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.

AUTUMN 2026

Version 01

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	
Rosemary 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	
Halloumi Man'ousha		●		●			●							● Wheat	●		329	Westfield only

FLATBREADS

Warm Flatbread with olive oil		●		●			●		●			●	●	● Wheat	●	●	241	
Za'atar & Garlic Bread		●		●			●		●			●	●	● Wheat	●	●	524	

● May Contain ● Allergen ● Vegan / Vegetarian

Version 01

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	
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		●		●		●	●							●			687	
Honey & Harissa Chicken		●		●	●		●		●		●			● Wheat			1213	
Chicken Shawarma Rice Bowl		●		●			●		●		●			● Wheat			1098	

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 & Chickpea				●			●							● Wheat	●	●	598	

● May Contain ● Allergen ● Vegan / Vegetarian

Version 01

SALADS

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
Grilled Chicken Taouk		●		●			●		●				●	● Wheat			660	
Grilled Halloumi		●		●			●				●		●		●		1058	
Falafel		●		●	●		●		●		●		●	● Wheat	●		747	Westfield only

WRAP PLATTERS

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 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

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
Fries & Garlic Dip		●		●	●		●							● Wheat	●		594	*Fries is fried in a fryer with potential cross-contact with Gluten (Barley, Wheat), Milk, Eggs
Lebanese Crudites															●	●	35	
Quinoa				●			●								●	●	266	
Vermicelli Rice				●			●							● Wheat	●	●	364	
Couscous				●			●							● Wheat	●	●	365	

● May Contain ● Allergen ● Vegan / Vegetarian

Version 01

DESSERTS

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
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	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN	VEGAN	kcals	COMMENTS
Chicken on a 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	

SAUCES

Garlic Sauce				●			●								●	●	121	
Tahina Sauce				●			●								●	●	130	
Harissa Sauce				●			●								●	●	124	
Mint Yoghurt Sauce		●		●			●								●		47	

● May Contain ● Allergen ● Vegan / Vegetarian

Version 01

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	

● May Contain ● Allergen ● Vegan / Vegetarian

Version 01

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								●	●		

● Allergen ● Vegan / Vegetarian

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
Hot Drinks - Continued																		
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																		
Roomana															●	●	102	
Roza															●	●	120	
Toufaha															●	●	118	
Leymona															●	●	95	
Strawberyy											●				●	●	102	
Peach											●				●	●		
ALCOHOLIC & NON ALCOHOLIC DRINKS																		
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
Cocktails																		
Winter Aperol Spritz											●				●			
Passion Fruit Martini											●				●			
Hugo Spritz											●				●	●		
Roomana Royale											●				●			
Made For Sharing																		
Lebanese Sangria Red & White											●				●	●		
Yalla Baby Yalla											●				●	●		

● Allergen ● Vegan / Vegetarian

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	
White Wine																		
Clos St Alphonse											●				●	●		
Trebbiano, Farfalla											●				●			
Pinot Grigio, I Castelli											●				●	●		
Waddling Duck											●				●			
Chateau Ksara Chardonnay											●				●	●		
Red Wine																		
Clos St Alphonse											●				●	●		
Merlot, La Colombe											●				●	●		
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											●				●	●		
Champagne, Castelnau											●				●	●		
Beer & Cider																		
Efes Pilsener														●	●	●		
Bira Moretti														●	●	●		
Beirut Pilsener														●	●	●		
Grand Central IPA														●	●	●		
Sxollie Golden Cider											●				●	●		
Heineken Zero														●	●	●		

● Allergen ● Vegan / Vegetarian

Version 01

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															●			
Saffron Ginger Refresher															●			
After Dinner Drink																		
Arak											●				●	●		

● Allergen ● Vegan / Vegetarian