






# Habas

BAR & RESTAURANT

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[www.habas.co.uk](http://www.habas.co.uk)

   HabasMcr





## Introduction



Our menus reflect our love for Middle Eastern flavours and styles. The dishes we serve draw on a broad range of traditions and ingredients, from the shores of the Mediterranean to the Persian Gulf. They reflect our own rich culinary heritage, but are also deeply influenced by the wider region's many rich and varied cultures.

We use the freshest and finest seasonal ingredients sourced from specialist suppliers to create our dishes, which are designed for sharing and savouring.

Our menu features a range of small and larger plates; as a guide we suggest ordering between 3 and 4 dishes per person from various sections to get a true representation of the Habas experience.

Dishes are cooked when your order arrives in the kitchen, so you can enjoy them at their best. This means your food is served as soon as it's ready, rather than in a fixed order.

We often feature specials, based on the freshest seasonal ingredients our suppliers offer us on the day, and with generally limited availability. Please ask your server what's on today.

Simon Shaw, Chef Patron







## Glossary



Middle Eastern cuisine draws from a wide array of vibrant, varied ingredients spanning many countries and traditions. Below is our reference for navigating many key flavours on our menu.

### **Baba ganoush**

A luxurious combination of aubergine, tahini, garlic, lemon juice, and salt; blended together into a luscious, creamy dip.

### **Chermoula**

Common across North Africa, chermoula is a blend of herbs and spices including coriander, cumin, garlic and fresh chillies; giving it a bright, spicy and evocative flavour.

### **Dill**

Mild and sweet, this herb's flavour has notes of anise, parsley and celery.

### **Dukkah**

An Egyptian condiment, made from a pounded or ground mixture of herbs, nuts, and spices.

### **Hummus**

Our signature hummus is whipped, creating an extra silky-smooth blend of chickpeas and white beans, tahini, garlic and lemon.

### **Labneh**

Strained Greek yoghurt with a rich creamy texture, similar to whipped cream cheese.

### **Lavosh bread**

A thin flatbread which is traditional in the countries bordering the Caspian Sea.

### **Sumac**

Sumac is a tangy spice with a flavour somewhat like lemon juice. It's sourced from dried, ground berries of the wild sumac shrub, native to the Middle East.

### **Tahini**

Tahini is a paste made from toasted, ground and hulled sesame seeds. It's creamy, savoury and mildly nutty.

### **Tamarind**

Sourced from fruit, tamarind imparts a unique sweet and sour taste to many Middle Eastern dishes.

### **Za'atar**

Extremely popular in Middle Eastern cooking, this blend of herbs and spices includes sumac, thyme, oregano and sesame seeds.

### **Zhug**

A bright, fresh, herb and chilli paste from Yemen.







## Mezze



### Mezze platter (v)

*Habas hummus, olives, spiced nuts, 2 homemade pittas, whipped labneh yoghurt, baba ganoush, toasted lavosh bread, marinated peppers and onions . . .* **10.5**

**Habas mixed spiced nuts (vg) . . . . . 4**

**Persian Gulf olives (vg) . . . . . 4.5**

**Beetroot hummus and labneh with homemade pitta bread (v) . . . . . 5.5**

**Habas hummus with homemade pitta bread (vg) . . . . . 4**

**Homemade pitta bread (vg) . . . . . 1.5**

**Gluten-free pitta bread (vg) . . . . . 1.5**

### Halloumi and herb baked flatbread (v)

*Grated halloumi and za'atar . . . . .* **4**

### Filo cigars stuffed with feta cheese, wilted spinach and sunblush tomato (v)

*Red pepper relish . . . . .* **9**

### Crispy fried cauliflower (v)

*Roasted red pepper and walnut sauce . . . . .* **6.5**



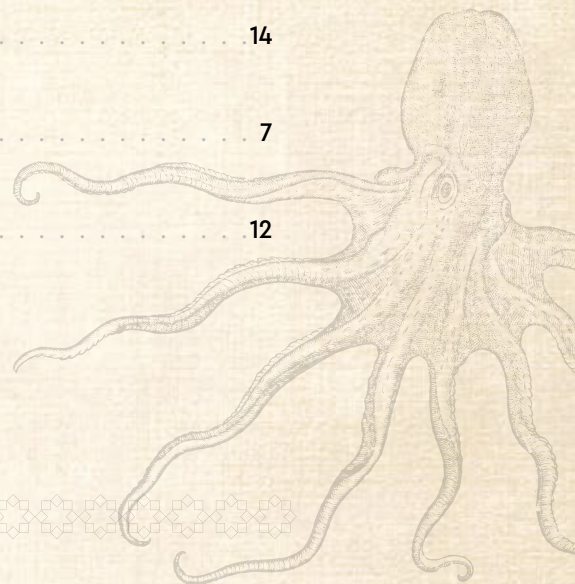




## Seafood



<b>Chargrilled monkfish</b> <i>Tomato and tamarind sauce, tahini yoghurt dressing</i> . . . . .	<b>13.5</b>
<b>Swordfish Steak</b> <i>Peanut and chilli marinade, chickpea and red onion salad</i> . . . . .	<b>14</b>
<b>Prawn and crab fritters (4 units)</b> <i>Tzatziki yoghurt</i> . . . . .	<b>7</b>
<b>Chargrilled octopus</b> <i>Smoked aubergine and tomato, crispy shallots</i> . . . . .	<b>12</b>



## Meat



<b>Chicken schnitzel</b> <i>Breaded chicken breast with chilli and lime butter</i> . . . . .	<b>11</b>
<b>Merguez sausage</b> <i>Spiced lamb sausage with roast squash purée</i> . . . . .	<b>7.5</b>
<b>Chicken wings</b> <i>Harissa marinated with a lime and chilli dressing</i> . . . . .	<b>8</b>
<b>Spiced lamb 'jackets'</b> <i>Fried potato skins filled with spiced lamb, mint yoghurt</i> . . . . .	<b>9</b>







## Kebabs



### Lamb

*Chargrilled lamb skewers on a pitta with pomegranate, red cabbage salad and tzatziki yoghurt* . . . . . **14**

### Beef koftas

*Koftas on a pitta with pickled onion and coriander salad, and roasted red pepper and walnut sauce* . . . . . **12**

### Tiger Prawns

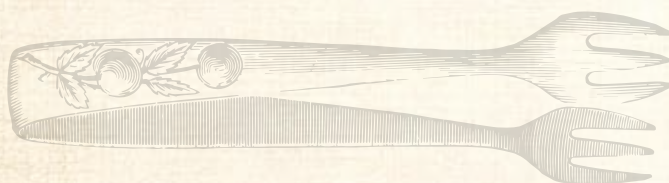
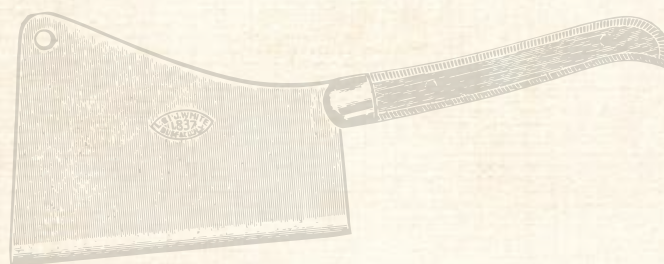
*Chargrilled harissa tiger prawn skewers on a pitta with cabbage and coriander salad, and red pepper relish* . . . . . **13**

### Halloumi (v)

*Grilled halloumi and roasted squash skewers on a pitta with red onion and mint salad and harissa dressing* . . . . . **10**

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*Dishes in this section are larger and are ideally suited as a main dish for one. We would suggest choosing one per person, perhaps accompanying with some mezze items or sides as shared dishes.*







## Vegetables



- Syrian lentil dal (vg)**  
*Vegan tahini yoghurt, 2x homemade pitta breads* . . . . . **5**
- Roasted cauliflower (vg)**  
*Shabu-shabu (tahini and sesame) dressing, fried chickpeas, pomegranate* . . . . . **7**
- Spiced aubergine tagine (vg)**  
*Toasted lavosh bread, vegan tahini yoghurt, chermoula* . . . . . **6**
- Roasted sweet potato (v)**  
*Sweet potato with grated halloumi and za'atar, lemon and tahini yogurt, crispy kale* . . **7**
- Chargrilled Heritage carrots (v)**  
*Hazelnut dukkah, labneh yoghurt, zhug* . . . . . **6**



## Sides



- Batata harra (v)**  
*Spicy fried potatoes with dill sour cream* . . . . . **6**
- Persian-style rice (vg)**  
*Braised jasmine rice, caramelised onion, crispy shallots, chilli* . . . . . **5.5**
- Mixed vegetable couscous (v)**  
*Roasted peppers, red onion, chickpeas* . . . . . **5.5**





## Desserts

Chocolate babka 'French toast', coconut ice cream (v) . . . . .	6.5
Orange and cardamom rice pudding with hazelnut crumble (v) . . . . .	5.5
Medjool date and orange cake, salted caramel ice cream (v) . . . . .	6.5
Turkish delight cheesecake . . . . .	6
Pistachio and almond pavlova with apricot syrup (vg) . . . . .	5.5
Double chocolate brownie with spiced chocolate sauce & vanilla pod ice cream (v) . . . . .	6.5
Ice cream/sorbets (v/vg) . . . . .	4.5
<i>(Choose from vanilla, mocha coffee bean, pistachio, coconut, salted caramel, double chocolate, blood orange sorbet, vegan vanilla, vegan chocolate)</i>	

## Sweets

Coconut and walnut baklava (v) . . . . .	3.5
Frangipane fig tart (v) . . . . .	4
Homemade Turkish delight . . . . .	3.5
Sweets platter	
<i>Coconut and walnut baklava, frangipane fig tart, Turkish delight</i> . . . . .	8







## After dinner drinks



### ~ Cocktails ~

<b>Jallab Old Fashioned</b>	
<i>Havana Especial, date syrup, fig liqueur, walnut &amp; orange bitters</i>	9
<b>Habas Martini</b>	
<i>Ketel One vodka, Kahlúa, coffee and cardamom syrup</i>	8

### ~ Hot drinks ~

<b>Coffee:</b>	
Espresso (single / double)	2 / 2.5
Americano	2.5
Flat white / Cappuccino / Latte	3
Macchiato (single / double)	2 / 2.5
Hot chocolate	3
<b>Selection of teas:</b>	
Moroccan mint / English breakfast / Cardamom / Chamomile / Jasmine / Green	2.5

### ~ Dessert wines ~

	75ml	Bottle
<b>De Bortoli Deen Vat 5 Botrytis Semillon 2017, Riverina, Australia</b>	6.5	32
<i>An elegant sweet white wine with aromas of apricot, citrus and nuttiness. On the palate are flavours of honey, peaches, pears along with nectarines, apricots, candied orange peel and a hint of vanilla. The finish is rich, with a good level of acidity to perfectly balance the sweetness.</i>		
<b>Stelle Bella Pink Muscat 2020, Margaret River, Western Australia</b>	8.5	45
<i>The wine has an immensely appealing bouquet of rosewater and Turkish Delight, intertwined with orange blossom and musk. The spritzy palate is brightly fruity, displaying fresh strawberry and Turkish delight flavours. Zesty fresh acidity combines to deliver a supple, fresh and delicate finish.</i>		
<b>Mád Tokaji Late Harvest 2017, Tokaji, Hungary</b>	11	63
<i>Vivid and lively late harvest wine, the natural sugar concentration is balanced by refreshing acidity. Floral, fruity intense aromas, touch of minerality and fresh fruity lingering finish.</i>		

### ~ Sherry ~

	75ml	Bottle
<b>Bodegas Hidalgo La Gitana 'Heredad de Hidalgo' Fino NV (75cl btl)</b>	5	44
<i>The colour of the Fino Heredad de Hidalgo is bright straw yellow, with slight greenish tones. Fine and elegant with a nose of nuts and wood nuanced by its aging in old american oak. The palate is full, fresh, and balanced. Full-bodied with a long, dry, and persistent finish.</i>		
<b>Bodegas Hidalgo La Gitana 'Alameda' Cream (50cl)</b>	7.5	48
<i>A beautiful mahogany colour with a warm raisin bouquet, wonderful balance on the palate so it is sweet and rich but never cloying. The finish is warm and velvety.</i>		
<b>Bodegas Hidalgo La Gitana 'Triana' Pedro Ximenez (50cl)</b>	8.5	56
<i>A powerful and impressive wine with luscious raisin and treacle aromas, lots of prunes and figs in the mouth rounded off with an intense, warm, roasted nut finish. Wonderful.</i>		







## Lunch deal



Available for tables of up to six, weekdays 12pm–5pm

**£15 per person** *(includes drink\*)*

Choose one from each section  
*(all lunches come with hummus, zhug and dill sour cream)*

### One

Homemade pitta | Homemade garlic and herb flatbread | Gluten-free pitta bread

### Two

Merguez sausages | Harissa spiced chicken wings | Prawn and crab fritters | Crispy fried cauliflower

### Three

Persian-style rice | Batata harra | Mixed vegetable couscous

### \*Drink

Beirut beer | Glass of house white / red / rosé (125ml) | Soft drink







## Feast menu



Designed for sharing, our feast menu gives your party a taste of all the dishes listed below. We cater for all dietary requirements, just let us know when you book and we will provide alternatives.

### **£40 per person**

Applicable for groups of 7 or more

Persian Gulf olives (vg)

Habas mixed spiced nuts (vg)

Homemade pitta bread (vg)

Habas hummus (v)

Baba ganoush (vg)

Chargrilled beef koftas

*Roasted red pepper and walnut sauce*

Merguez sausages

*White bean hummus, pomegranate*

Chicken wings

*Chilli and lime dressing, fresh dill*

Batata harra (v)

*Spicy fried potatoes with dill sour cream*

Persian-style rice (vg)

*Braised jasmine rice, caramelised onion, crispy shallots, chilli*

Spiced aubergine tagine (vg)

*Toasted lavosh bread, vegan tahini yoghurt, chermoula*

Roasted cauliflower (vg)

*Shabu-shabu dressing, fried chickpeas, pomegranate*

Homemade Turkish delight

Coconut and walnut baklava (v)

Selection of ice creams and sorbets (v/vg)



## Sundays at Habas

Sundays at Habas are all about kicking back, relaxing and enjoying yourselves after your week.

Let us treat you with

Our special Sunday roast menu | Bring your own bottle of wine (£5 corkage on all bottles)

**2 courses: £20**

**3 courses: £25**

Please note, all Sunday dishes are available *in addition to* the regular à la carte menu dishes

### Starters

Filo cigars stuffed with feta cheese, wilted spinach and sunblush tomato (v)

*Red pepper relish*

9

Chicken wings

*Harissa marinated with a lime and chilli dressing*

8

Prawn and crab fritters (4 units)

*Tzatziki yoghurt*

7

### Habas roasts

Shoulder of lamb

*Seared half shoulder of lamb served with labneh cauliflower cheese, sumac & orange honey glazed carrots, black garlic and mint roasted potatoes*

17

Roasted cauliflower (vg)

*Harissa roasted cauliflower served with orange & sumac honey glazed carrots, roasted squash, black garlic and mint roast potatoes and sautéed kale*

15

### Desserts

Orange and cardamom rice pudding with hazelnut crumble (v)

5.5

Pistachio and almond pavlova with apricot syrup (vg)

5.5

Double chocolate brownie with spiced chocolate sauce & vanilla pod ice cream (v)

6.5

### Extras

Labneh cauliflower cheese (v)

3.5

Black garlic and mint roasted potatoes (vg)

4.5

