



WELCOME TO MINA

مينا
يرحب بكم

EST. IN 1990



Mina has been established since 1990. At that time, it was more of a café type than a restaurant. We were mainly doing breakfast and sandwiches. Since then, we have been trading continuously.

**"Mina is
a major
delight"**



The Lebanese Cuisine is a cuisine of nature. Its colours reflect the richness of the sunny Landscape, and its diversity reflects the goodness and hospitality of the Lebanese people.

Lebanese food is unique in that it combines the sophistication and subtleties of European haute cuisine with the exotic ingredients of the Orient.

A meal usually starts with "mezza", a selection of salads (tabboule and fattoush), hummus, Baba Ghanoush, stuffed grape leaves, Dolma, and Kibba.

The main course is generally grilled meat, chicken, or fish served with rice or bread. In fact, the mezza is an appetiser that can make a whole meal.

Desserts may include many different variations of sweets, such as baklawa and yoghurt with honey. At the end of the meal, Arabic black coffee (Turkish style) is a very popular drink, as is Fresh mint tea (chai).

**"the taste of
sunshine"**



Lebanese food is a celebration of life; it is fresh, flavourful, and has a class of its own. We are proud of our excellent customer service and delicious, tasty, fresh food.

**IF YOU HAVE A FOOD ALLERGY OR SPECIAL DIATARY REQUIMENT,
PLEASE INFORM OUR STAFF.**



Dairy



Gluten



Seafood



Soy



Egg



Peanuts



Shellfish



Tree Nuts

Minimum food order is £12.95

We accept debit and credit cards



Criticism and suggestions are welcomed and appreciated.
www.MinaRestaurant.co.uk

Biar Darwish / Manager



COLD MEZZES

Hummus



Everyone's favourite.

Mashed chickpeas with tahini sauce, garlic, and lemon juice and topped with olive oil.

حمص

£6.20

Baba Ghanoush



Blended charcoal-grilled aubergine then mashed with garlic, tahini (pure sesame oil), and lemon juice is served with olive oil.

متبل

£6.80

Tabboule



A true classic, chopped fresh parsley, diced tomatoes, mint, spring onion and cracked wheat Tossed with olive oil, lemon juice and herbs.

تبولة

£6.70

Fattoush



A delightful mix of lettuce, tomatoes, cucumber, spring onion, fresh mint and parsley and toasted Arabic bread tossed with olive oil, lemon Juice.

فتوش

£6.80

Warak Enab



Homemade, a healthy mix of rice and Vegetable, wrapped with pickled grape leaves, then cooked in natural juices. (Ask if you want yoghurt-mint sauce)

ورق عذب

£6.50

Lebanese Salad



Fresh mixture of lettuce, tomatoes, cucumber, spring onion, fresh mint, parsley, and dressing.

سلطه لبنانيه

£6.80

Leban Bi-Khyar



Homemade yogurt is mixed with cucumber, mint and a touch of garlic.

لبن مع خيار

£6.50

Greek Salad



Fresh lettuce, cucumber, tomato, spring onion, with Feta cheese, olives and dressing.

سلطه يونانيه

£6.80

Prawns Cocktails



Fresh prawns mixed with homemade prawn sauce, are served on a bed of salad and garnished with slice of fresh lemon.

كوكتيل گمبری

£7.50



HOT MEZZES

Mina Meat Balls

Delicious little spicy lamb meat balls served with our unique tomato sauce.

كرات اللحمة

£6.80

Halloumi Cheese

Grilled Cypriot cheese, served with lettuce, cucumber and tomatoes.

جبين حلوم

£6.50

Falafel

Vegetarian traditional eastern snack made of chickpeas and broad beans and flavoured with exotic spices, shaped into balls and deep-fried. (Ask if you want yoghurt-mint sauce).

فلافل

£6.50

Kibba

Lamb and cracked wheat shell filled with seasoned minced lamb, onion and roasted pine nuts, deep-fried (Ask if you want yoghurt-mint sauce).

كبة مقليه شاميه

£6.80

Jawaneh

Marinated chicken wings with oregano and spices are then grilled on charcoal.

جوانح مشويه

£6.50

Sujuk

Char-grilled sliced Lebanese spicy sausage (beef) served with side salad.

سجوك

£6.50

Battata Harra

Cubes of baby Potatoes cooked with coriander, chilli, garlic and spices.

بطاطة حارة

£6.50

Foul Moudamas

Boiled broad beans and chickpeas simmered in tomatoes, garlic topped with olive oil and lemon juice.

فول مدمس

£6.50

Mussels

Cooked with cream and garlic sauce.

محار

£8.50

Garlic Mushrooms

Fresh mushrooms sautéed in garlic, parsley and butter.

فطر مع لثوم

£6.80

Tiger Prawns

Shell less, Sautéed in garlic, with our lemon coriander or tomato herb sauce.

لقرديس

£7.50

SELECTION OF MEZZES AS A STARTERS

Platter of 6 mezzes in a smaller portion:

Hummus, Baba Ghanoush, Tabboule, Falafel, Warak Enab and Halloumi chesse.

(can be

VEGAN



2 person

£17.50

3 person

£23.50

4 person

£29.50



LEBANESE MAIN COURSES

Mina Lamb



مينا غنم

£16.95

Tender cubes of leg of lamb slowly cooked, stir fried with tomatoes sauce, mushrooms, onions, green and red peppers, garlic and chilli (mild spicy), served with rice.

Lamb or Chicken Couscous

كوس كوس مع لحم غنم

£16.95

Served on a traditional plate, a bed of couscous topped with a mixture of tasty vegetables and tender cubes of lamb or Chicken fillet.

Kastaletta Ghanam



كستلايتا غنم

£19.50

Marinated pieces of tender lamb cutlets charcoal-grilled and sautéed with our special fresh rosemary and port sauce, served with rice.

Shish Tawk



شيش طاووق

£16.95

Cubes of chicken fillet marinated in garlic, lemon juice, olive oil, and char-grilled just melt in your mouth. Served with rice, and grilled tomatoes, onions, mixed peppers.

Lamb Mashwi



لحم غنم مشوى

£19.50

Tender cubes of lamb marinated, char-grilled, served with rice, and grilled tomatoes, onions, mixed peppers.

Mina Kofta



مينا كفته

£16.95

Ground meat "lamb" with onions and parsley on a skewer, char-grilled, served with rice, salad and grilled tomatoes, onions.

Mashwi Mwshakal



مشوى مشكل

£19.95

Combination of Shish Tawk, Lamb Mashwi and Mina Kofta, served with rice, and grilled tomatoes, onions, mixed peppers.

2 person

£29.95



CHICKEN DISHES

Mina Chicken

مينا دجاج

Marinated chicken breast grilled sautéed with our special fresh lemon and coriander sauce, served with rice .

£16.95

Chicken à la Cream



دجاج مع كريم

Marinated breast of chicken grilled, sautéed with onion, mushroom, and cream, served with rice.

£16.95

Chicken Fajitas (can be



فهيتا مع دجاج

Strips of chicken breast, onion, mix peppers, Mexican seasoning (spicy) served with tortilla bread and chips.

£17.95

Chicken au Poivre

دجاج مع صلصه لافل

Marinated chicken breast grilled, finished with peppercorns, mustard, and cream (peppercorn Sauce) served with rice

£16.95

STEAK

Char-Grilled Sirloin Steak



لحم بقر (ستيك)

Served with chips .

£21.50

Steak au Poivre

Grilled sirloin steak finished with peppercorns, mustard, and cream (peppercorn Sauce). Served with chips.

£23.50

Mina Steak

Grilled sirloin steak finished with sautéed onions, mushrooms, and cream (mushroom Sauce). Served with chips .

£23.50

SEA FOOD

Grilled Salmon Steak

سمك السلمون

Salmon fillet char grilled, served with our fresh herb tomato sauce or Lemon coriander sauce. Served with rice.

£18.95

King Prawns

ملك القرديس

Charcoal-grilled shell-less king prawns finished with sautéed garlic butter, fresh coriander, and lemon sauce. Served with rice.

£28.50

Moules et frites



محار او بلح البحر

Mussels cooked with cream and garlic sauce served with chips

£18.95



VEGAN DISHES

Vegetarian Couscous

Served on a traditional plate, a bed of couscous is topped with a mixture of tasty vegetables and spices, along with herbs.

كوس كوس مع خضروات

£16.95

Dolma



Homemade, Delicious dish. Moist little rolls of vine leaves stuffed with a healthy mix of rice, tomatoes, fresh parsley and spices served with salad (*Ask if you want yoghurt-mint sauce*)

ورق عنب

£16.95

Veggie Club



Aubergine, tomatoes, courgette, onions, garlic, special Arabic seven spices, sautéed, are served with Mediterranean rice. (*ask if you want melted cheese on the top*).

خضروات مشكل

£16.95

Halloumi Fajitas (can be



Onion, mixed peppers, Mexican seasoning (spicy), topped with grilled Halloumi cheese, served with tortilla bread and chips

£16.95

KIDS MEAL

Chicken

Grilled chicken strips. Served with chips and salad.

£8.50

Meatballs

Our handmade meatballs backed. Served with rice and salad.

£8.50

SIDE DISHES

Bowl of olives	£4.50
Mediterranean Rice	£3.80
French Fries	£2.80
Garlic bread	£4.50
Garlic Bread with Cheese	£4.80
Basket of Bread	£2.50
Gluten Free Bread	£1.50
Dips	£1.00

You Might Be Interested

Please ask our staff for DESSERT menu



COFFEE

ARABIC COFFEE	£3.50
<i>Arabic Roasted coffee with cardamon</i>	
ARABIC FRESH MINT TEA	£3.50
CAPPUCCINO	£3.50
CAFÉ LATTE	£3.80
ESPRESSO	£3.00
DAPPIA	£3.50
<i>The real double espresso!</i>	
LATTE MACCHIATO	£3.85
<i>Mina coffee, Milk and Cream in 3 Layers served in long glass.</i>	
CUP OF TEA	£3.00
DECAF. COFFEE	£3.00
FILTER COFFEE	£3.50
DECAF CAPPUCCINO	£3.00

SOFT DRINKS

AYRAN <i>Natural drinking Yoghurt</i>	£3.50
COKE	£2.80
DIET COKE	£2.80
COKE-ZERO	£2.80
FANTA	£2.80
PINEAPPLE JUICE	£2.80
ORANGE JUICE	£2.80
TROPICAL FRUIT JUICE	£2.80
MANGO JUICE	£2.80
APPLE JUICE	£2.80
CRANBERRY JUICE	£2.80
SPARKLING WATER	SMALL £2.80 LARGE £3.80
STILL WATER	SMALL £2.80 LARGE £3.80
TONIC WATER	£2.80
SODA WATER	£2.80
LEMONADE	£2.80
FRUIT SQUASH JUICE	£2.80



LIQUEUR COFFEE



JOSEPHINE COFFEE <i>Rum</i>	£8.50
IRISH COFFEE <i>Irish Whiskey</i>	£8.50
CALYPSO COFFEE <i>Tia Maria</i>	£8.50
FRENCH COFFEE <i>Brandy</i>	£8.50
Kahlúa COFFEE	£8.50
BAILEYS COFFEE	£8.50

BEERS



	SIZE	ABV	£/ BOTTLE
LEBANESE BEER	33cl	4.2%	£4.10
HEINEKEN	33cl	5%	£4.10
SAN MIGUEL	33cl	5%	£4.10
CIDER	33cl	4.8%	£4.10
NON-ALCOHOLIC	33cl	0.0%	£3.50

ARAK

Traditional Lebanese spirit, exclusively obtained from grapes and green anise, triple distilled, heated with vine wood embers, and matured in clay jars.

SMIRNOFF VODKA	SINGLE	DOUBLE
BACARDI	25ml	50ml
LAMB'S RUM	£5.50	£8.50

- BELL WHISKEY
- PERNOD
- MALIBU
- CAMPARI
- BAILEYS
- JACK DANIELS
- COINTREAU
- TEQUILA
- BRANDY



BOTTLED

SPIRITS