COMPTOIR
LIBANAIS

Allergen & Calorie Menu

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 contains are not covered.

SPRING 2026

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NIBBLES

Menu Item Name	DOES IT CONTAIN: CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	SUITABLE FOR: VEGETARIAN	VEGAN	kcals	COMMENTS
Lebanese Pickles				●			●				●				●	●	29	
Marinated Olives				●			●								●	●	221	
Roasted Almonds							● Almond								●	●	246	May contain: Brazil Nut, Cashew Nut, Hazelnut, Macadamia/Queensland Nut, Peanuts, Pecan Nut, Pistachio and Walnut

MEZZE

Menu Item Name	DOES IT CONTAIN: CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	SUITABLE FOR: VEGETARIAN	VEGAN	kcals	COMMENTS
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 Samboussek		●		●	●		●							● Wheat	●		476	
Chicken Samboussek		●		●	●		●		●					● 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	

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GRILLS

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

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

Menu Item Name	DOES IT CONTAIN: CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	SUITABLE FOR: VEGETARIAN	VEGAN	kcals	COMMENTS
Roasted Salmon				●		●	●										827	
Spinach & Feta Borek		●		●	●		●							● Wheat	●		1002	
Chicken Shawarma Rice Bowl		●		●			●		●		●			● Wheat			1098	
Halloumi Man'ousha		●		●			●							● Wheat	●		645	Westfield only

TAGINES

Menu Item Name	DOES IT CONTAIN: CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	SUITABLE FOR: VEGETARIAN	VEGAN	kcals	COMMENTS
Chicken & Green Olive				●			●		●		●			● Wheat			382	
Aubergine				●			●							● Wheat	●	●	598	

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SALADS

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

WRAP PLATTERS

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	kcals	COMMENTS
	DOES IT CONTAIN														SUITABLE FOR			
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

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	kcals	COMMENTS
	DOES IT CONTAIN														SUITABLE FOR			
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	

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DESSERTS

Menu Item Name	DOES IT CONTAIN: CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	SUITABLE FOR: VEGETARIAN	VEGAN	kcals	COMMENTS
Mango Cheesecake		●		●			● Pistachio							● Wheat			638	
Orange Blossom Mouhalabia		●		●			●				●				●		490	
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	

Ice Cream (40g per scoop)

Dairy Free Vanilla		●		●			●						●		●	●	55	
Pistachio		●		●	●		● Pistachio								●		43	
Chocolate		●		●	●		●						●		●		35	
Rose		●		●	●		●								●		36	

KIDS MENU

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

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BREAKFAST

Menu Item Name	DOES IT CONTAIN: CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	SUITABLE FOR: VEGETARIAN	VEGAN	kcals	COMMENTS
Comptoir Breakfast		●		●	●		●		●	●		●	●	● Wheat			969	
Veggie Breakfast		●		●	●		●		●			●	●	● Wheat	●		758	*Falafel is fried in a fryer with potential cross-contact with Gluten (Barley, Wheat), Milk, Eggs
Vegan Breakfast				●			●		●		●	●	●	●	●	●	674	*Falafel is fried in a fryer with potential cross-contact with Gluten (Barley, Wheat), Milk, Eggs

Our Favourites

Shakshuka Egg & Feta		●		●	●		●		●		●	●	●	● Wheat	●		468	
Scrambled Egg & Feta		●		●	●		●		●			●	●	● Wheat	●		596	
Smoked Salmon & Scrambled Egg		●		●	●	●	●		●			●	●	● Wheat			702	
Shakshuka & Soujok		●		●	●		●		●	●	●	●	●	● Wheat			595	
Poached Eggs		●		●	●		●		●			●	●	● Wheat	●		540	
Soujok Shakshuka Sandwich		●		●			●		●	●	●	●	●	● Wheat			634	
Soujok Man'ousha		●		●			●			●				● Wheat			968	
Za'tar & Halloumi Man'ousha		●		●			●							● Wheat	●		790	

Morning Bakes & Bites

Butter Croissant		●		●	●		●							● Wheat	●		288	
Pain au Raisin		●		●	●		● Pistachio				●			● Wheat	●		358	
Chocolate Croissant		●		●	●		●						●	● Wheat	●		337	
Soujok & Shakshuka Croissant		●		●	●		●			●				● Wheat			470	
Halloumi & Za'atar Croissant		●		●	●		●							● Wheat	●		503	
Orange & Almond Cake		●		●	●		● Almond				●			● Wheat	●		500	
Fatayer		●		●	●		●							● Wheat	●		738	

Mezze

Ful Moudamas		●		●			●					●	●	● Wheat	●		757	

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DRINKS

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	kcals	
Hot Drinks																		
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 kcals
Macchiato *with Soya Milk*													●		●	●		
Macchiato *with Almond Milk*							● Almond								●	●		

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Hot Drinks - Continued

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	kcals	COMMENTS
Macchiato *with Oat Milk*														● Oat	●	●		
Espresso Single															●	●	4	double 7 kcals
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

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	kcals	COMMENTS
Roomana															●	●	102	
Roza															●	●	120	
Toufaha															●	●	118	
Leymona															●	●	95	
Strawberyy											●				●	●	102	
Peach											●				●	●		

ALCOHOLIC & NON ALCOHOLIC DRINKS

Cocktails

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	kcals	COMMENTS
Aperol Spritz											●				●			
Passion Fruit Martini											●				●			
Hugo Spritz											●				●	●		

Made For Sharing

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

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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	kcals	
Mocktails																		
Strawberry & Coconut Cooler											●				●	●		
Elderflower Spritz															●	●		
Pomegranate & Hibiscus Elixir															●			
White Wine																		
Clos St Alphonse											●				●	●		
Trebbiano, Farfalla											●				●			
Pinot Grigio, I Castelli											●				●	●		
Sauvignon Blanc, Inkosi											●				●			
Chateau Ksara Chardonnay											●				●	●		
Red Wine																		
Clos St Alphonse											●				●	●		
Merlot, Vero											●				●	●		
Malbec, Club de Campo											●				●	●		
Pinot Noir, Patriarche											●				●	●		
Chateau Ksara Cabernet Sauvignon											●				●	●		
Rosé Wine																		
Sargaco Vinho Verde											●				●	●		
Ksara Sunset Rosé											●				●	●		
Pinot Grigio, Sereno											●				●			
Sparkling Wine																		
Prosecco, Simpatico											●				●	●		
Beer & Cider																		
Efes Pilsener														●	●	●		
Bira Moretti														●	●	●		
Beirut Pilsener														●	●	●		
Grand Central IPA														●	●	●		
Sxollie Golden Cider											●				●	●		
Heineken Zero														●	●	●		
After Dinner Drink																		
Arak											●				●	●		

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