

TARBOOSH

by the beach

Lunch Menu

Fully Licensed | BYO Wine: Monday – Wednesday Corkage - \$5 per person

Surcharge of 10% applies on Saturdays, Sundays & Public Holidays.

All food may contain traces of allergens.

(GF) Gluten Free | (V) Vegan | (D) Dairy Free | (Veg) Vegetarian



ENQUIRE ABOUT TARBOOSH CATERING

Shop 6, 93-95 North Steyne, Manly NSW 2095 | Ph: 02 9185 0999

55 Alexander St, Crows Nest NSW 2065 | Ph: 02 8970 1521

www.tarboosh.com.au

DIPS & SALADS

Trio Of Dips Hummus, baba ghannouj, labneh	\$17
Quinoa Tabouli Salad Parsley, diced tomato, shallots, quinoa, tossed w/ lemon juice & extra virgin olive oil	\$15
Fattoush Salad Cabbage, tomato, cucumber, radish, shallots, capsicum, fresh mint, parsley, pomegranate glaze w/ lemon dressing & crispy bread	\$15
Grilled Chicken Salad Your choice of Tabouli OR Fattoush	\$19.5
Grilled Halloumi Salad Mixed lettuce, shredded cabbage, carrot, tomatoes, onion, walnuts, dressed w/ citrus & drizzled w/ pomegranate molasses	\$17
Lamb Quinoa Salad Pulled lamb w/ mixed lettuce, shredded cabbage, carrot, red beets, tomatoes, walnuts, onion, dressed w/ citrus drizzle w/ balsamic glaze and mint yoghurt	\$19.5
Grilled Salmon Salad Served w/ mixed lettuce, shredded cabbage, carrot, tomatoes, onion, walnuts, dressed w/ citrus dressing & balsamic glaze	\$24
MEZZA (small plates)	
Cauliflower (V) Lightly fried cauliflower served w/ tahini sauce	\$14
Falafel (3 pcs) (GF, V) Deep fried chickpea croquettes mixed w/ special herbs & spices served w/ tahini sauce	\$13
Batata Coriander (VG) Golden crisp potato cubes mixed w/ lemon, chilli & coriander	\$13
Grilled Halloumi Served w/ tomato, cucumber, extra virgin olive oil & pomegranate sauce	\$15
Fried Calamari Served w/ chipotle aioli	\$17

MEZZA (continued)

Garlic Prawns Grilled prawns sautéed in garlic, coriander, tomato, capsicum salsa	\$17
Assorted Pastries (VG) 1 fried kebbe, 1 ladies finger, 1 spinach triangle, 1 falafel, 1 meat sambousek	\$18
Kebbe Neyeh Premium grade raw lean minced lamb w/ fresh ground wheat, special Tarboosh herbs & spices served w/ Spanish onion, fresh mint & extra virgin olive oil	\$18

MIX PLATES

Kafta 2 minced meat onion parsley skewers served w/ falafel, hummus, garlic, tabouli & bread	\$22
Grilled Chicken 2 marinated BBQ chicken breast skewers served w/ falafel, hummus, garlic, tabouli & bread	\$22
Lemon Garlic Chicken Grilled chicken breast tossed in garlic lemon sauce served w/ falafel, hummus, baba ghannouj, tabouli & bread	\$22
Chilli Lemon Garlic Chicken Grilled chicken breast tossed in garlic lemon sauce w/ special served w/ falafel, hummus, baba ghannouj, tabouli & bread	\$22

Chicken Shawarma Grilled chicken shawarma served w/ falafel, hummus, garlic, tabouli & bread	\$22
Lamb Shawarma Grilled lamb shawarma served w/ falafel, hummus, baba ghannouj, tahini, tabouli & bread	\$23
Vegetarian Mix Spinach triangle, falafel, cauliflower, hummus, baba ghannouj, tahini, tabouli & bread	\$21
Grilled Barramundi Served w/ chips and house salad	\$28



WRAPS

Served with Chips or House Salad

Housemade Falafel (Veg) with tomato, cucumber, mint, pickles, parsley, tahini	\$21
Zaatar Halloumi (Veg) Grilled halloumi, rocket, tomato, cucumber, mint, zaatar, pomegranate sauce	\$21
Cauliflower (V) Fried cauliflower, tomato, cucumber, parsley, pickles, tahini	\$21
Kafta Grilled spiced mince meat skewer w/ tomato, parsley, pickle, hummus	\$21
Chicken Shawarma Grilled chicken strips in special Tarboosh marinate w/ lettuce, pickles, chips & garlic sauce	\$21
Lamb Shawarma BBQ'd lamb strips in special Tarboosh marinate w/ parsley, tomato, pickles, grilled onion, pomegranate & tahini sauce	\$21
Chicken Skewer BBQ chicken breast cubes marinated with special Tarboosh herbs and spices, with lettuce, pickles, chips & garlic sauce	\$21

Lunch Banquet (Min 2 ppl)

Tarboosh Banquet Hummus, Baba Ghannouj, Garlic, Fattoush, Falafel, 3 skewers (chicken, kafta, laham mishwee) and bread	\$40pp
Vegetarian Banquet Hummus, Baba Ghannouj, Garlic, Fattoush, Batata, Falafel, Maghmour Tagine OR Mujadara w/ yoghurt	\$35pp

KIDS

Chicken Skewer w/ Chips OR Rice	\$15
Chicken Nuggets w/ Chips	\$15
Kafta skewer w/ Chips OR Rice	\$15
Fish Cakes w/ Chips	\$15

BURGERS

Served with Chips or House Salad

Tarboosh Falafel Burger W/ tomato, fresh mint, pickles, lettuce, tahini sauce	\$21
Mushroom Halloumi Burger Grilled halloumi, seasoned grilled mushroom, baba ghannouj, tomato, rocket, zaatar	\$21
Kafta Burger Famous Tarboosh char grilled Kafta patty, Tarboosh hummus sauce, lettuce, pickles, tomato, sumac onion	\$21
Mediterranean Chicken Burger Mediterranean butterfly grilled chicken, tomato, lettuce, Swiss cheese, pickles and Tarboosh garlic sauce	\$21
Lemon Garlic Fish Burger Barra fillet w/ butter lemon garlic herbs, lettuce, pickles, tartar sauce	\$23

SIDES

Hummus Chickpea blended w/ tahini & lemon	\$8
Baba Ghannouj Smoked chargrilled eggplant blended w/ tahini & lemon	\$8
Labneh Fresh homemade yoghurt w/ dried mint & fresh garlic	\$8
Garlic Blended garlic w/ olive oil	\$9
Basmati Rice	\$7
Rice w/ Spicy Minced Meat	\$8
Seasoned Chips	\$8
Mixed Pickles	\$8
Bread Basket	\$3.5

