

# Lebanese

Style of cooking that includes an abundance of whole grains, fruits, vegetables, starches are consumed sparingly. It also includes copious amounts of garlic and olive oil, often seasoned by lemon juice. Chickpeas and parsley are also staples of the Lebanese diet.



## SOUP

Lebanese Cold Cucumber Soup

## SALAD

### FATTOUSH

Chopped lettuce, tomato, cucumber, capsicum radish, mint, thyme, rocket, onions, sumac topped with crisp bread, dressed with lemon & olive oil

### TABOULEH

Burghul wheat with finely chopped fresh mint, parsley, tomatoes, spring onion in lemon olive oil dressing

### CHICK PEAS SALAD

Boiled chick peas with soaked raisin, dices of sweet red peppers, spring onion, dressed in lemon olive oil dressing with chopped parsley, thyme and crushed black peppers

### MIXED ARABIC PICKLE

Thick carrot sticks, cucumber, small cauliflower, garlic slice dressed with vinegar, salt, sugar & olive oil

## FILLING

### FALAFEL

Falafel is a deep-fried patty made from ground chickpeas and fava beans served in pita bread topped with salad, pickle, hot sauce & tahini

### GRILLED GLUTEN STRIPS

Greek Salad (Italian Dressing)

## DIPS

### HUMMUS

A Middle Eastern and Arabic dip or spread made from cooked, mashed chickpeas blended with tahini, olive oil, lemon juice, salt and garlic

### TAHINI PASTE

A paste made from ground, hulled sesame seeds used in North African, Greek, Turkish and Middle Eastern cuisine. It is served as a dip on its own

### AIOLI SAUCE

A sauce made of garlic, oil & mashed potato added with lemon juice used in North African, Greek, Turkish and Middle Eastern cuisine. It is served as a dip on its own

### BABA GANOUSH

Baked or broiled aubergine mixed tahini, salt, freshly-squeezed lemon juice, smashed garlic, chilli powder, olive oil garnished with parsley or cilantro leaves

## BREADS

Zaatar Flat Bread

Pita Bread

## DESSERTS

### MICHL (LEBANESE RICE PUDDING)

Fat free Lebanese dessert made with rice flour, flavored with aniseed and cinnamon, garnished with roasted almond & coconut flakes

### PERSIAN CREAM ON FRESH BERRY FRUITS

Rosewater flavored "cream" Served with partially frozen or fresh berry fruits