



# COMPTOIR LIBANAIS

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# Allergen & Calorie Menu

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Adults need around 2000 kcal a day

\* This allergen guide covers the 14 allergens specified by the EU Food Information Regulations. It lists what allergenic ingredients are contained in each of our dishes and shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. **\*a blue asterisk** means that the dish 'may contain' the specified allergen. (This is where an allergen is not in a recipe or intentionally in a dish, but where the manufacturer of an ingredient believes that cross-contact may still be a risk). However, please bear in mind that our busy kitchen handles numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, it is not possible for us to guarantee that any of our dishes will be allergen free. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

**SPRING 2026**

Version 02

# NIBBLES

DOES IT CONTAIN														SUITABLE FOR		kcal	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	
Roasted Almonds							● Almond								●	●	246	

# MEZZE

DOES IT CONTAIN														SUITABLE FOR		kcal	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 Platter		●		●	●		●		●		●	●	●	● Wheat	●		793pp	
Lentil Soup		●		●			●		●			●	●	● Wheat	●	●	386	
Hommos		●		●			●		●			●	●	● Wheat	●	●	277	*Hommos is stored in same open fridge same as other dairy products
Baba Ghanuj		●		●			●		●			●	●	● Wheat	●	●	283	*Baba Ghanuj is stored in same open fridge same as other dairy products
Falafel		●		●	●		●		●		●			● Wheat	●	●	372	*Falafel is fried in a fryer with potential cross-contact with Gluten (Barley, Wheat), Milk, Eggs
Cheese Sambousek		●		●	●		●							● Wheat	●		476	
Chicken Sambousek		●		●	●		●		●					● Wheat			202	
Feta & Pepper Dip		●		●			●		●			●	●	● Wheat	●		256	
Batata Harra		●		●	●		●							● Wheat	●	●	528	*Batata Harra is fried in a fryer with potential cross-contact with Gluten (Barley, Wheat), Milk, Eggs
Lebanese Wings		●		●			●		●		●						456	
Halloumi Steak		●		●			● Pistachio				●				●		565	
Lamb Kibbeh		●		●	●		● Walnut		●						● Wheat		534	
Tabbouleh		●		●			●								●	●	228	*Tabbouleh is stored in same open fridge same as other dairy products
Fattoush		●		●			●				●		●	● Wheat	●	●	145	

# FLATBREADS

Warm Olive Oil Bread		●		●			●		●			●	●	● Wheat	●	●	241	
Za'atar & Garlic Bread		●		●			●		●			●	●	● Wheat	●	●	524	

# GRILLS

DOES IT CONTAIN															SUITABLE FOR		kcal	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		
Mixed Grill				●			●		●		●			● Wheat			1135	
Mixed Grill with Wings		●		●			●		●		●			● Wheat			xxx	
Lamb Kofta				●			●		●		●			● Wheat			761	
Chicken Taouk				●			●		●		●			● Wheat			683	
Chicken Kofta				●			●		●		●			● Wheat			769	
Lamb Kofta Burger		●		●	●		●		●		●		●	● Wheat			895	
Chicken Kofta Burger		●		●	●		●		●		●		●	● Wheat			895	

## TAKEAWAY GRILLS (with flatbread)

Mixed Grill		●		●			●		●		●	●	●	● Wheat			1376	
Mixed Grill with Wings		●		●			●		●		●	●	●	● Wheat			1135	
Lamb Kofta Grill		●		●			●		●		●	●	●	● Wheat			1002	
Chicken Taouk		●		●			●		●		●	●	●	● Wheat			924	
Chicken Kofta		●		●			●		●		●	●	●	● Wheat			1010	

## HOUSE SPECIALITIES

DOES IT CONTAIN															SUITABLE FOR		kcal	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		
Roasted Salmon				●		●	●										827	
Spinach & Feta Borek		●		●	●		●							● Wheat	●		1002	
Chicken Shawarma Rice Bowl		●		●			●		●		●			● Wheat			1098	
Halloumi Man'ousha		●		●			●							● Wheat	●		645	Westfield only

## TAGINES

DOES IT CONTAIN															SUITABLE FOR		kcal	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 & Green Olive				●			●		●		●			● Wheat			382	
Aubergine				●			●							● Wheat	●	●	598	

● May Contain

● Allergen

● Vegan / Vegetarian

# SALADS

DOES IT CONTAIN														SUITABLE FOR		kcal	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
Mama Zohra		●		●			●		●				●	● Wheat			691	
Grilled Halloumi		●		●			●				●		●	● Wheat	●		900	

# WRAP PLATTERS

DOES IT CONTAIN														SUITABLE FOR		kcal	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			869	
Lamb Kofta		●		●			●		●		●		●	● Wheat			973	
Halloumi		●		●			●				●		●	● Wheat	●		1206	
Falafel		●		●	●		●		●		●		●	● Wheat	●	●	1012	*Falafel is fried in a fryer with potential cross-contact with Gluten (Barley, Wheat), Milk, Eggs

# SINGLE WRAPS (takeaway)

Chicken Taouk		●		●			●		●		●		●	● Wheat			532	
Lamb Kofta		●		●			●		●		●		●	● Wheat			556	
Halloumi		●					●				●		●	● Wheat	●		793	
Falafel		●		●	●		●		●		●		●	● Wheat	●	●	712	*Falafel is fried in a fryer with potential cross-contact with Gluten (Barley, Wheat), Milk, Eggs

# SIDE DISHES & SAUCES

DOES IT CONTAIN														SUITABLE FOR		kcal	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 potential cross-contact with Gluten (Barley, Wheat), Milk, Eggs
Quinoa				●			●								●	●	266	
Vermicelli Rice				●			●							● Wheat	●	●	364	
Couscous				●			●							● Wheat	●	●	365	
Garlic Sauce				●			●								●	●	121	
Tahina Sauce				●			●								●	●	130	
Harissa Sauce				●			●								●	●	124	
Mint Yoghurt Sauce		●		●			●								●		47	

● May Contain

● Allergen

● Vegan / Vegetarian

# DESSERTS

DOES IT CONTAIN															SUITABLE FOR		kcal	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	
Orange Blossom Mouhalabia		●		●			●				●				●		490	
Chocolate Brownie		●		●	●		● Pistachio						●	● Wheat	●		769	
Orange & Almond Cake		●		●	●		● Almond				●			● Wheat	●		699	
Selection of Baklava		●		●			●							● Wheat	●		548	Pistachio, Cashew, Walnuts
Baklava & Rose Mint Tea		●		●			●				●			● Wheat	●		528pp	
<b>Ice Cream (40g per scoop)</b>																		
Dairy Free Vanilla		●		●			●						●		●	●	55	
Pistachio		●		●	●		● Pistachio								●		43	
Chocolate		●		●	●		●						●		●		35	
Rose		●		●	●		●								●		36	

# KIDS MENU

DOES IT CONTAIN															SUITABLE FOR		kcal	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	
Halloumi Wrap		●		●	●		●							● Wheat	●		152	
Chicken Taouk Bites		●		●	●		●		●					● Wheat			251	
Mezze Adventure Platter		●		●	●		●		●		●	●	●	● Wheat	●		209	
Dairy Free Ice Cream		●		●			●						●		●	●	71	

● May Contain

● Allergen

● Vegan / Vegetarian

# BREAKFAST

Menu Item Name	DOES IT CONTAIN													SUITABLE FOR		kcal	COMMENTS	
	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN			VEGAN
<b>Full Breakfast</b>																		
Lebanese Full		●		●	●		●		●			●	●	● Wheat			763	
Veggie Full		●		●	●		●		●			●	●	● Wheat	●		678	*Falafel is fried in a fryer with potential cross-contact with Gluten (Barley, Wheat), Milk, Eggs
<b>The Eggs</b>																		
Shakshuka Egg & Feta		●		●	●		●		●		●	●	●	● Wheat	●		468	
Scrambled Egg & Feta		●		●	●		●		●			●	●	● Wheat	●		596	
Smoked Salmon & Scrambled Egg		●		●	●	●	●		●			●	●	● Wheat			702	
Shakshuka Beef Soujok		●		●	●		●		●		●	●	●	● Wheat			595	
<b>From the Oven</b>																		
Halloumi & Sumac Man'ousha		●		●			●		●		●	●	●	● Wheat	●		533	
Turkey Bacon Sandwich		●		●			●		●			●	●	● Wheat			448	
Rose Figs & Halloumi Man'ousha		●		●			● Pistachio		●		●	●	●	● Wheat	●		630	
Spinach & Feta Borek		●		●	●		●							● Wheat	●		1002	
<b>Pastries &amp; Cake</b>																		
Plain Croissant		●		●	●		●							● Wheat	●		288	
Pain au Raisin		●		●	●		● Pistachio				●			● Wheat	●		358	
Chocolate Croissant		●		●	●		●						●	● Wheat	●		337	
Soujok & Shashuka Croissant		●		●	●		●							● Wheat			470	
Halloumi & Za'atar Croissant		●		●	●		●							● Wheat	●		503	
Orange & Almond Cake		●		●	●		● Almond				●			● Wheat	●		699	

# DRINKS

Menu Item Name	DOES IT CONTAIN													SUITABLE FOR		kcal	COMMENTS	
	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN			VEGAN
<b>Hot Drinks</b>																		
Fresh Rose Mint Tea															●	●	60	
Orange blossom, hibiscus & mint tea															●	●	60	
Americano with Cow Milk		●													●		28	
Americano with Soya Milk													●		●	●		
Americano with Almond Milk							● Almond								●	●		
Americano with Oat Milk														● Oat	●	●		
Cappuccino with Cow Milk		●													●		119	
Cappuccino with Soya Milk													●		●	●		
Cappuccino with Almond Milk							● Almond								●	●		
Cappuccino with Oat Milk														● Oat	●	●		
Latte with Cow Milk		●													●		162	
Latte with Soya Milk													●		●	●		
Latte with Almond Milk							● Almond								●	●		
Latte with Oat Milk														● Oat	●	●		
Flat White with Cow Milk		●													●		84	
Flat White with Soya Milk													●		●	●		
Flat White with Almond Milk							● Almond								●	●		
Flat White with Oat Milk														● Oat	●	●		
Mocha with Cow Milk		●													●		240	
Mocha with Soya Milk													●		●	●		
Mocha with Almond Milk							● Almond								●	●		
Mocha with Oat Milk														● Oat	●	●		
Macchiato with Cow Milk		●													●		19	double 31 kcal
Macchiato with Soya Milk													●		●	●		
Macchiato with Almond Milk							● Almond								●	●		

● Allergen

● Vegan / Vegetarian

Menu Item Name	DOES IT CONTAIN													SUITABLE FOR		kcal	COMMENTS
	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN		

## Hot Drinks - Continued

Macchiato with Oat Milk															● Oat	●	●		
Espresso Single																●	●	4	double 7 kcal
Tahina & Date Molasses with Almond Milk				●						● Almond Pistachio					●			146	
Hot Chocolate with Cow Milk		●													●			272	
Hot Chocolate with Soya Milk															●		●		
Hot Chocolate with Almond Milk										● Almond					●		●		
Lebanese Hot Choc. with Cow Milk		●								● Pistachio					●			272	
Lebanese Hot Choc. with Soya Milk										● Pistachio					●		●		
Lebanese Hot Choc. with Almond Milk				●						● Almond Pistachio					●		●		

## Homemade Lemonades / Loaded Lemonades

Roomana																●	●	102	
Roza																●	●	120	
Toufaha																●	●	118	
Leymona																●	●	95	
Strawberry												●				●	●	102	
Peach												●				●	●		

## ALCOHOLIC & NON ALCOHOLIC DRINKS

Menu Item Name	DOES IT CONTAIN													SUITABLE FOR		kcal	COMMENTS
	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN		

## Cocktails

Aperol Spritz																	●		
Passion Fruit Martini																	●		
Hugo Spritz																	●	●	

## Made For Sharing

Karfa Sangria Red & White																	●	●	
Yalla Baby Yalla																	●	●	

Menu Item Name	DOES IT CONTAIN													SUITABLE FOR			COMMENTS	
	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN	VEGAN		kcal's
<b>Mocktails</b>																		
Strawberry & Coconut Cooler											●				●	●		
Elderflower Spritz															●	●		
Pomegranate & Hibiscus Elixir															●			
<b>White Wine</b>																		
Clos St Alphonse											●				●	●		
Trebbiano, Farfalla											●				●			
Pinot Grigio, I Castelli											●				●	●		
Sauvignon Blanc, Inkosi											●				●			
Chateau Ksara Chardonnay											●				●	●		
<b>Red Wine</b>																		
Clos St Alphonse											●				●	●		
Merlot, Vero											●				●	●		
Malbec, Club de Campo											●				●	●		
Pinot Noir, Patriarche											●				●	●		
Chateau Ksara Cabernet Sauvignon											●				●	●		
<b>Rosé Wine</b>																		
Sargaco Vinho Verde											●				●	●		
Ksara Sunset Rosé											●				●	●		
Pinot Grigio, Sereno											●				●			
<b>Sparkling Wine</b>																		
Prosecco, Simpatico											●				●	●		
<b>Beer &amp; Cider</b>																		
Efes Pilsener														●	●	●		
Bira Moretti														●	●	●		
Beirut Pilsener														●	●	●		
Grand Central IPA														●	●	●		
Sxollie Golden Cider											●				●	●		
Heineken Zero														●	●	●		
<b>After Dinner Drink</b>																		
Arak											●				●	●		