



COMPTOIR LIBANAIS

Allergen & Calorie Menu

Adults need around 2000 kcal a day

* We prepare our food in kitchens where products containing gluten, sesame & nuts as well as other allergens are used. The allergen data detailed in this menu has been derived from supplier specifications on the allergenic ingredients that have intentionally been added to the final food product. We have taken all reasonable steps to ensure that this menu is accurate. We cannot guarantee that any product is "100% free from" any allergen due to the risk of possible cross contamination in production, supply & preparation.

SPRING 2025
Version 01

NIBBLES

DOES IT CONTAIN?														SUITABLE FOR		Kcals	COMMENTS	
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan
Lebanese Pickles											*				*	*	29	
Marinated Olives				*											*	*	221	

MEZZE

DOES IT CONTAIN?														SUITABLE FOR		Kcals	COMMENTS	
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan
Mezze Plate		*		*	*				*		*	*	*	* Wheat	*		793pp	
Lebanese Soup				*					*			*	*	* Wheat	*	*	386	
Hommos				*					*			*	*	* Wheat	*	*	277	
Baba Ghanouj				*					*			*	*	* Wheat	*	*	283	
Falafel		*		*	*						*			* Wheat	*	*	372	Falafel is fried in a fryer with poten cross-contact with Gluten (Barley, Wheat), Milk, eggs
Cheese Samboussek		*		*	*									* Wheat	*		476	
Chicken Samboussek		*		*	*									* Wheat			202	
Feta & Pepper Dip		*		*					*			*	*	* Wheat	*		256	
Batata Harra		*		*	*									* Wheat	*	*	528	Batata Harra is fried in a fryer with poten cross-contact with Gluten (Barley, Wheat), Milk, eggs
Lebanese Wings		*		*							*						456	
Halloumi & Figs		*		*			* Pistachio				*				*		565	
Rocket and Bulgar Salad														* Wheat	*		320	
Tabbouleh															*	*	228	
Falafel											*			* Wheat	*	*	145	

SIDE DISHES & SAUCES

DOES IT CONTAIN?														SUITABLE FOR		Kcals	COMMENTS	
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan
Fries & Garlic Dip		*		*	*									* Wheat	*		594	Fries is fried in a fryer with poten cross-contact with Gluten (Barley, Wheat), Milk, eggs
Warm Olive Oil Bread				*					*			*	*	* Wheat	*	*	241	
Za'atar & Garlic Bread				*					*			*	*	* Wheat	*	*	524	
Quinoa															*	*	266	
Vermicelli Rice														* Wheat	*	*	364	
Couscous														* Wheat	*	*	365	
Garlic Sauce				*											*	*	121	
Tahina Sauce				*											*	*	130	
Harissa Sauce				*											*	*	124	
Mint Yoghurt Sauce		*		*											*		47	

GRILLS

Menu Item Name	DOES IT CONTAIN?													SUITABLE FOR		Kcals	COMMENTS	
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan
Mixed Grill		*		*					*		*			*			1135	
Lamb Ko a Grill				*					*		*			*			761	
Chicken Taouk Grill				*					*		*			*			683	
Chicken Shawarma Burger		*		*	*				*		*			*			1078	

RICE BOWLS

Menu Item Name	DOES IT CONTAIN?													SUITABLE FOR		Kcals	COMMENTS	
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan
Chciken Shawarma Bowl		*		*							*			*			974	
Lamb Ko a Bowl		*		*							*			*			779	
Falafel Bowl		*		*	*						*			*	*	*	691	Falafel is fried in a fryer with poten cross-contact with Gluten (Wheat), Milk, eggs

SALADS

Menu Item Name	DOES IT CONTAIN?													SUITABLE FOR		Kcals	COMMENTS	
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan
Mama Zohra		*		*										*			691	
Halloumi salad		*		*	*									*	*		900	halloumi is fried in a fryer with poten cross-contact with Gluten (Wheat), Milk eggs

TAGINES

Menu Item Name	DOES IT CONTAIN?													SUITABLE FOR		Kcals	COMMENTS	
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan
Chicken & Green Olive											*			*			382	
Aubergine														*	*	*	598	

OPEN WRAP PLATTERS

DOES IT CONTAIN?															SUITABLE FOR		Kcals	COMMENTS
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan		
Chicken Taouk				*					*		*	*	*	* Wheat			875	
Lamb Kofta				*					*		*	*	*	* Wheat			986	
Falafel		*		*	*				*		*	*	*	* Wheat	*	*	1039	Falafel is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs
Halloumi		*		*					*		*	*	*	* Wheat	*		1326	

DESSERTS

DOES IT CONTAIN?															SUITABLE FOR		Kcals	COMMENTS
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian	Vegan		
Mango Cheesecake		*					* Pistachio							* Wheat			638	
Chocolate Brownie		*		*	*		* Pistachio						*	* Wheat	*		769	
Orange & Almond Cake		*			*		* Almond				*			* Wheat	*		699	
Selection of Baklawa		*					*							* Wheat	*		548	Pistachio, Cashew, Walnuts
Baklawa & Rose Mint Tea		*					*							* Wheat	*		528pp	Pistachio, Cashew, Walnuts
ICE CREAM (40g per scoop)																		
Dairy Free Vanilla													*		*	*	55	
Pistachio		*			*		* Pistachio								*		43	
Chocolate		*			*								*		*		35	
Rose		*			*										*		36	

KIDS MENU

DOES IT CONTAIN?														SUITABLE FOR		Kcals	COMMENTS	
Menu Item Name	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan
Cheesy Chicken Flatbread		*		*					*			*	*	* Wheat			341	
Cheesy Tomato Flatbread		*		*					*			*	*	* Wheat	*		518	
Chicken Wrap		*		*	*									* Wheat			375	Fries is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs
Halloumi Wrap		*		*	*									* Wheat	*		152	Fries is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs
Chicken Taouk Bites		*		*	*									* Wheat			251	Fries is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs
Mezze Adventure Platter		*		*	*				*		*	*	*	* Wheat	*		209	Falafel is fried in a fryer with potential cross-contact with Gluten (Wheat), Milk, eggs
Dairy Free Ice Cream													*		*	*	71	

DRINKS

HOT DRINKS

Menu Item Name	DOES IT CONTAIN?													SUITABLE FOR		Kcals	COMMENTS	
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan
Fresh Rose Mint Tea															*	*	60	
Americano with Cow Milk		*														*	28	
Americano with Soya Milk													*			*		
Americano with Almond Milk							*	Almond								*		
Americano with Oat Milk														*	Wheat	*	*	
Cappuccino with Cows Milk		*														*	119	
Cappuccino with Soya milk													*			*	*	
Cappuccino with Almond milk							*	Almond								*	*	
Cappuccino with Oat Milk														*	Wheat	*	*	
Latte with Cow Milk		*														*	162	
Latte with Soya Milk													*			*	*	
Latte with Almond Milk							*	Almond								*	*	
Latte with Oat Milk														*	Wheat	*	*	
Flat White with Cow Milk		*														*	84	
Flat White with Soya Milk													*			*	*	
Flat White with Almond Milk							*	Almond								*	*	
Flat White with Oat Milk														*	Wheat	*	*	
Mocha with Cow Milk		*														*	240	
Mocha with Soya Milk													*			*	*	
Mocha with Almond Milk							*	Almond								*	*	
Mocha with Oat Milk														*	Wheat	*	*	
Macchiato Single with Cow Milk		*														*	19	
Macchiato Double with Cow Milk		*														*	31	
Macchiato with Soya Milk													*			*	*	
Mocha with Oat Milk														*	Wheat	*	*	
Macchiato with Almond Milk							*	almond								*	*	
Macchiato with Oat Milk														*	Wheat	*	*	
Espresso Single																*	4	
Espresso Double																*	7	
Tahina & Date Molasses Latte with Almond Milk				*			*	Almond, Pistachio					*			*	146	
Hot Chocolate																		
Hot Chocolate with Cow Milk		*											*			*	272	
Hot Chocolate with Soya Milk													*			*	*	
Hot Chocolate with Almond Milk							*	almond					*			*	*	
Lebanese Hot Chocolate with Cow Milk		*		*			*	Pistachio					*			*	613	
Lebanese Hot Chocolate with Soya Milk				*									*	Pistachio		*	*	
Lebanese Hot Chocolate with Almond Milk				*			*	Almond, Pistachio					*			*	*	

HOMEMADE LEMONADES / LOADED LEMONADES

Menu Item Name	DOES IT CONTAIN?													SUITABLE FOR		Kcals	COMMENTS	
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian			Vegan
Roomana															*	*	102	
Roza															*	*	120	
Toufaha															*	*	118	
Leymona															*	*	95	
Strawberry											*				*	*		
Peach											*				*	*		

ALCOHOLIC & NON ALCOHOLIC DRINKS

Menu Item Name	DOES IT CONTAIN?													SUITABLE FOR		Kcals	COMMENTS
	Crustaceans	Milk	Peanuts	Sesame Seeds	Egg	Fish	Nuts	Molluscs	Mustard	Celery	Sulphites & Sulphur Dioxide	Lupin	Soya	Cereals that contain Gluten	Vegetarian		

COCKTAILS

Bubbles & Nibbles				*							*				*	*		
Aperol Spritz											*				*	*		
Yalla Baby Yalla											*				*	*		
Passion Fruit Martini											*				*	*		
Habbi on the Beach											*				*	*		

LIMITED EDITION

Karfa Sangri Red & White											*				*	*		
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MOCKTAILS

Strawberry and coconut cooler											*				*	*		
Peach and coconut Cooler											*				*	*		
Pomegranate & Hibiscus Elixir															*			

WHITE WINE

Clos St Alphonse Blanc											*				*	*		
Borsari Inzolia											*				*	*		
Borsari Trebbiano											*				*	*		
Sea Point Sauvignon Blanc											*				*	*		
Picpoul De Pinet											*				*	*		
Chateau Ksara Chardonnay											*				*	*		

RED WINE

Clos St Alphonse Brouge											*				*	*		
Tempranillo											*				*	*		
Alamos City Malbec											*				*	*		
Rare Vineyards Pinot Noir											*				*	*		
Chateau Ksara Cabernet Sauvignon											*				*	*		
Chateau Musar Hochar											*				*	*		

ROSE WINE

Chateau Ksara Sunset Rose											*				*	*		
Antonio Rubini Pinot Grigio Rose											*				*	*		

SPARKLING WINE																		
Prosecco												*				*	*	
Champagne - Moet												*				*	*	
Bottega - 0%												*				*	*	
BEER & CIDER																		
Menabrea Blonde														*	*	*		
Menabrea Amber														*	*	*		
Menabrea Zero														*	*	*		
Camden Pale Ale														*	*	*		
Beirut Beer														*	*	*		
Aspall Cider												*				*	*	
AFTER DINNER DRINK																		
Arak												*				*	*	