

COLD MEZZA (V)

31	HUMMOUS <i>Chickpeas pureed with sesame oil and lemon juice, topped with fresh parsley and olive oil</i>	£4.00
32	Baba Ghanouj <i>Smoked aubergines pureed with sesame oil and lemon juice, topped with fresh pomegranate</i>	£4.50
33	TABBOULEH <i>Parsley and crushed wheat salad with tomatoes, onions, mint, lemon juice and olive oil</i>	£4.25
34	Fattoush <i>Lebanese mixed salad with toasted bread and pomegranate, dressed with herbs, smoked aubergines and olive oil</i>	£5.50
35	Batinjan Bi'laban <i>Fried aubergine marinated in yoghurt, garlic and olive oil</i>	£5.00
36	Ful Mukala <i>Pan fried fresh broad beans with garlic, coriander and olive oil</i>	£5.00
37	Labneh <i>Lebanese strained yoghurt, topped with mint.</i>	£4.75
38	Labneh Bi'toum <i>Lebanese strained yoghurt with garlic and thyme</i>	£4.75
39	Musaka <i>Aubergines baked with chickpeas, tomatoes, onions and garlic.</i>	£5.00
40	Warak Enab <i>Vine leaves stuffed with rice, herbs and spices</i>	£4.25
41	Hummous Beiruti <i>Hummous with parsley and garlic, topped with broad beans and olive oil</i>	£4.50
42	Cous Cous Salad <i>Dotted with red and green peppers, cucumber and pomegranate</i>	£4.75

HOT MEZZA

43	Falafel <i>Chickpeas and broad beans blended with fresh vegetables and herbs, and deep fried. Served with tahineh</i>	£4.75
44	Batata Harra <i>Potatoes fried in olive oil with red and green peppers, garlic and coriander</i>	£4.50
45	Mujadara <i>Lentils, crushed wheat, onions and olive oil. Topped with crispy onions, toasted almonds and pomegranate seeds</i>	£4.50
46	Ful Mudammas <i>Broad beans cooked with lemon juice, a touch of garlic, lemon and olive oil</i>	£4.50
47	Tomato Bulgur <i>Crushed wheat cooked with fresh tomatoes, onions and olive oil.</i>	£4.50
48	Sambousek <i>Lebanese pastry stuffed with spiced minced lamb and pine nuts</i>	£4.75
49	Kallaj <i>Filo pastry stuffed with halloumi cheese, parsley and olive oil</i>	£4.55
50	Chicken Pastilla <i>Filo pastry stuffed with spiced chicken, saffron and onions</i>	£5.50
51	Lamb Pastilla <i>Filo pastry stuffed with spiced minced lamb, rice noodle.</i>	£5.50
52	Fatayer <i>Pastry stuffed with spinach, onion, pomegranate and pine nuts.</i>	£5.50

Mixed Mezza plate for 1 £9.50
Falafel, Houmos, Tabbouleh, Vine Leaves,
Baba Ghanouj and Yoghurt aubergine

SPECCIAL MEZZA

53	Shanklish <i>Aged cheese served with thyme, onions and tomatoese</i>	£5.50
54	Hummous Kawerma <i>Hummous topped with tender diced lamb and pine nuts</i>	£6.50
55	Kibbeh <i>Deep fried ground lamb and crushed wheat, stuffed with minced meat, onions and pine nuts</i>	£7.50
56	Grilled Halloumi <i>grilled halloumi with special herbs.</i>	£6.50

SOUPS £4.00

Lentil soup rich in vegetables, flavoured
with cumin and special house spices

MAIN COURSES

58	Mixed Grill <i>Grilled marinated cubes of chicken and skewered lamb (kafta) served with rice and salad</i>	£12.00
59	Shish Tawouk <i>Boneless chicken marinated in garlic, lemon juice & home spices, served with rice and salad</i>	£11.75
60	Kharoof Mahshi <i>Lamb stuffed with rice and special herbs, served with cucumber yoghurt salad</i>	£11.50
61	Spinach <i>Fresh spinach leaves cooked with garlic and onions, topped with diced filet of lamb and pine nuts. * Also available without lamb as a vegetarian alternative served with rice and salad</i>	£10.75
62	Chicken Escalope <i>Breaded chicken filet served with chips and salad</i>	£10.50
63	Musaka with lamb <i>Spiced baked aubergines, tomatoes, onions, and lamb, served with rice</i>	£10.75

FOR VEGETARIANS

64	Musaka <i>Spiced baked aubergines, tomatoes, and onions, served with rice</i>	£9.00
65	Loubieh <i>Fresh green beans cooked with fresh tomatoes, olive oil, garlic and onions. Served with rice</i>	£9.00
66	Vegetable Tagine <i>served with rice and salad</i>	£9.00
67	Fresco's special Vegetarian dish <i>Lentil, Spinach, Spicy Potato, Musaka, Broad Beans and Loubieh</i>	£9.50

SET MENU MINIMUM TWO PEOPLE

A selection of mezza to share, followed by a main
course of your choice and a selection of baklava
£18.00 per person
With a bottle of Lebanese wine £25.00 per person

White: Blanc de L'observatoire
Red: Priure Ksare Rouge
Rose: Sunset Rosé

PITA WRAPS

All served with hummous and a salad of your choice

Falafel	£4.50
Grilled Chicken (Shish Tawouk)	£4.50
Halloumi	£4.50
Spicy Potato (Batata Harra)	£4.50
Chicken Escalope	£5.00

SALADS Please select a salad for your wrap

Spinach and Pomegranate Salad

Feta and Olive (Greek) Salad

Tabbouleh

Lebanese Fattoush Salad

Add cheese to your wrap for £1.00. Other extras are 65p each

WRAP DEAL £7.00

Any wrap & fresh carrot - orange juice

Fresco Special Wrap £4.50

Grilled chicken or falafel, hummous,
juicy fresh spinach and pomegranate salad

FRESH JUICES

Just Juice	450ml cup £2.75 / 1 litre bottle £5.00
Orange, Pink Grapefruit, Carrot or Apple	
Orange - Carrot	
Orange - Pink Grapefruit	

Add complimentary ginger to your juice. Any additions are 75p each

Tutti Frutti	450ml cup £3.00/ 1 litre bottle £6.00
1. Apple – Banana - Raspberry	
2. Raspberry – Banana – Orange	
3. Apple – Papaya – Strawberry	
4. Grapefruit – Strawberry – Orange	
5. Banana – Strawberry – Orange	
8. Pineapple – Orange – Mint	
10. Mango – Papaya – Banana	

All of our juices are freshly squeezed to your order. Enjoy a glass of refreshing nature

Energisers	450ml cup £3.00 / 1 litre bottle £6.00
12. Carrot – Broccoli – Beets – Ginger	
15. Apple – Kiwi – Celery	
18. Carrot – Lemon – Honey – Ginger	
19. Carrot – Apple – Orange – Ginger	
20. Apple – Celery – Ginger	

These juices are just as healthy as they are delicious, bursting with vitamins, minerals, good health and vitality

Green Juice	450ml cup £3.50 / 1 litre bottle £6.50
27. Green Apple - Parsley - Celery - Ginger	
28. Green Apple – Cucumber – Broccoli – Kiwi	
29. Green Apple –Kiwi – Ginger	
30. Green Apple – Avocado – Ginger	

Green Breakfast Milk	450ml cup £3.50 / 1 litre btl £6.50
24. Avocado – Banana- Dates – Honey – Organic Milk	

	Exotic Juice 450ml cup	
Mango		3.50
Strawberry		5.00
Pineapple		5.00
Papaya		5.00

Still water (Aqua Pana)	1/2 L £1.75	1 L £3.25
Sparkling water (Sanpeligrino)	1/2 L £1.75	1 L £3.25
Soft drinks		£1.25

Fresco

Fresh Juices & Lebanese Cuisine

MENU