

medina

Nibbles

Mixed Olives ●● £4

Nibbles plate – olives, pistachios,
spiced cashews ●● £8

Selection of breads with olive oil & za'atar £6

Dips

Hummus, spiced chickpeas, za'atar ● £5.50

Beetroot hummus, mint ● £5.50

Baba ganoush ● £5.50

Marinated feta, chilli, parsley, shallot £5.50

All served with pitta

Mezze

Grilled haloumi, honey, za'atar ● £6.50

Falafel, chilli jam ● £6

Cumin fried whitebait,
lemon & garlic mayo ● £6.50

Courgette fries, sumac salt ● £6.50

Cauliflower fritters, lime yoghurt £6.50

Sumac king prawns, garlic, lemon, coriander £8

Tabouleh £6

Soups and Stews

Soup & bread £5.50

Spinach & red lentil stew, onion rings, yoghurt,
coriander, smoked paprika, pitta £9

Sides

Cumin potatoes ●● £4

Chickpea pilaf ● £4.50

Pitta ● £1.50



Set menu

£11

Choose any:

1 Main & 2 Salads

or

1 Main, 1 Salad & Cumin Potatoes

Add a small glass of house wine
(125ml) for £3

Mains

Salmon & Smoked Haddock
Fishcakes, Tartare Sauce

Cumin Fried Whitebait,
Lemon & Garlic Mayo ●

Ras el Hanout Chicken, Mint Yoghurt ●

Lamb Kofta, Mint Yoghurt

Grilled Haloumi ●

Courgette Fries, Sumac Salt ●

Falafel, Chilli Jam ●●

Cauliflower Fritters, Lime Yoghurt

Spinach & Feta Borek

Chicken Bastilla, Harissa Mayo

Salads

Carrot, raisin, cumin, coriander ●●

Roasted aubergine, zhoug, date syrup,
parsley, red onion, walnuts ●●

Beetroot, goat's cheese, rocket,
caper berries, chilli flakes, balsamic ●

Chargrilled broccoli, chilli, lemon, garlic ●●

Fish

Salmon & smoked haddock fishcakes,
cream of leek, pea shoots & rocket salad £10.50

Fish tagine – cod, saffron, almond,
tomato, couscous £12

Meat

Roast chicken pilaf, cashews, coriander,
parsley, preserved lemon, pomegranate,
crispy flatbread £11

Lamb bastilla, pickled slaw, mixed leaves,
harissa mayo £11

Vegetable

Celeriac, butternut squash, spinach, chestnut
& manchego pie, cream of leek, mash £10.50

Roasted cauliflower pilaf, cashews, coriander, parsley,
preserved lemon, pomegranate, crispy flatbread,
roasted tomato sauce ● £11

Kebabs

£8.50

All served on a flatbread with pickled slaw,
pickled chilli & couscous

Ras el hanout chicken, mint yoghurt

Lamb kofta, mint yoghurt

Falafel, sweet chilli sauce

Haloumi, sweet chilli sauce

Lamb shawarma, mint yoghurt (£1.50 supplement)



NO GLUTEN



VEGAN

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

Hot drinks

Espresso	£1.80
Americano	£2.50
Cappuccino	£2.70
Latte	£2.70
Flat White	£2.70
Cortado	£2.70
Spiced Chai Latte	£3
Hot chocolate	£3
Mocha	£3.10
Hot Spiced Apple	£3.10
Decaf	+40p
Syrups – Caramel, Hazelnut, vanilla	+30p
Coconut or Oat Milk or Soy	+40p

Tea (served in a pot) £2.50

English	Redbush	Green Tea
Breakfast	Red Berry	& Peach
Earl Grey	& Flower	Darjeeling
Chamomile	Lemongrass	Green Tea
Peppermint	& Ginger	Fresh mint tea

ATTIC Tea £3

Beautiful Chinese loose teas blended with natural ingredients and served in a special tea make.

Energising – oolong, ginger, cinnamon & lemon grass

Uplifting – white tea, rose & lemongrass

Stress Busting – black tea, peppermint, rose & liquorice

Reviving – white tea, vanilla, goji berries & lemon balm

Brain Boosting – green tea, cardamom & nettle

Focus – oolong tea + spearmint lemon balm & ginseng

Comforting – pu'erh tea + rooibos, orange & vanilla

Digestion – black tea, cinnamon, ginger, fennel, black pepper & cardamom

Jasmine Pearls – hand rolled, delicate pearls of green tea leaves naturally scented with jasmine flower

Soft drinks

Frobishers juices orange/pineapple/bumbleberry	£1.95
Welshcraft juices apple/apple & elderflower/honey lemon/apple & ginger	£1.95
Luscombe Sicilian lemonade	£2.35
Luscombe Elderflower bubbly	£2.35
Gingerella Ginger ale	£1.95
Karma Cola	£1.95
Sugar free Karma Cola	£1.95
Lemony Lemonade	£1.95
Llanllyr Spring Water Still/Sparkling 330ml	£1.95
Llanllyr Spring Water Still/Sparkling 750ml	£3

Milkshakes

Strawberry, Chocolate or Vanilla £3

Iced Drinks

Limonana (Honey & Mint Lemonade) Lemon, mint, honey, water, sugar	£3.50
Peach Iced Tea Black tea, peach, lemon, mint	£3.50
Strawberry & Mint Lemonade Strawberry puree, lemon, mint, water, honey	£3.50
Apple & Elderflower Apple, elderflower, lemon, mint Pimp it up with gin/vodka/rum	£3.50 +£3

Iced Coffee

Iced Americano	£2.50
Iced Latte	£2.70
Caramel Iced Latte	£3
Iced Mocha	£3.10

Cocktails

Aperol Spritz Aperol, prosecco, soda, orange	£6.50
Peach Bellini Peach puree, prosecco	£7
Espresso Martini Stolichnaya vodka, kahlua, espresso	£7
Pimms & Lemonade Pimms, lemonade, mint, fruit	£6.50
Apple Dark & Stormy Rum, apple juice, ginger, lime	£6.50

Beers

Vedett (BEL) 5.2% Very clear Belgian beer, pale-straw colour with a snowy-white head	£3.50
Gower Brewery Lighthouse (CYM) 4.5% Light Continental style lager. Clean with a gentle hoppiness.	£4.50
Tomos Watkin Cwrw Haf (CYM) 4.2% Refreshing Welsh golden summer ale brewed with the finest floor malted barley and wheat	£4.50
Tomos Watkins Magic Lagyr (CYM) 5% Smooth, gentle Welsh lager	£4.50
Bluestone Bedrock Blonde (CYM) 4% Light blonde ale.	£4.50
Bluestone Rockhopper (CYM) 3.9% Classic amber bitter	£4.50
Bluestone Hammerstone (CYM) 4.5% American style IPA	£4.50
Bluestone Preseli Pils (CYM) 4.7% Pilsner lager	£4
Brewdog Dead Pony Pale Ale (SCO) 3.8% Inspired by US-Style pale ales but brewed in Scotland, very hoppy with citrus aromas	£4
Brewdog Punk IPA (SCO) 5.6% bursting with hops and tropical fruits	£4
Tiny Rebel Dutty Session IPA (CYM) 4.2% Unfiltered, juicy & flavoursome	£4
Tiny Rebel Club Tropicana IPA (CYM) 5.5% Packed full of American hops and tropical fruits	£4
Tiny Rebel Cali Pale Ale (CYM) 5.6% American Pale Ale	£4
Tiny Rebel Cwtch Welsh Red Ale (CYM) 4.6% a perfect blend of caramel malts and citrusy hops	£4
Tiny Rebel Key Lime Lager (CYM) 4.8% Crisp, clean, citrus summer vibes	£4
Celia (CZH) 4.5% Light Czech lager, organic & gluten free	£4
Erdinger Alkoholfrei (GER) < 0.5% Low-Alcohol wheat beer	£3.50

Ciders

Seidr y Mynydd (CYM) Crafted in Wales from 100% apple juice	£4.50
Gwynt y Ddraig (CYM) Orchards Gold Medium Welsh Cider	£4.50
Norcotts Elderflower (ENG) Elderflower Cider	£4.80
Norcotts Pink Grapefruit (ENG) Pink Grapefruit Cider	£4.80