



# FEZ MANGAL

TAKE AWAY

No frozen products & No M.S.G. (Monosodium Glutamate)  
used in any of our foods

NUTRITIONAL VALUE				
*Per 100gsm	cal	pro	fat	sug
Chicken	191	42.9	2.2	0.1
Minced Chicken	191	49.0	2.2	0.1
Lamb	250	33.1	9.9	0.1
Minced Lamb	237	29.2	13.3	0.2

Tried and provided by Eurofins

## STARTERS

All starter served with bread

Lentil Soup (V)	4.00
Olives & Bread (G   V)	3.90
Hummus (V) A Blend of chickpeas, tahini, lemon & garlic	3.90
Tabbouleh (V) Couscous, parsley, tomato, peppers and spring onions with pomegranate dressing	3.90
Ezme Salata (G   V) Finely chopped onions, peppers, tomato and parsley dressed with pomegranate dressing	3.90
Cacik Yoghurt with cucumber, garlic, mint and olive oil	3.90
Dolma (stuffed vine leaves) Stuffed vine leaves with rice, onion, pepper, pine nuts, currants and herbs	3.90
Babaganoush Roasted aubergine with tahini, garlic, and lemon	3.90
Aubergine Salad Aubergine and peppers, in tomato sauce	3.90
Halloumi Grilled Cyprus cheese   3 pieces	4.20
Falafel Deep fried made from chickpeas and spices served with humus	4.50

Mixed Meze for 1 4.90  
Hummus, tabule, babaganoush, cacik

Mixed Meze for 2 6.50  
Hummus, tabule, babaganoush, cacik

## SALADS

Green Salad Rocket, lettuce, cucumber	4.00
Seasonal Salad Rocket, carrot, red cabbage	4.00
Turkish Salad Tomato, cucumber, parsley & feta cheese	4.50
Chicken Salad Grilled chicken, rocket, red cabbage & carrots	7.50

## FISH

Fresh Fish grilled served with rice, salad & bread

Sea Bream   Cupra	13.80
Sea Bass   Levrek	13.80

## VEGETARIAN

Veggi Skewer (Mixed vegetables fresh tomato sauce) with rice	8.00
Hummus Wrap	4.90
Falafel Wrap	6.50
Halloumi Wrap	6.50
Falafel, Rice & Salad	7.80
Halloumi and Falafel Wrap	9.20

## SIDES

Rice	3.50
Grilled Tomato	2.00
Bread	2.00
Feta Cheese	3.00

## DESSERT

Baklava 4.00  
Filo pastry with pistachio and honey syrup.

## SOFT DRINKS

Freshly Squeezed Orange Juice	3.50
Apple Juice	2.00
Soft Drinks   coke, diet coke, fanta, sprite	1.00
Ayran   Turkish Yogurt drink	Glass 2.00      Jug 6.50
Still Water	330ml 1.00      750ml 2.50
Sparkling Water	330ml 1.00      750ml 2.50

Some dishes may contain allergic ingredients, please ask staff for details If you have any allergy or specific dietary requirements. We do not use any frozen products on our premises. We do not use M.S.G. in our products(monosodium glutamate)

## BBQ KEBABS

all kebabs served with rice, salad & bread

		cal	pro	fat	sug
<b>Lamb Doner</b> Daily prepared house special doner kebab, made from 100% lamb meat	<b>9.20</b>	370	30.9	27.3	95
<b>Chicken Doner</b> Speciality baby chicken doner kebab	<b>9.00</b>	210	45	2.2	0.1
<b>Mixed Doner</b> Lamb & Chicken doner	<b>9.50</b>	281	38	14.6	0.3
<b>Adana Kebab</b> Minced lamb kebab	<b>11.00</b>	237	29.2	13.3	0.2
<b>Lamb Shish</b> Skewers of marinated cubes of succulent lamb	<b>11.50</b>	217	33.1	9.4	0.1
<b>Chicken Shish</b> Skewers of marinated cubes of chicken breast	<b>11.00</b>	191	42.9	2.2	0.1
<b>Cop Shish</b> Marinated small cubes of grilled lamb	<b>11.50</b>	217	33.1	9.4	0.1
<b>Lamb Beyti</b> Spicy lamb mince with garlic & parsley	<b>10.00</b>	237	29.2	13.3	0.1
<b>Chicken Beyti</b> Spicy Chicken mince with garlic and parsley	<b>10.00</b>	237	49	13.3	0.1
<b>Chicken Wings</b> Grilled chicken wings	<b>9.00</b>	200	44	2.2	0.1
<b>Lamb Chops</b> (4pcs of best end)	<b>14.00</b>	217	33.1	7	1
<b>Mixed Kebab</b> Lamb shish, chicken shish & Adana	<b>13.50</b>	208	36.4	7	1

### Special Mix for 2

Lamb and chicken shish, adana,wings, lamb and chicken doner

**24.00**

(Speciality for 2)

249 36.2 11.5 2

## BBQ COMBO

<b>Combo Shish</b> Chicken & Lamb	<b>11.50</b>	204	38	5.8	1
<b>Chicken Shish Combo</b> Chicken Shish & Chicken wings	<b>11.50</b>	195	43	22	1
<b>Lamb Shish combo</b> Lamb Shish & Adana	<b>11.50</b>	227	32	11.3	1.5
<b>Chicken Beyti Combo</b> Chicken beyti & Chicken shish	<b>12.00</b>	230	29.2	9.9	1
<b>Lamb Beyti Combo</b> Lamb beyti & Lamb shish	<b>12.50</b>	225	32.1	12	1

## BBQ YOGURTLU KEBABS

All yogurtlu dishes served with yogurt, fresh tomato sauce bread, topped with hot melted butter

<b>Iskender</b>	<b>11.00</b>	370	30.9	27.3	0.3
<b>Yogurtlu Chicken Shish</b>	<b>11.50</b>	191	42.9	2.2	0.1
<b>Yogurtlu Lamb Shish</b>	<b>11.50</b>	217	33.1	9.4	0.1
<b>Yogurtlu Chicken Beyti</b>	<b>11.00</b>	237	29.2	13.3	0.1
<b>Yogurtlu Lamb Beyti</b>	<b>11.50</b>	237	29.2	13.3	0.1
<b>Yogurtlu Adana</b>	<b>11.50</b>	237	29.2	13.3	0.1
<b>Yogurtlu Combo Shish</b>	<b>11.50</b>	204	38	5.8	0.1
<b>Yogurtlu Chicken Beyti Combo</b>	<b>13.00</b>	237	29.2	13.3	0.1
<b>Yogurtlu Lamb Beyti Combo</b>	<b>13.50</b>	237	29.2	13.3	0.1

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\*Corkage & service charge free

# FEZ



YOU CAN ORDER



deliveroo

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