FOOD ALLERGIES & INTOLERANCES

Our aim is to please all our customers.

Please speak to our staff about any allergy or intolerance issues when making your order.

We use vegetable oil produced from genetically modified soya.

OPENING TIMES

Monday - Saturday
5:00 pm - 10:00 pm

Sunday
5:00 pm - 9:00 pm

MED-ONE

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Find us on Instagram and Facebook

MED-ONE

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TAKE OUT MENU

STARTERS

Chef's Bread £3.45
Thin, crispy oven-baked flatbread. Lightly coated in garlic butter. Served with chilli and garlic sauce. V VG

Tabbouleh.....£6.95
Parsley, lettuce, mint, tomato, and spring onion salad with crushed wheat, With olive oil & lemon juice dressing. V VG

Hummus.....£6.55
Chickpeas with sesame paste, olive oil, lemon juice and garlic. Garnished with cumin, dried mint, chilli flakes and olive oil. Served with fresh Lebanese flatbread. V VG option

Halloumi cheese.....£7.55
Grilled Halloumi with thyme sesame seed and nigella seed on a bed of salad. Served with a chilli dip. VG

Falafel.....£6.55
Lightly fried, crushed chickpeas mixed with garlic and spices. Served with taratour sauce (yoghurt, garlic and sesame paste) and side salad. V VG

Lahm Ajeen.....£6.95
Baked flat pastry topped with spicy minced lamb, onions, parsley, peppers, tomatoes, pomegranate sauce and chilli paste.

Cheese Fatayer.....£6.55
Baked flat pastry topped with feta cheese, herbs, garlic, onion and pepper. Drizzled with olive oil. VG

Spinach Fatayer.....£5.95
Baked flat pastry topped with spinach, garnished with feta cheese onions and freshly chopped herbs. V VG

Maqalli.....£7.45
A medley of grilled seasonal vegetables, drizzled with lemon juice, spices. Served with baked flatbread and tzatziki dip. V VG

MAINS

Chicken Maqluba.....£12.95
Rice cooked with grilled chicken, aubergine, potato and courgette, topped with fresh parsley and toasted pine nuts. Served with tzatziki dip, side salad and pickles.

Vegetable Maqluba.....£11.95
Rice cooked with a selection of vegetables, topped with parsley and lightly toasted pine nuts. Served with tzatziki, side salad and pickles. VG

Lamb Shawarma..... £13.95
Grilled lamb slices with pepper, onion and parsley. Served with rice, garlic sauce, side salad and pickles.

Chicken Shawarma.....£11.55
Grilled chicken slices with pepper, onion and parsley. Served with rice, garlic sauce, side salad and pickles.

Med-One Kufta.....£12.95
Minced lamb patties with onion, pepper, tomato and parsley, topped with vegetable tomato sauce. Served with rice, pickles and side salad.

Med-One Moussaka.....£12.95
Baked aubergine stuffed with minced lamb, onion, pepper, parsley and tomato. Topped with cheese and garlic sauce. Served with rice, pickles, side salad and tzaziki dip.

Vegetarian Moussaka.....£11.95
Baked aubergine stuffed with a medley of vegetables, topped with cheese and garlic sauce. Served with rice, pickles, side salad and tzaziki dip. V VG

Med-One Goulash.....£13.95
Diced beef, peppers, aubergine and courgette in tomato puree sauce, topped with bread. Served with rice, pickles and side salad.

Vegetarian Goulash.....£11.95
Seasonal vegetables cooked in tomato sauce. Topped with bread. Served with rice, pickles and side salad. V VG

Spinach Gratin.....£11.95
Spinach leaves sautéed with garlic puree, onion, pepper and lemon juice topped with garlic sauce and cheese. Served with rice, pickles and side salad. V VG

Spinach and Chicken Gratin.....£13.95
Spinach leaves and chicken breast lightly sautéed with garlic puree and lemon juice, topped with cheese and garlic sauce. Served with rice, pickles and side salad.

Mujadara.....£10.95
Brown lentils and rice topped with sautéed onions. Served with side salad, pickles and tzatziki dip.

PIZZA

Pizza Margherita.....£8.95
Tomato sauce and mozzarella cheese with fresh basil. V VG

Pepperoni.....£9.95
Tomato sauce, mozzarella cheese and pepperoni.

Med-One Special.....£12.95
Tomato sauce, mozzarella cheese, sliced lamb, pepper, onion and tomato. Served with Garlic sauce.

Med-One Vegetarian Special.....£10.95
Tomato sauce, mozzarella cheese, aubergine, courgette, pepper, onion. V VG

UFO.....£12.95
UFO shaped pizza with tomato sauce and mozzarella cheese, with grilled chicken, sweetcorn, olives and peppers inside. Lightly coated with garlic butter. Served with garlic sauce.

De La Mireeshka.....£11.95
Tomato sauce, mozzarella cheese with grilled chicken, mushroom, chilli, onion and tomatoes.

KIDS MENU

Chicken Shawarma.....£5.95
Grilled chicken slices with pepper, onion and parsley. Served with rice, garlic sauce, side salad and pickles.

Pizza Margherita.....£5.95
Tomato sauce and mozzarella cheese with fresh basil. V VG

Pepperoni.....£5.95
Tomato sauce, mozzarella cheese and pepperoni.

SIDES

Lebanese Potatoes.....£4.95
Sliced and grilled potatoes with muhamara and spices. Garnished with fresh parsley.

Chips.....£2.55

Rice.....£2.55

DESSERTS

Baklava.....£5.95
Layers of pastry filled with nuts and cinnamon. Soaked with rose water syrup. VG

Knafe.....£5.95
Shredded, layered pastry filled with clotted cream, sweetened with rose water syrup. Topped with cinnamon and pistachio nuts. VG