

# TARBOUSH

طربوش

BBQ House & Shisha Garden  
Arabic & Mediterranean Cafe & Restaurant



Food Made with Love

Healthy Fresh Grilled



We Cater for special occasions such as  
Parties, Birthdays & Anniversaries

Take Away Service Available

## Opening Hours

Mon-Thurs: 10am-10pm

Fri & Sat: 10am - 11pm

Sunday: 11am - 10pm

## TARBOUSH's Special Meal Deals & Set Menu

- 134** Traditional Mezzeh Selection £11.95 Per Person  
*A selection of 10 traditional Middle Eastern Mezzeh dishes including hot and cold vegetarian and non vegetarian dishes such as humous, falafel, vine leaves, kebeh, sambosak and more.*
- 135** TARBOUSH Special Mezzeh Selection £14.95 Per Person  
*A selection of 12 traditional Middle Eastern Mezzeh dishes including hot and cold vegetarian and/or non vegetarian dishes.*
- 136** Turkish BBQ & Mezzeh Meal £12.95 Per Person  
*Chef's special selection or yours of our marinated mix grill platter and four of our traditional Mezzeh selection. Served with Arabic Rice or French fries and seasonal salad*
- 137** Lebanese BBQ & Mezzeh Meal £14.95 Per Person  
*Chef's special selection or yours of our marinated mix grill platter and six of our traditional Mezzeh selection. Served with Arabic Rice or French fries and seasonal salad*
- 138** Syrian BBQ & Mezzeh Meal £16.95 Per Person  
*Chef's special selection or yours of our marinated mix grill platter and eight of our traditional Mezzeh selection, Served with Arabic Rice or French fries and seasonal salad.*
- 139** Moroccan Tajine/ Couscous Meal £16.95 Per Person  
*A combination of Homemade Moroccan Tajine or Couscous and four of our traditional Mezzeh including Homous, Vine Leaves, Taboleh and Fresh Falafel.*
- 140** TARBOUSH Special Tajine/ Couscous Set Menu £19.95 Per Person  
*A Three course meal of our homemade Moroccan Tajine or Couscous and four of our traditional Mezzeh selection including Homous, Vine Leaves, Taboleh and Fresh Falafel, then a choice of our Mediterranean sweets and desert and a hot drink.*
- 141** TARBOUSH Special BBQ & Mezzeh Set Menu £19.95 Per Person  
*A Three courses Meal of the Chef's special selection or yours of our marinated BBQ with eight of our traditional Mezzeh, then a choice of our Mediterranean sweets and desert and a hot drink.*

## The Story of TARBOUSH

TARBOUSH is the Arabic name for red hat or fez, which is traditionally worn in the Middle Eastern region as part of the traditional custom.

TARBOUSH Loughborough is a traditional yet modern fully licensed Arabic & Mediterranean Cafe & Restaurant opened in April 2010 with a menu inspired by the Middle East. It brings some of the magic from the ancient world to the area & is the ideal place to escape if you want a break from the norm.

The menu offers an array of tantalizing tastes & light refreshing bites which will take you on a journey through Syria, Lebanon, Cyprus, Egypt, Morocco to Turkey, Greece & back.

Enjoy the opportunity to dine alfresco in our spacious outdoor garden. Sit alongside the water fountain and enjoy our traditional charcoal BBQ which serves a variety of dishes or just choose from our selection of drinks and relax with a flavoured Shisha water pipe

TARBOUSH offers a selection of fruit flavoured smoking Shisha water pipe in the garden. With the air filled with the sweet scent of rose, lemon and strawberry, you will find it easy to forget where you are as you relax and soak up the Arabic & Mediterranean atmosphere.

TARBOUSH



طربوش

Arabic & Mediterranean Cafe & Restaurant

## Traditional Mediterranean Alcoholic Drinks

### BEERS (BOTTLED)

- 1. Almaz (Lebanon)** £3.10  
A Superb light, smooth and mild Pilsner beer brewed & bottled by Brasserie Almaz
- 2. Efes (Turkey)** £2.95  
Efes Pilsener pours a rich, honey-gold colour - crystal clear with a steady stream of sparkly bubbles rising to form a wispy head of white foam. 5% ABV
- 3. Keo (Cyprus)** £3.00  
An exceptional traditional beer bottled fresh on the island of Cyprus. 4.5% ABV
- 4. Fix (Greece)** £2.95  
Fix's soft flavour has a balanced bitterness which enhances the flavours from fermentation. Its prevailing scent is of fresh apple and banana.
- 5. San Miguel (Spain)** £2.95  
A pilsner style lager, with a refreshing balance of bitterness from the hops and sweetness from the malt.
- 6. Peroni (Italy)** £2.95  
A crispy and refreshing lager with an unmistakable character and a touch of Italian style.
- 7. Shandy** £3.20  
A Mix of any of the above beers with sparkling lemonade

### RED WINE

- 8. Othello Red (Cyprus)** £3.95 £15.95  
A dry red wine with a rich berry aroma which is soft on the palate
- 9. Chateau Kefraya (Lebanon)** £17.95  
Rounded fruity dry wine with a hint of dark cherries & spice
- 10. Villa Douca (Turkey)** £14.95  
A dry red wine produced from a blend of three different varietals, it invokes the aromas of red fruits and spices.
- 11. Calliga Rubis (Greece)** £16.95  
A nice dry, ruby red with a bouquet of sweet black fruit, A flavour of ripe cherries erupts on the palate
- 12. Chianti Superiore, Valdarno Estate, Tuscany (Italy)** £16.95  
Bright ruby red, with flowery notes and mild tannin.

### WHITE WINE

- 13. Aphrodite (Cyprus)** £3.95 £15.95  
A classic wine with a delicate touch of fresh cut hay and stone fruit.
- 14. Chateau Ksara (Lebanon)** £17.95  
Light and fruity wine, Excellent with Lebanese Meze & grilled meat
- 15. Villa Douca (Turkey)** £14.95  
A balanced blend of Sultaniye grapes which yield fruity, refreshing and crisp wines and juicy

### ROSE WINE

- 16. Lal Rose (Turkey)** £3.95 £14.95  
A wonderful dry rose, with strawberry and cherry aromas on the nose and crisp clean finish.
- 17. Calliga Demi-sec Rose (Greece)** £16.95  
A semi-dry with nice pink colour and a fruity bouquet. A pleasant sweetness with nice fruit and an extended finish
- 18. Chateau Kefraya (Lebanon)** £17.95  
A still & softly-oaked tribute to the 'blended' roses of Champagne

### SPARKLING WINE

- 19. Ajtin Kopuk (Turkey)** £22.50  
The first natural sparkling wine of Turkey produced by "Methode de la cuve close" from Emir grapes grown in volcanic soil of Cappadocia.
- 20. Mumm Champagne NV (France)** £35.95  
An award winning sparkling rose with a fresh citrus and berry flavour Full, fruity smooth and lively, perfect for any celebration

### TRADITIONAL SPIRITS

- 21. Bell's Whisky, Brandy, Smirnoff Red Vodka, Gordon's Gin, Bacardi, Tia Maria** £3.20 / £3.95  
Single / Mixer  
(for mixed with soft drink)
- 22. Arak/ Raki/ Ouzo** £4.20 £19.95  
Traditional Mediterranean aniseed and grape drink, which is an irreplaceable part of entertainment and eating culture. Served mixed with cold water and ice.

### TARBOUSH SPECIAL MIXES

- 23. Mediterranean Sunset** £4.45  
Greek ouzo mixed with fresh orange juice and ice
- 24. Vodka Mint Lemonade** £4.20  
Fresh mint lemonade mixed with vodka and ice
- 25. White Sangria** £4.20  
White wine mixed with fresh orange juice and pineapple

### LIQUEUR COFFEE

- 26. SULTAN Special Coffee** £3.95  
with Baileys
- 27. Aphrodite Coffee** £3.95  
with Brandy & whipping cream
- 28. Italian Corretto, with Sambuca** £3.95
- 29. Spanish Calypso Coffee** £3.95  
with Rum & Tia Maria
- 30. English Coffee with Gin** £3.95
- 31. Irish Coffee with Whisky** £3.95



## Traditional Mediterranean Cold Drinks



- 32. Fresh Fruit Juices** £2.45  
A freshly squeezed juices, served with ice. Choose from Orange, Apple, Carrot, Strawberry, Mango, Pineapple and many more.
- 33. Create Your Favourite Fruit Juice Mix** 30p extra per mix
- 34. Fresh Mint Lemonade** £2.45  
Delightful drink that blends the flavour of mint leaves with lemonade.
- 35. Fresh Strawberry Lemonade** £2.60  
Delightful drink that blends the flavour of fresh Strawberry with lemonade.
- 36. Fresh Lemonade** £2.35  
Freshly made lemon juice blended with cold water & ice
- 37. TARBOUSH Special Fruit Cocktail** £2.95  
Homemade cocktail of freshly blended seasonal fruit juices mixed with ice.
- 38. Fresh Milkshakes** £2.85  
Choose from Banana, Strawberry, Chocolate, Mango
- 39. TARBOUSH Special Milkshakes** £2.95  
With special flavours, Choose from Ferrero Rocher, KitKat, Aero, Oreo, Snickers, Galaxy or Klinder
- 40\*. Traditional Turkish Ayran** £2.30  
A traditional Mediterranean beverage made from a mixture of Turkish yoghurt, cold water & a little salt, topped with dried mint.
- 41. Homemade Greek Frappe Coffee** £2.45  
Popular cold coffee in Greece and Cyprus.; Foam-covered iced coffee topped with cold milk, very popular in Greece & Cyprus.
- 42. Barbican (Non-Alcoholic Beer)** £2.40  
Available in a range of flavours
- 43\*. Sparkling, Soda or Tonic Water** £1.45
- 44\*. Soft Drinks** £1.20  
Coke, Diet Coke, 7-up, Miranda (Fizzy Orange)
- 45\*. Turkish Spring Water** £1.00  
From the natural springs in the Turkish mountains, preserving its pure taste

## Traditional Mediterranean Hot Drinks

### TEA

- 46\*. Arabic Tea** £1.95  
Freshly prepared special tea blends; available in a range of flavours, Choose from Mint, Cinnamon, Ginger, Clove, Cardamom or Lemon.
- 47\*. Turkish Tea** £1.95  
National drink of Turkey, Black tea prepared in special method and served in small glass

- 48\*. Turkish Apple Tea** £2.20  
No 1 Fruit tea of Turkey, very popular
  - 49\*. Egyptian Hibiscus Tea** £2.20  
An infusion made from deep magenta-coloured calyces (sepals) of the Hibiscus sabdariffa flower, which helps to lower blood pressure.
  - 50\*. English Tea** £1.95
  - 51\*. Zhourat Shamia** £2.20  
A traditional delicious beverage contains selection of flowers & Damascene roses which aids stress relief and relaxation.
  - 52. Sliming Mix** £2.20  
A natural formula of biological herbs and flowers which can help with weight loss & relaxation.
  - 53\*. Green Tea** £2.00  
Camellia sinensis leaves, which can help weight loss
- ★ TEA for TWO** Large Pot of any of the above tea £3.60



### COFFEE

- 55. Arabic Coffee** with/ without Cardamom £2.00  
Dark roasted coffee mixed with water & boiled in a small pot. Cardamom adds a spicy flavour. Served in a small cup.
- 56. TARBOUSH Special Coffee** £2.20  
Arabic coffee with hot frosted milk on top
- 57\*. Turkish / Greek Coffee** £2.00  
Light roasted coffee mixed with water and boiled in a small pot Served in a small cup.
- 58\*. Italian Espresso Coffee** £1.70  
Extra 20p for double shot
- 59\*. Italian Espresso Macchiato** £2.00  
An espresso with a small amount of milk
- 60\*. Americano Coffee** £2.20
- 61\*. Flat White Coffee** £2.40
- 62\*. Cappuccino** £2.40
- 63\*. Caffe Latte** £2.30
- 64\*. Latte Macchiato** £2.40  
Layered latte with Espresso in the middle.
- 65. Caffe Mocha** £2.60  
Flavoured Syrup Add a special flavour to your coffee. Ask for the available range £0.30
- Decaffeinated Coffee** Espresso, Americano, Flat White, Cappuccino, Latte, Macchiato and Mocha
- 66\*. Hot Chocolate** £2.30
- 67\*. BabyCino** £1.20  
Steamed frothed milk topped with chocolate sprinkles & marshmallow

## Traditional Breakfast Platters

Breakfast Served with Lebanese Pita Bread, daily till 12pm

### 68. Traditional Arabic Breakfast

**Veg:** Halloumi cheese, Fresh Falafel, Humous, green and black olives, Labneh and manakish zattar with a seasonal salad

**Non-Veg:** Chicken sausage, fried egg, halloumi cheese, green and black olives, Fresh Falafel, Homous, with a seasonal salad.

### 69. Traditional English breakfast

**Veg/Non-Veg:** Vegetarian or Chicken Sausage, Fried Egg, Grilled Tomato, Fried Mushroom, Toasted Bread, Baked Beans & Hash Browns.

## Traditional Sandwiches & Wraps

### 70. Syrian Falafel

Fried balls of chickpeas & mixed spices, Homous, dressed with sesame paste & seasonal salad. All wrapped in grilled Lebanese pita bread. Served with homous & seasonal salad.

### 71. Cypriot Halloumi Cheese

Grilled traditional village bread filled with slices of Halloumi cheese topped with slices of tomato. All served with seasonal salad.

### 72. Jordaniah Mahakish Zattar

Oven baked traditional village bread spread with a mixture of olive oil, thyme, traditional herbs & spices, served with seasonal salad.

### 73. Damascush Shawourma Chicken

Roasted slices of marinated chicken, garlic sauce & pickled cucumber all wrapped with Arabic bread

### 74. Palestinian Mosakhah Chicken

Sliced chicken breast marinated with traditional Mediterranean herbs, fried onion & olive oil. All wrapped in grilled Lebanese pita bread. Served with homous & seasonal salad

### 75. Lebanese Arayes Minced Lamb

Grilled traditional village bread stuffed with marinated mince lamb with traditional herbs, spices & tomato slices. Served with seasonal salad & tzatziki yoghurt.

### 76. Syrian Kebab Halabi

Grilled marinated minced lamb mixed with parsley and grilled on skewers

### 77. Turkish Shish Tawouk

Chicken cubes marinated in garlic, lemon juice, olive oil traditional herbs & spices then grilled on skewer

### 78. Syrian Lahm Mashwi

Tender lamb cubes marinated with lemon juice, olive oil and traditional herbs and spices then grilled on skewer

### 79. Turkish Lahmacun

Crispy oven baked of round dough topped with minced lamb, vegetables & herbs including onions, tomato & Parsley. Served Cack yogurt salad and pickled vegetables.

## TARBOUSH Special Sandwiches & Wraps

### 80. Fresh Falafel + Spicy Potato

Fresh falafel wrap stuffed with fried cubes of potato marinated with garlic, chilli paste and coriander. Served with homous and seasonal salad

### 81. Mahakish Zattar + Halloumi Cheese

Manakish Zattar topped with slices of Halloumi cheese and seasonal salad.

### 82. Mosakhah Chicken + Spicy Potato

Mosakhah Chicken wrap stuffed with fried cubes of potato marinated with garlic, chilli paste and coriander. Served with homous and seasonal salad.

### 83. Arayes Lamb + Halloumi Cheese

Grilled traditional village bread stuffed with marinated mince lamb, Halloumi cheese and tomato slices. Served with seasonal salad and tzatziki yoghurt.

### 84. Lahmacun + Halloumi Cheese

Oven baked Lahmacun topped with slices of Grilled Halloumi Cheese, served with Tzatziki yoghurt and seasonal salad

### 85. Sandwich + Drinks Meal Deal

Choose any of the sandwiches above with your choice of a drink\*



Syrian Fatoush salad



Lebanese Tabouleh salad



Turkish Cacik



Mezeh lunchtime platter



BBQ Kebab



BBQ Lahm Mashwi



BBQ on Natural Charcoal Grill

## Traditional Mediterranean Salads

### 86. Syrian Fatoush Salad

A mix of lettuce, spring onion, tomato, cucumber, parsley & mint, dressed with Pomegranate sauce, garlic, lemon juice, olive oil and topped with fried pita bread.

### 87. Lebanese Tabouleh Salad

A mix of finely cut parsley, onion, tomato & crushed wheat, seasoned with fresh mint, olive oil & lemon juice.

### 88. Greek Salad

A mix of Lettuce, tomato, cucumber, red onion, olives, topped with Feta cheese with a mint, lemon & olive oil dressing.

### 89. Turkish Cacik / Tzatziki Salad

Finely cut cucumber in Turkish yoghurt, mixed with dried mint and crushed garlic.

### 90. TARBOUSH Special Village Salad

Chef's Selection of seasonal herbs and vegetables, sundried tomato, olives all dress with special dressing sauce.

## Lunchtime TARBOUSH Special

Served until 6pm

### 91. Mezeh Lunchtime Platter for 1 (Veg / N-Veg)

A selection of six hot & cold Mezeh including Fresh Falafel, Moroccan Couscous, Stuffed Vine Leaves, Homous, Sambosak Cheese/Chicken & Spicy Potato/Mince Lamb Kebab.

### 92. Mezeh Lunchtime Platter for 2 (Veg / N-Veg)

A Selection of eight hot and cold Mezeh including (Fresh Falafel, Homous, Baba Ghanouj, Moroccan Couscous, Stuffed Vine Leaves, Spicy Potato, Sambosak Cheese/Chicken and Minced Lamb Kebab).

### 93. BBQ Lunchtime Platter for 1

(Lamb Kebab / Lamb Cubes / Chicken / Mix / Vegetarian)

A choice of the above naturally grilled charcoal marinated Meat or Vegetables served with Rice / French Fries, Homemade Homous, Falafel, Stuffed Vine Leaves and Seasonal Salad.

### 94. BBQ Lunchtime Platter for 2

(Lamb Kebab / Lamb Cubes / Chicken / Mix / Vegetarian)

A choice of the above naturally grilled charcoal marinated Meat or Vegetables served with Rice / French Fries, Homemade Homous, Falafel, Stuffed Vine Leaves, Sambosak Cheese and Seasonal Salad.



Vegetarian Contain Nuts Hot & Spicy



## Traditional Mediterranean Soups

### 95. Soup of the Day

Fresh Daily Homemade Soup, with a choice of Lintel, Chicken, or Vegetable.  
Please ask a crew member for today's.

£2.95

## Traditional Mediterranean Mezeh Dishes

Mezeh is a selection of small hot & cold appetizers served with warm pita bread & seasonal side salad.

### 96. HOMOUS Bi Tahini

Boiled Chickpeas blended with Tahini, lemon juice & salt. All topped with extra virgin olive oil.

£4.50

### 97. Baba Ghanouj / Motabal

Grilled Aubergine mixed with Greek yoghurt, Tahini, Lemon juice and salt. All topped with extra virgin olive oil.

£4.50

### 98. Wark Enab

Rolled vine leaves stuffed with rice, tomato, onion, mint, lemon juice and olive oil.

£4.50

### 99. Batata Hara

Fried cubes of potato marinated with garlic, chilli paste and coriander served with salad.

£4.50

### 100. Damascene Labneh

Condensed Greek yoghurt garnished with dried mint, paprika, olives and olive oil.

£4.20

### 101. Damascene Makdous

Pickled baby Aubergine, stuffed with walnuts, chilli, garlic, vinegar and olive oil.

£4.20

### 102. Mokhalal Kabis

A selection of pickled vegetables including cucumber, turnip, olives and others.

£3.20

### 103. Greek Olives

Traditional green and black olives mixed with lemon juice, garlic and dried red pepper.

£3.45

### 104. Spinach Fatyer

Oven baked pastry filled with traditional fresh spinach mixed with onion, lemon juice & Traditional herbs and spices.

£4.20

### 105. Sambosak Cheese

Fried pastry rolls stuffed with a mixture of cheeses and traditional herbs.

£4.20

### 106. Egyptian Foul Medamas

Boiled broad beans seasoned with garlic, lemon juice, topped with olive oil, tomato and parsley.

£4.95

### 107. Bazinjah Al-Rahib

Smoked Aubergine, green peppers, tomatoes, spring onion, garlic and lemon juice.

£4.25

### 108. Nuts Muhamara

Roasted red pepper with mixed spicy nuts, lemon juice and topped with olives oil

£4.50

### 109. Grilled Halloumi Cheese

Grilled Slices of Halloumi Cheese, served on seasonal garnish and tomato

£4.95

### 110. Sambosak Spicy Chicken

Fried pastry rolls stuffed with chicken breast marinated in traditional Mediterranean herbs & spices.

£4.50

### 111. Sambosak Minced Lamb

Oven baked pastry topped with mixture of minced lamb, tomato, onion, herbs and spices.

£4.50

### 112. Damascene Kebab

Fried cracked wheat shells filled with minced lamb mixed with traditional herbs, spices & nuts.

£4.95

### 113. Homous with Minced Lamb

Homemade Homous topped with flambéed minced lamb with butter

£5.95

### 114. Makahik Minced Lamb

Homemade mini lamb sausages flambéed in butter and grilled lemon, topped with pickled vegetable, and special sauce.

£4.95

### 115. Jawaheh Mashwih

Grilled Chicken wings in garlic sauce and lemon juice.

£5.95

## TARBOUSH Speciality Main Courses

All our main courses served with Rice or French Fries, Grilled Tomato, Onion and Peppers, and Seasonal Salad

### 116. BBQ Shish Tawouk

Traditionally marinated Chicken cubes with Greek yoghurt, lemon juice, olives oil, herbs and spices and then grilled on natural charcoal, served with chef's special Garlic sauce and grilled tomato, onion and pepper.

£8.95

### 117. BBQ Lahm Mashwi

Traditionally marinated Lamb cubes with lemon juice, olives oil, herbs and spices and then grilled on natural charcoal, served with chef's special sauce, grilled tomato, onion and pepper.

£9.95

### 118. BBQ Kebab Hajabi

Traditionally prepared minced lamb mix with herbs, parsley, onion and spices; then grilled on charcoal. Served with chef's special sauce, grilled tomato, onion and pepper

£8.95

### 119. BBQ Mixed Grill

A mix of traditionally charcoal grilled marinated Lamb cubes, Lamb Kebab, and Chicken. All served with grilled tomato, onion and pepper.

£11.95

### 120. BBQ Lamb Fillet

Lamb fillet marinated in olive oil, lemon, herbs and spices

£9.95

### 121. BBQ Lamb Chops

Marinated with lemon, olives oils and traditional herbs Lamb chops and then grilled on charcoal. Served with chef's special sauce and grilled tomato, onion and pepper

£9.95

### 122. BBQ Farouj Mashwi/ Baby Chicken

Roasted thin slices of chicken, marinated with lemon juice, olives oil, herbs and spices. Served with Chef's special garlic sauce and Lebanese pita bread

£8.95

### 123. Chicken Shawarma

Roasted thin slices of marinated chicken

£8.95

### 124. Vegetarian BBQ

Charcoal Grilled Marinated Vegetable including Aubergine, Courgette, Tomato, Onion, Potato and Sweet Corn

£8.95

### 125. Moroccan Tajin (Lamb / Chicken / Vegetable)

No 1 dish in Morocco, A Choice of Chicken, Lamb or Vegetable cooked in a traditional clay pot on slow fire with special traditional herbs and spices

£8.95

### 126. Moroccan Couscous (Chicken / Lamb / Vegetable)

Slowly Steamed Couscous with Chicken/ Lamb/ or Vegetable cooked with Chef's special selection of sauce, herbs and spices

£8.95

### 127. Turkish Dawood Basha

Minced Lamb meat balls cooked with tomato sauce, onion and traditional herbs and spices

£8.95

### 128. Sea Bass Fish

Marinated with lemon juice, olives oil, herbs and then grilled on slow natural charcoal. Served with Chef's special dressing and dipping sauce.

£9.95

### 129. King Prawns

Marinated with lemon juice, olives oil, herbs and then grilled on slow natural charcoal. Served with Chef's special dressing and dipping sauce

£12.95

130. Dish of the day Please ask a member of staff

## TARBOUSH Side Dishes

### 131. French Fries

£2.95

### 132. Mediterranean Rice

£2.95

### 133. Moroccan Couscous

£3.95