

THE KARA LOUNGE & GRILL

MENU

FOLLOW US



2 COURSE LUNCH MENU

£15.95

Available From Monday To Friday
12:00pm Till 16:00pm

Excluding bank holidays and special days

COLD APPETISERS

Mixed Olives (V) Green and black olives marinated in olive oil, lemon zest, thyme and chilli flakes.	6
Hummus (V) (VG) A creamy blend of chickpeas, tahini, garlic, lemon juice and olive oil.	7.5
Patlican Sogurme (V) (D) Grilled aubergines with olive oil, tahini, yoghurt and garlic.	7.5
Cacik (V) (D) Finely grated cucumbers dressed with yoghurt, mint, dill, garlic, mayonnaise and olive oil.	7.5
Pink Lady (V) (D) Beetroot, yoghurt, garlic, fresh dill and olive oil.	7.5
Prawn Cocktail (D) Baby prawns served on a bed of shredded lettuce and avocado, topped with prawn cocktail sauce.	10
Shaksuka (V) Thin slices of aubergine, potato, tomato sauce, garlic, onions & peppers.	7.5

Cold Appetiser Platter Cacik, hummus, shaksuka, pink lady, patlican sogurme & mixed olives.	22
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HOT APPETISERS

Halloumi (V) (GF) (D) Grilled Cypriot halloumi cheese served with sweetcorn and raspberry puree	8.5
Sucuk (D) Grilled spiced beef sausage with yoghurt sauce and hummus.	8.5
Falafel (V) (D) Mixture of chickpeas & broad beans with yoghurt sauce, fused with spices and served with hummus.	8.5
Creamy Mushrooms (V) (D) (GF) Baby button mushrooms sauteed in a creamy garlic and cheese sauce.	8.5
Calamari (D) (C) Fried fresh squid served with tartar sauce and lime.	9.5
King Prawns (CR) King prawns sauteed with onions, green peppers, red peppers, garlic butter and tomato sauce.	13.5
Grilled Octopus (G) Bertha grilled octopus served with freekeh salad and burnt lime.	13
Hummus Kavurma (N) (SE) Pan-fried diced meat served on a bed of hummus with sizzling sauteed pine nuts topped with sesame seeds.	10
Chicken liver (D) (GF) Cubed liver cooked with butter, mediterranean herbs, served with red onions, parsley & onion salad	8.5
BBQ Wings (D) (SE) Grilled chicken wings with BBQ sauce, sesame seeds and spring onions.	9.5
Sigara Boregi (V) (C) (D) Homemade deep-fried pastry cigars filled with herbs, cheese, spinach and mint. Served with sweet chilli sauce and grated parmesan.	8.5
Fig & Goats Cheese (D) (SE) Roasted tahini pumpkin pure, drizzled with fig glaze and banana shallot onion.	12
Seared Scallops (D) Served with mashed potatoes and creamy malibu sauce.	12

SIDES

Chips (V)	5
Sweet Potato Chips (V)	5
Rice (V) (D)	4.5
Couscous (BULGUR) (V)	4.5
Mashed Potatoes (V) (D)	5
Grilled Mushrooms (V)	5
Sauteed Potatoes (V) (D)	5
Mixed Vegetables (V)	5
Asparagus (V)	5
Mac & Cheese (C) (D)	8

MAIN COURSES

Served with rice or couscous & salad

Chicken Wings (G) (D) Marinated chicken wings grilled on charcoal.	22
Adana Kfote (G) (D) Skewered minced lamb grilled on charcoal.	24
Chicken Kofte (C) (D) Skewered minced chicken grilled on charcoal.	24
Chicken Shish (C) (D) Marinated cubes of chicken breast grilled on charcoal.	24
Lamb Ribs (C) (D) Marinated lamb ribs grilled on charcoal.	25
Lamb Shish (C) (D) Marinated cubes of lamb grilled on charcoal.	26
Mixed Shish (G) (D) A combination of 2: Lamb shish, chicken shish or adana kofte	27
Lamb Chops (C) (D) Marinated lamb chops grilled on charcoal.	28
Mixed Chops (C) (D) 4pcs lamb ribs & 2pcs lamb chops grilled on charcoal.	29
Mixed Grill (C) (D) Lamb shish, chicken shish and adana kofte grilled on charcoal.	28
Sarma Lamb Beyti (G) (D) Minced lamb mixed with cheese, peppers, garlic and spices. Wrapped in a home-made bread, topped with yoghurt, tomato sauce and drizzled with hot butter.	25
Sarma Chicken Beyti (G) (D) Minced chicken mixed with cheese, peppers, garlic and spices. Wrapped in a home-made bread, topped with yoghurt, tomato sauce and drizzled with hot butter.	25

SEAFOODS

Catch of the day

Fillet of Sea Bass (D) Pan-fried seabass fillet served with sauteed baby vegetables, creamy mash potato and creamy mustard sauce.	24
Salmon Fillet (D) Pan-fried salmon fillet served with sauteed baby vegetables, creamy mash potato and creamy mustard sauce.	24
Grilled Monkfish Marinated monkfish with onions and peppers grilled over charcoal, served with salad and sweet chilli sauce.	27
Mixed Fish Grill (CR) Marinated tiger prawns, salmon and monkfish skewered and grilled over charcoal with peppers and onions. Served with salad and sweet chilli sauce.	27
King Prawns (CR) Marinated and charcoal grilled shelled king prawns, sweet chilli sauce, served with sauteed potatoes & salad.	29
Seafood Casserole (CR) (D) Mixed fresh seafood, mushrooms, peppers, garlic, tomatoes & onions topped with rich tomato sauce.	23

VEGETARIAN DISHES

Served with rice & salad

Stuffed Portobello Mushrooms (V) (D) Spinach, mixed peppers, mixed vegetables, melted cheese on top with tomato sauce.	19
Vegetarian Grill (VG) Skewered chunks of courgette, aubergine, peppers, mushrooms and onions topped with homemade tomato sauce.	19
Halloumi & Asparagus Casserole (V) (D) Mixed peppers, mushrooms, asparagus, halloumi and mixed vegetables cooked in homemade tomato sauce.	19
Falafel (V) (C) Mixture of chickpeas and broad beans, fused with spices on a bed of our homemade hummus and served with yoghurt sauce.	17
Moussaka (V) (G) Layers of potato, aubergine, courgette, mixed peppers, carrots with bechamel and homemade tomato sauce.	17

SALADS

Greek Salad (V) (D) Cucumbers, tomatoes, onions, parsley, olives, feta cheese and oregano.	8
The Kara Green Salad (V)(N)(D) Fresh wild rocket, dried figs, sultanas, topped with Tulum cheese, crushed walnut, thin slices avocado drizzled with pomegranate molasses.	9
Chopped Ezme Salad (V) Finely chopped tomato, onions, red and green, peppers, parsley, garlic seasoned with red chilli flakes and pomegranate molasses.	8

STEAKS

All of our steaks 28 days dry aged beef.

Served with chips, grilled cherry tomatoes, portobello mushrooms, asparagus and garlic butter on top.
Accompanied by your choice of either peppercorn sauce or mushroom sauce (D)

Fillet Steak 250G	38
Australian Rib Eye 12OZ	36

BURGERS

All our burgers are served with chips

Wagyu Beef Burger (C) (D) Melted cheddar cheese, caramelised onions, gherkins, lettuce and tomatoes.	20
Grilled Melt Chicken Burger (C) (D) Melted cheddar cheese, caramelised onions, gherkins, lettuce and tomatoes.	19

YOGHURT DISHES

Served with rice and salad

Served on a bed of bread, topped with yoghurt tomato sauce and drizzled with hot butter (G)(D)

A CHOICE OF :	
Adana Kofte	25
Chicken Shish	25
Lamb Shish	27

MEDITERRANEAN SPECIAL

Pistachio Lamb Cutlets (N) (GF) (D) Pomme puree, asparagus, honey, pomegranate molasses.	25
Beef Ribs (D) (G) Slow cooked beef ribs with BBQ sauce, served with crispy onions, asparagus & mashed potato.	28
Beef Cokertme (D) (GF) Beef strips served on a bed of fries oozing with garlic yoghurt & pomegranate garlic molasses.	25
Chicken Asparagus (D) (GF) Pan-fried chunks of chicken breast with asparagus & mushrooms in a creamy blue cheese sauce served with mashed potato, rice & salad.	22
Kleftiko (D) (GF) Slow roasted lamb shank cooked in a rich homemade tomato sauce with carrots, onions, mixed vegetables, celery and garlic served on a bed of mashed potato.	23

THE KARA PLATTER

Served with salad, mixed cold appetisers, rice & bulgur (couscous)

For 4-5 people Chicken Shish, Lamb Shish, Adana Kofte, Chicken Beyti, 8pcs Chicken Wings, 8pcs Lamb Ribs, 4pcs Lamb Chops
145

KIDS MENU

Served with chips

Kids Aged
10 & under

Chicken Nuggets 5PCS	10
Mac & Cheese (G) (D)	10
Chicken Shish (G)	10
Chicken Wings (G)	10
Mini Burger 2PCS (G) (D)	10

(V) Vegetarian / (Vg) Vegan / (G) Gluten
(Gf) Gluten Free / (D) Dairy / (E) Egg
(Se) Sesame / (N) Nuts / (Cr) Crustaceans

Food Allergies and Intolerances

Please speak to our staff about the ingredients in your meal, when making your order. Thank you

All Prices Include VAT

A discretionary service charge of 10% will be added to your bill.