuming urban foodie.



Rold Starters

HUMMUS · 4.75. V

Blended chickpeas, tahini, and fresh lemon juice topped with extra virgin olive oil and chick peas

Add Chicken: 5.95 | Add Lamb: 5.95

SPICY HUMMUS - 4.95 🖤 😵

Hummus topped with chillis, accompanied with chopped mixed pickles

BEETROOT HUMMUS . 5.00 V

Beetroot puree with tahini, chickpeas, lemon juice and topped with extra virgin elive oil

BABAGHANOUSH DIP · REGULAR OR SPICY · 4.95 V
Fresh grilled aubergine blended with tahini and parsley,

Fresh grilled aubergine blended with tahini and parsley, topped with extra virgin olive oil and fresh pomegranate seeds

VINE LEAVES (WARAK INAB) · 4.95 🕔

Seven pieces of hand rolled vine leaves filled with rice, tomato, parsley and fresh mint served with a lemon wedge

MINI MEZZA MIX · 7.95 🕡

Three of our Mezza Me Favourites in one serving: hummus, babaghanoush dip and freshly prepared hand chopped tabbouleh salad

LABNEH BOWL · 4.50

Thick and creamy labneh (pressed yogurt) drizzled with extra virgin olive oil

LOUBIEH BI ZEIT · 4.95 🕡

French green beans braised in olive oil, garlic and chopped tomatoes served drizzled in extra virgin olive oil

BROAD BEANS 4.95 T

Broad beans boiled and served with coriander and smashed garlic, drizzled in extra virgin olive oil $\,$

MOUSSAKA · 4.95 U

Fried aubergine, green & red peppers, onions, chickpeas mixed with our homemade tomato sauce

MOUJADARA 4.50 V

A mixture of cracked wheat, green lentils and rice cooked in extra virgin olive oil topped with onions

OKRA - 4.95 🗥

Okra cooked with onion, garlie, coriander, extra virgin olive oil and tomato sauce $\ ^{\mbox{\tiny \sc l}}$

V VEGETARIAN (S) SPICY DISH

Please ask your waiter for any allergy advice



LENTIL SOUP · 4.50 🕚

Our signature recipe lentil soup, served with crispy pita and lemon wedge

SOUJOUK SAUSAGES 5.50 (§)

Homemade Lebanese spicy sausages sauteed in lemon

NAUGHTY CHIPS & SHAWARMA · 6.95

French fries topped with our authentically seasoned chicken shawarma, garlic and tahini sauce

FALAFEL · 4.50 V

Four pieces of falafel; ground chickpeas and sesame seeds mixed and fried to perfection

GRILLED HALLOUMI · 5.50 🗥

Four pieces of chargrilled halloumi served with fresh tomato, topped with fresh thyme and drizzled with extra virgin olive oil on top

SPICY POTATO · 4.50 🕡 🔕

Chunky cubes of spicy seasoned potatoes topped with fresh cilantro

SAMBOUSEK CHEESE 4.50

Four pieces of golden fried pastry filled with cheese

PUMPKIN KEBBEH : 4.95 🕐

Four pumpkin and spinach dumplings in a cracked wheat shell fried to perfection

KEBBEH · 4.95

Four perfectly fried ground lamb, seasoned with Middle Eastern spices, cracked wheat and minced onions

CALAMARI . 5.50

Deep-fried rings of squid, served with a seafood sauce

TIGER PRAWNS . 6.00

Deep-fried tiger prawns served with aubergine, red & green peppers

GRILLED CHICKEN WINGS · 4.50

Four pieces of grilled marinated chicken wings served with garlic sauce

GRILLED VEGGIES · 4.95

Grilled cauliflower, aubergine, courgette and red peppers served with fresh cut greens and drizzled with a hint of extra virgin olive oil

V VEGETARIAN 🔕 SPICY DISH

Please ask your waiter for any allergy advice



FATTOUSH SALAD · 5.25 🖤

Chopped romaine lettuce, cucumber, mixed peppers, radishes, tomatoes, onions and a crispy pita served with our traditional fattoush dressing and topped with pomegranate seeds

TABBOULEH · 4.50 🕠

Our signature salad: hand chopped fresh parsley, diced tomatoes, onions and crushed wheat mixed with a lemon juice, extra virgin olive oil, and fresh mint dressing

HALLOUMI SPINACH SALAD · 6.75 🕠

Grilled halloumi cheese and fresh tomato slices served on a bed of spinach topped with our authentic pomegranate dressing

BEETROOT & WALNUT SALAD - 6.00 U

Freshly prepared beets, red onions and candied pecans on a bed of spinach topped with our authentic pomegranate dressing

RAHIB SALAD . 5.95

Flame-grilled aubergine served with tomato, onion, garlic, parsley and lemon juice, drizzled in extra virgin olive oil

GRILLED VEGGIE SALAD . 5.50

Grilled cauliflower, aubergine, courgette and red peppers served with fresh cut greens and drizzled with a hint of extra virgin olive oil

· ADD TO YOUR SALAD

2 BALLS OF	LAMB KAFTA	TAWOUK CHICKEN	
FALAFEL	SKEWER	SKEWER	
£2.50	£3.95	£3.95	
CHICKEN	BBQ LAMB	LAMB	
SHAWARMA	SKEWER	SHAWARMA	
<u>£3.95</u>	£4.95	£4.50	

VEGETARIAN S SPICY DISH
Please ask your waiter for any allergy advice

Wraps

8° TAWOUK CHICKEN BREAST WRAP · 4.50

Regular or spicy. A skewer of shish tawouk with tomatoes, pickles and garlic sauce wrapped in Lebanese bread

8° KAFTA MINCED LAMB WRAP · 4.50

Grilled BBQ kafta skewer with hummus, fresh parsley, turnips, pickles, onions and tomatoes wrapped in Lebanese bread

8° SOUJOUK SAUSAGE WRAP · 4.75 (§)

Homemade Lebanese spicy sausages sauteed in lemon, topped with tomatoes and pickles and wrapped in Lebanese bread

KAFTA SUPREME · 4.50

Ground kafta lamb, mayo, tomato, pickle, sumac and chilli powder wrapped in Lebanese bread and grilled to perfection

8° CHICKEN SHAWARMA WRAP - 4.50

Authentically seasoned chicken shawarma, tomatoes, pickles and garlic sauce wrapped in Lebanese bread

8 LAMB SHAWARMA WRAP 4.75.

Authentically seasoned lamb shawarma, fresh parsley, onions, turnips, pickles, tomatoes and tahini sauce wrapped in Lebanese bread

8° MIXED SHAWARMA WRAP · 4.95

Authentically seasoned chicken and lamb shawarma, fresh parsley, onions, turnips, pickles, tomatoes and tahini sauce wrapped in Lebanese bread

Vegetarian Wraps

8° HALLOUMI WRAP · 4.50 🔻

Fresh grilled halloumi, tomato, cucumber, thyme herb, extra virgin olive oil wrapped in Lebanese bread

Add Vine Leaves: 5.50 (2pcs)

8° FALAFEL WRAP · 4.50 🕚

Two pieces of falafel, fresh parsley, turnips, pickles, tomatoes and tahini sauce wrapped in Lebanese bread

8° ZAATAR MANOUSHE · 3.95 🗥

Thyme, tomato, cucumber, mint, olives drizzled with extra virgin olive oil mixed with zaater, wrapped in freshly baked thin Lebanese bread

8° HUMMUS & VINE LEAVES WRAP · 4.50 🗥

Hummus topped with two pieces of vine leaves. parsley, turnips, pickles, tomatoes wrapped in Lebanese bread

8° SPICY POTATO WRAP · 4.50 V 🚳

Chunky cubes of spicy seasoned potatoes topped with fresh cilantro, garlic, spices and tahina wrapped in Lebanese bread

8° GRILLED VEGGIE WRAP · 4.50 V

Grilled cauliflower, aubergine, courgette and red peppers served with pickles and wrapped in Lebanese bread

· ADD TO YOUR WRAP ·

FRENCH FRIES UPGRADE TO GO

& SOFT DRINK SAJ BREAD LARGE

£2,00 £2,00 £2.00

Burgers

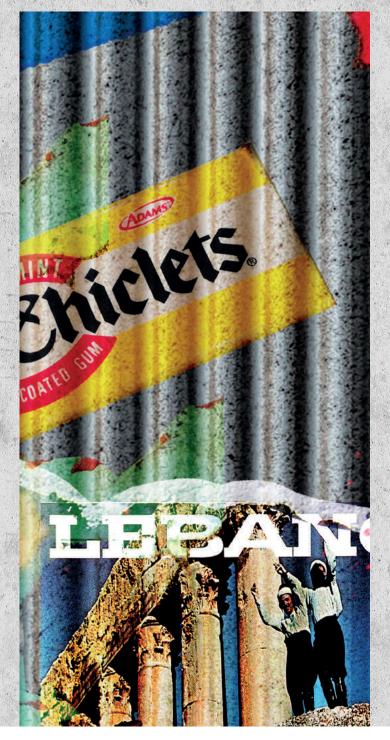
LAMB BURGER . 10.50

Not your average lamb burger, 100% British lamb marinated and spiced with traditional Lebanese flavours and flame grilled. Served with chips.

CHICKEN BURGER . 9.95

A South London classic with a Lebanese twistchicken breast marinated with traditional Lebanese spices and flame-grilled over coals. Served with chips.

CHOOSE BETWEEN CHIPS OR RICE WITH ANY OF OUR MEATY MAINS



Mains & Grill

· VEGETARIAN MAINS ·

FALAFEL SPECIAL . 9.45

4 falafels served with hummus, salad & bread

MOUSSAKA · 9.45 V

Moussaka served on a bed of Mezza Me rice

OKRA - 9.45 V

Okra served on a bed of Mezza Me rice

VEG MIX PLATE - 10.95

Selection of 6 veg items chosen by our chef

MIXED GRILL - 13.95

Grilled skewers of BBQ lamb (1), tawouk chicken breast (1) and kafta ground lamb (1). Includes grilled tomato and onion and served with Lebanese bread

LAMB SHAWARMA · 10.95

Our authentically seasoned lamb grilled on a rotating spit served with Lebanese bread

CHICKEN SHAWARMA - 10.45

Our authentically seasoned chicken breast and leg, grilled on a rotating spit and served with Lebanese bread. Includes garlic dipping sauce

LAMB & CHICKEN SHAWARMA · 10.95

Our mix of authentically seasoned chicken & lamb shawarma served with Lebanese bread

SPECIAL MIXED MEZZE - 11.95

A selection of five veg items chosen by our executive chef with chicken and lamb shawarma

LAMB CHOPS · 13.50

Four grilled lamb chops marinated in our tomato pepper sauce, seasoned with authentic spices and served with Lebanese bread

WHOLE BABY CHICKEN - 12.50

Whole chargrilled baby chicken seasoned with our secret Mezza Me seasoning served with Lebanese bread

LAMB FILLET - 13.50

Two skewers of chargrilled seasoned lamb fillet served with Lebanese bread

TAWOUK CHICKEN BREAST · 10.50

Regular or spicy. Two skewers of boneless, skinless marinated chicken breast grilled, served with Lebanese bread

LAMB KOSH KASH - 11.95

Charcoal grilled skewers of minced lamb served on a bed of spicy sauce and fried vegetables

KAFTA MINCED LAMB - 9.95

Two skewers of BBQ'd ground lamb served with Lebanese bread

SEABASS · 13.50

Grilled seabass topped with our signature tomato black olive sauce

VEGETABLE FATTEH · 9.45

Grilled cauliflower, aubergine, courgette and red peppers served in a warm fatteh strained yoghurt sauce

· COLD DRINKS ·

APPLE. MINT & GINGER DRINK · 2.95 Fresh handmade green apple, mint and ginger drink

POMEGRANATE & ROSEWATER	2.95
FRESH LEMONADE	3.25
FRESH ORANGE JUICE	325
FRESH MANGO JUICE	4.00
COKE BRAND SOFT DRINKS	1.80
YOGURT DRINK (AYRAN)	2.50
STILL WATER	1.70
SPARKLING WATER	1.70

· HOT DRINKS

MEZZA ME TEA . 3.50

A blend of green tea, fresh mint, cinnamon stick and rose water

HOT TEA SELECTION			1.70
FRESH MINT			2.95
CAFÉ LATTE			2.50
CAPPUCCINO	1000		2.50
ESPRESSO (SINGLE)			1.60
ESPRESSO (DOUBLE)			1.80

· DESSERTS

BAKLAWA · 6 PCS V

3.50

A selection of traditional Lebanese sweet treats made of layered pastry, nuts and syrup

SAHLAB

5.00

Warming, rich and creamy milk-pudding, topped with nuts and cinnamon. Served warm and perfect for a cold evening.

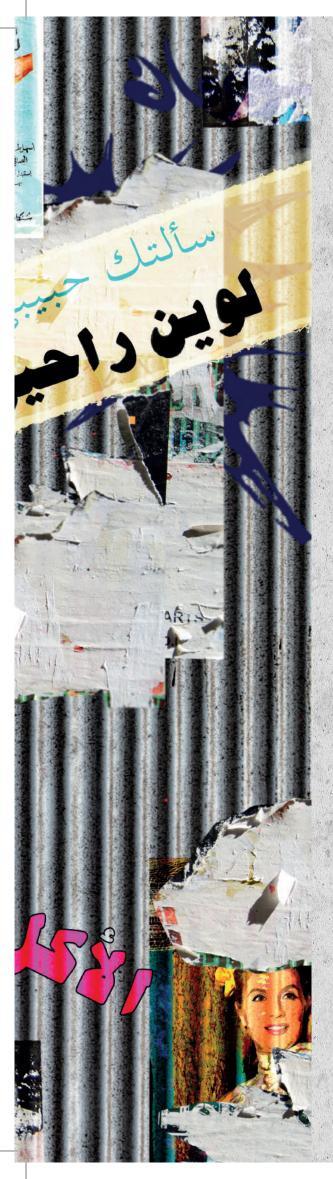
KNAFEH

6.00

Mozzarella cheese topped with filo pastry and baked until melted, topped with a drizzle of home-made syrup and roasted pistachios

V VEGETARIAN (S) SPICY DISH

Please ask your waiter for any allergy advice



Typy Light

· GOOD WINE

	125ML 175ML	BOTTLE
LEBANESE RED	4.75 5.75	21.50
LEBANESE WHITE	4.75 5.75	21.50
LEBANESE ROSE	4.75 5.75	21.50

· BETTER WINE ·

CHATEAU KEFRAYA RED 24:50 ST THOMAS WHITE 24:50

· COCKTAILS ·

GINGER BEER RUM ELDERFLOWER GIN 8.50 8.50 MAN AVALVATOR OF THE TANAMENT AND THE TANAMENT AND TANAMENT AND THE TANAMENT AND TANAMENT AND THE TANAMENT AND THE TANAMENT AND THE TANAMENT A

· BEERS ·

ALMAZA LEBANESE BEER BRIXTON RELIANCE 5.00 5.00

