



medina

Bwyd i fynd

Take away
menu

Ar gael o / Available from 4:30pm

01970 358300



Nibbles/Mezze

Mixed Olives ●●	£3.50
Salted Pistachios ●●	£3.50
Spiced Cashews ●●	£3.50
Rose harissa nut mix ●●	£3.50
Pickled Vegetables ●●	£2.50
Focaccia ●	£3
Flatbread ●	£1.50
Selection of breads with olive oil & za'atar ●	£4.50
Nibbles Plate – Mixed olives, salted pistachios, spiced cashews ●●	£6
Hummus and flatbread ●	£4
Beetroot Hummus and flatbread ●	£4
Whipped Feta and flatbread	£4
Marinated Feta with flatbread	£4
Smoked aubergine & pomegranate with flatbread ●	£4
Tabouleh with flatbread ●	£4.50
Zacusca and flatbread ●	£4
Falafel, tahini yoghurt, chilli jam ●	£6
Cumin fried whitebait lemon & garlic mayo ●	£6
Cauliflower fritters, lime yoghurt	£6
Grilled Halloumi, honey, za'atar ●	£6.50



Salads

Small	£5
Large	£6.50

Salads are subject to change – please check when ordering for the day's offering and specials.

Kale, roasted butternut squash, toasted almond, cranberries, confit shallots, lime ●●

Spiced green lentil pilaf, crispy onions ●

White cabbage, carrot, celeriac, pickled red onion, black sesame seeds, lemon, garlic ●●

Roasted aubergine, za'atar, pomegranate, parsley, sweet tahini dressing ●

Salad box meal deals

Small box	£6.60
Large box	£8.40

Salad box with any of the following added in:

Ras el hanout chicken, mint yoghurt

Lamb kofta, mint yoghurt

Salmon & smoked haddock fishcake, tartare sauce

Cumin fried whitebait, lemon mayo

Falafel, chilli jam

Grilled halloumi



Please inform us when ordering if you have any food allergies/ intolerances. All our dishes may contain traces of nuts and gluten.

You can check our food hygiene rating by visiting www.food.gov.uk/ratings or by asking a member of staff.

Fish

Roasted salmon, honey rose harissa, charred fennel, dill labneh ●	£14
7 King prawns, sumac, coriander, lemon, garlic ●	£10
Salmon & smoked haddock fishcakes, tartare sauce	£8.50

Meat

Lamb kofta, mint yoghurt	£8
Ras el hanout chicken, pomegranate, rocket, mint yoghurt, pomegranate molasses, flatbread	£8.50
Chicken shawarma, mint yoghurt, pickled chilli, coriander ●	£9.50
Sticky pork belly, pickles ●	£10

Vegetable

Soup of the day, bread	£5
Red lentil & sweet potato stew, yoghurt, fresh coriander, smoked paprika, green harissa ●	£8
Leek, butterbean, saffron, grilled lemon, parsley, mint, sourdough ●	£8.50
Borek – filo pastry, spinach, feta, pinenuts, roasted tomato sauce	£7.50
Cumin potatoes ●●	£3

Oven – Middle Eastern Pizza

Za'atar & garlic flatbread ● with labneh	£3 £3.75
Man'ousheh – spinach, tomato, onion, halloumi, za'atar	£9
Lahmacun – lamb mince, pine nuts, sultanas, flatbread, yoghurt, mint, coriander, za'atar, chilli ●●	£9.50

Sharing platters

Vegan Mezze plate

 £11.50

Hummus, beetroot hummus, tabouleh, zacusca, pickled vegetables, mixed olives, flatbread – add falafel for £1 a piece

Mezze plate

 £11.50

Hummus, whipped feta, smoked aubergine, zacusca, pickled vegetables, mixed olives, flatbread – add falafel for £1 a piece

Meat Platter for two

 £32

Sticky pork belly, lamb kofta, chicken shawarma, pilaf, pickles, mint yoghurt, salad, flatbread

Vegetable Platter for two

 £32

Falafel, cauliflower fritters, grilled halloumi, cumin potatoes, chilli jam, salads, pickles, flatbread

Desserts

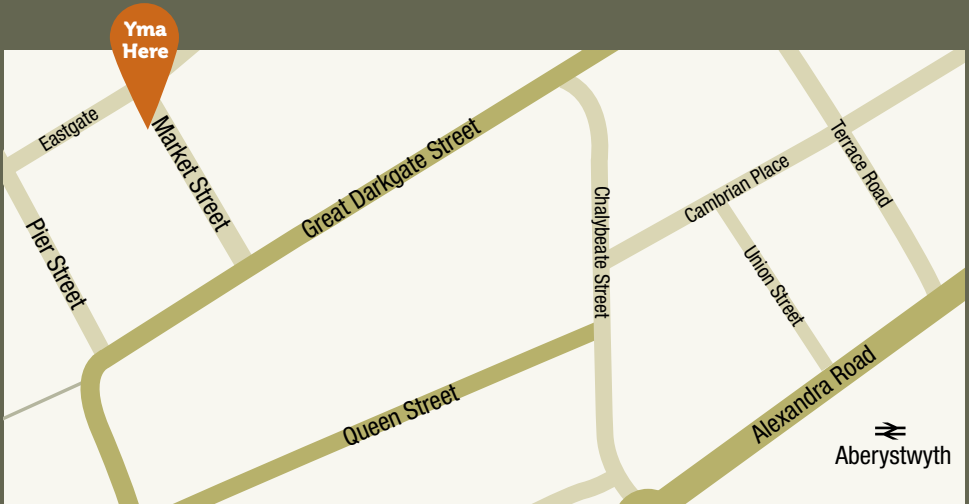
Baklava selection	£4
Baked vanilla cheesecake, chocolate & cardamom sauce, salted almonds	£6
Eton mess ●	£5
Dark chocolate mousse cake ●	£3.50
Raspberry & pistachio tart	£3.50
Cheesecake slice	£3.50
Apple cake	£3
Vegan carrot cake ●	£3
Turkish delight – 6 piece selection	£3

Bwyd ffres â dylanwad ardal Môr y Canoldir, ar gael drwy'r dydd

Ar agor ar gyfer brechwast, cinio a swper gyda gwasanaethau caffi ar gael trwy gydol yr amser. Prydau blasus i'w bwyta i mewn neu eu cymryd allan. Cacennau a phwddiau cartref hyfryd. Bara surdoes arbennig wedi ei bob'i'n ffres ar y safle bob dydd. Amrywiaeth eang o fwydydd, ffrwythau, llysiau, cwrwau a gwinoedd ar gael yn ein siop.

Fresh Mediterranean influenced food served all day

Open for breakfast, lunch and dinner with cafe services available throughout. Delicious dishes to eat in or take away. Beautiful homemade cakes and desserts. Fantastic sourdough bread baked fresh on the premises daily. Great range of fruit, vegetables, beers, wines and groceries available in our shop.



Oriau agor / Opening hours:

Llun-Gwener / Monday-Friday 9:30am – 8:30pm

Sadwrn / Saturday 9:30am – 9:30pm

Sul ar gau / Sunday closed



medina

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