



# LIZZ

TURKISH RESTAURANT&BAR

## Lunch Menu



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## 2 COURSE £14.95

Monday to Friday 12pm till 4pm  
Selection of one hot or cold starter & one main course.

### STARTERS

#### Hummus

Rich chickpea puree flavoured with cumin, garlic, tahini, lemon & olive oil.

#### Cacik

Grated cucumber mixed with thick yoghurt, garlic, fresh mint, dill & olive oil.

#### Tarama

Whipped fish roe dip.

#### Borek

Pastry filled with feta cheese, mozzarella, spinach, parsley & dill served with sweet chilli sauce.

#### Baba Ganoush

Chopped char grilled aubergine, mixed with Turkish yoghurt, garlic, mixed herbs & olive oil.

#### Mucver

Courgette, egg, mixed peppers, carrots, halloumi cheese, feta cheese mixed with breadcrumbs and fried.

#### Saksuka

Deep fried aubergine cubes, red and green peppers, onions, garlic and potatoes cooked in our special tomato sauce.

#### Soup Of The Day

Lentil, carrots, onions & garlic.

#### Beetroot Tarator

Roasted beetroot, strained yoghurt, fresh garlic, walnuts & olive oil.

#### Stuffed Vine Leaves (Sarma)

Roasted beetroot, strained yoghurt, fresh garlic, walnuts & olive oil.

### MAINS

#### Chicken Shish

Char-grilled lean chunks of chicken breast skewers.

#### Chicken Beyti

Char-grilled spicy marinated minced chicken with garlic.

#### Chicken Wings

Marinated & char-grilled chicken wings.

#### Chicken Kulbasti

Lean, tender fillet of chicken thigh char-grilled with herbs and salads.

#### Lamb Shish

Char-grilled lean tender lamb skewers.

#### Adana

Char-grilled lean tender minced lamb skewers flavoured with red chilli flakes.

#### Meat Moussaka

Minced Lamb with aubergine, potatoes, mixed peppers, courgette, carrots, onions, mixed peppers, bechamel sauce with cheese & tomato sauce.

#### Beef Fillet Shish

Marinated and char-grilled beef fillet cubes.

#### Mucver

Courgette, feta cheese, halloumi cheese, carrots, egg, mixed peppers, breadcrumbs mixed and deep fried.

#### Falafel

Chickpeas, broad beans, mint, dill & vegetable fritters served with hummus.

#### Vegetarian Moussaka

Layers of aubergine, potatoes, courgettes, mixed peppers, carrots, onions & tomatoes topped with cheese and bechamel sauce.

#### Sea Bass Fillet

Seasoned and char-grilled sea bass fillet.

#### Penne Con Pollo

Chicken breast, mushrooms, garlic, basil pesto with cream and topped with parmesan cheese.

(Tomato sauce available) (Spicy available)

#### Penne Mixed Sea Food

With squid, mussels, baby prawns, monk fish, salmon in creamy white wine sauce, topped with parmesan cheese.


(Tomato sauce available) (Spicy available)

#### Penne Shrimp Alfredo

Pan fried shrimp cooked with shallots, garlic, lemon juice, white wine, creamy sauce, and topped with parmesan cheese.

(Tomato sauce available) (Spicy available)

### SIDE ORDERS

<b>Chips</b> 	3.45
<b>Mozzarella Sticks</b> 	4.95
<b>Strained Yoghurt</b>  	3.45
<b>Bulgur (Couscous)</b>  	3.95
<b>Green Olives</b> 	3.95
<b>Sauteed Potato</b> 	3.95

 GLUTEN - FREE  CONTAINS NUTS  VEGETARIAN  VEGAN

If you have and allergies or concerns, please speak to a member of staff before ordering. Thanks