



Mina Lebanese Cuisine

COLD MEZZA

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|----|---------------------------|--------------|---|-------|
| 1. | Hummus (v) | حمص | Everyone's favourite.
Mashed chickpeas with tahini sauce, garlic, lemon juice and topped with olive oil. | £4.20 |
| 2. | Baba ghannouj (v) | متبل | Blended charcoal grilled aubergine with garlic, Tahini (pure sesame oil) and lemon juice served with olive oil. | £4.50 |
| 3. | Tabboule (v) | تبولة | A true classic. Chopped fresh parsley, diced tomatoes, mint, spring onions and cracked wheat tossed with olive oil, lemon juice and herbs. | £4.50 |
| 4. | Fattoush (v) | فتوش | A delightful mix of lettuce, tomatoes, cucumbers, spring onions, fresh mint and parsley and toasted Arabic bread, tossed with olive oil, lemon Juice. | £4.50 |
| 5. | Warak Enab (v) | ورق عنب | A healthy mix of rice & vegetable, wrapped with pickled grape leaves then cooked in natural juices. | £4.50 |
| 6. | Lebanese Salad (v) | سلطة لبنانية | Fresh mixture of lettuce, tomatoes, cucumbers, spring onions, fresh mint, parsley and dressing. | £4.30 |
| 7. | Leban Bi-Khyar (v) | لبن مع خيار | Home made yoghurt mixed with cucumbers, mint and a touch of garlic. | £4.50 |
| 8. | Greek Salad (v) | سلطة يونانية | Fresh lettuce, cucumbers, tomatoes, spring onions, parsley, with Feta cheese, olives and dressing. | £4.70 |
| 9. | Prawns Cocktails | كوكتيل كمبرى | Fresh prawns mixed with homemade prawn sauce, served on a bed of salad and garnished with slice of fresh lemon. | £4.50 |

HOT MEZZA

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| 10. | Mina Meat Balls | كرات اللحمة | Delicious little spicy meat balls served with our unique sauce. | £4.50 |
| 11. | Bamieh (v) | باميه | Okra cooked with onion, garlic, tomatoes and herbs. | £4.50 |
| 12. | Falafel (v) | فلافل | Vegetarian traditional eastern snack made of chickpeas and broad beans and flavoured with exotic spices, shaped in to balls and deep fried with our special sauce. | £4.50 |
| 13. | Kibba | كبة | Lamb and cracked wheat shell filled with seasoned minced lamb, onion and roasted pine nuts, deep fried with our yoghurt mint sauce. | £4.50 |
| 14. | Jawaneh | جوانح | Marinated chicken wings with oregano and spices then grilled on charcoal. | £4.50 |
| 15. | Sujuk | سجوك | Sliced Lebanese spicy sausage(merguez) with our unique sauce. | £4.50 |
| 16. | Battata Harra (v) | بطاطة حارة | Cubes of baby potatoes cooked with coriander, chilli, garlic and spices. | £4.50 |
| 17. | Foul moudamas (v) | فول مدمس | Boiled broad beans, chickpeas simmered in tomatoes, garlic, topped with olive oil and lemon juice. | £4.50 |
| 18. | Mussels | محار | Cooked with cream, wine and garlic sauce. | £5.50 |
| 19. | Garlic Mushrooms(v) | فطر مع الثوم | Fresh mushrooms sautéed in garlic, wine, parsley and butter. | £4.50 |
| 20. | Tiger Prawns | أسد الجمبرى | Sautéed in garlic, with our tomato herb sauce. | £5.10 |
| 21. | Selection of Mezzas | المشكلات من مزة | Platter of 6 mezzas:
Hummus, Moutabbal , Tabboule, Falafel , Warak Enab and Kibba. | 2 PERSONS £13.00
3 PERSONS £17.50
4 PERSONS £22.00 |

ALL MEZZA SERVED WITH ARABIC BREAD

DISHES MARKED (V) ARE SUITABLE FOR VEGETARIAN

43 Crwys Road, Cathays, Cardiff CF24 4ND

Tel/ 02920 235212

www.MinaRestaurant.co.uk

Opening Hours / Mon to Sat 5pm till 11pm

Sun 5pm till 10pm



LEBANESE MAIN COURSES

22. **Mina Lamb** مينا غنم
Tender cubes of leg of lamb slowly cooked, stir fried with tomato sauce, mushrooms, onions, green and red peppers, garlic and chilli (mild spicy), served with rice. £13.95
23. **Lamb Couscous** كوس كوس مع لحم غنم
Served in a traditional plate. Bed of couscous topped with mixture of tasty vegetable and tender cubes of lamb. £13.95
24. **Kastaletta Ghanam** كستاليتا غنم
Marinated pieces of tender lamb chop, charcoal grilled, sautéed with our special fresh rosemary and port sauce, served with rice. £14.50
25. **Shish Tawk** شيش طاووق
Cubes of chicken fillet marinated in garlic, lemon juice, olive oil and char-grilled that just melts in your mouth. Served with rice, and grilled tomatoes, onions, mixed peppers. £12.95
26. **Lamb Mashwi** لحم غنم مشوى
Tender cubes of lamb on char-grill, served with rice, salad, and grilled tomatoes, onions, mixed peppers. £13.95
27. **Mina Kofta** مينا كفته
Ground meat "lamb" with onions and parsley on a skewer, char-grilled, served with grilled tomatoes, onions. £12.95
28. **Mashwi Mwshakal** مشوى مشكل
Combination of Shish Tawk, Lamb Mashwi and Mina Kofta, served with rice, and grilled tomatoes, onions, mixed peppers. £14.50

CHICKEN DISHES

29. **Mina Chicken** مينا دجاج
Marinated chicken breast grilled sautéed with our special fresh lemon and coriander sauce, served with rice. £12.50
30. **Chicken Ala Cream** دجاج مع كريم
Marinated breast of chicken grilled sautéed onions, mushroom, and cream, served with rice. £12.50
31. **Chicken Fajita** فهيتا مع دجاج
Strips of chicken breast, onion, mix peppers, Mexican seasoning (Spicy) served with tortilla bread and chips. £13.95
32. **Chicken au Poivre** دجاج مع صلصة الفلفل
Marinated chicken breast grilled, finished with peppercorn, mustard and cream (Pepper Sauce). Served with rice. £12.50

VEGETARIAN DISHES

33. **Vegetarian couscous** كوس كوس مع خضروات
Served in a traditional plate. Bed of couscous topped with mixture of tasty vegetables and spices, with herbs. £11.95
34. **Dolma** ورق عنب
Home made, Delicious dish. Moist little rolls of vine leaves, stuffed with a healthy mix of rice, tomatoes, fresh parsley and spices served with salad and our yoghurt-mint sauce. £11.95
35. **Veggie Club** خضروات مشكل
Aubergine, tomatoes, courgette, onions, garlic, special Arabic seven spices, cooked then topped with cheese, served with Mediterranean rice. £11.95

SEA FOOD

36. **Grilled salmon Steak** سمك سلمان
Salmon fillet, char grilled, served with our tomato sauce, herbs served with rice. £13.95
37. **King Prawns** ملك جمبرى
Charcoal grilled King prawns finished with sautéed garlic butter, fresh coriander, lemon sauce and wine. Served with rice. £17.50

STEAK

38. **Char-Grill Sirloin Steak** لحم بقر (ستيك)
Served with chips and side salad. £14.00
39. **Steak au Poivre**
Grilled sirloin steak finished with peppercorn, mustard and cream (Pepper Sauce). Served with chips. £14.50
40. **Mina Steak**
Grilled sirloin steak finished with sautéed onions, mushrooms, and cream (Mushroom Sauce). Served with chips. £14.50



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