



Food Delivery Menu
Each dish serves approximately 8 people

Lasagne, Pasta, Soup, Rice and Starters

- Lasagna with tomato sauce and cheeses OR with meat & tomato sauce (available also gluten free) £70/75 (D) (M)
- Lasagna or cannelloni with ricotta & spinach in tomato and cream sauce (available also gluten free) £75 (M) (D)
- Pasta al forno – pasta bake with tomato sauce, aubergine and cheese OR spicy tomato and tuna (also GF) £60 (D)
- Minestrone soup £65 (P)
- Chicken (and beef) soup £70 (M)
- Pea and mint soup – plain or with crumbled feta and toasted mixed seeds £60 (P) (D)
- Butternut squash, coconut milk and lemon grass soup £60 (P)
- Lentil, sweet potatoes, preserved lemons and coconut milk – either chunky or liquidised soup £60 (P)
- Chunky spiced vegetable with couscous £65 (P)
- Gazpacho (with or without bread) OR Chilled tomato soup with a basil pesto dressing £60 (P)
- Quinoa-bulgur Tabbouleh salad OR quinoa with edamame and wasabi dressing £60 (P)
- Quinoa OR couscous with chickpeas, sun dried tomatoes and fresh herbs £60 (P)
- Steamed wild & basmati rice with light spices, caramelized onion, dried berries and flaked almonds £50 (P)
- Red Mejadra – Red rice and lentils with caramelized and crispy onions – with or without dates £65/70 (P)
- Tahini OR hummus & minced meat (beef OR mix beef & lamb) with caramelized onions and spices £45 (M)
- Home-made hummus OR tahini (plain or with curry & turmeric), pine nuts, zaathar and paprika topping £30 (P)
- Puy lentil, sun dried tomatoes and rocket salad with a lemon, parsley & anchovy dressing £55 (P)
- Mix wild rice salad with dried fruits, olives, mixed fresh herbs, sun dried tomatoes and nuts £60 (P)
- Pasta salad with cherry tomatoes, olives, tuna, corn; OR with grilled artichokes, sun-dried tomatoes & olives £50 (P)
- Spelt or barley salad with cherry tomatoes, fresh rocket and parmesan shavings £50 (P or D)
- Whipped feta dip – classic OR with ricotta and lemon (or a mix) £35/40 (D)
- Pasta sauces (Puttanesca, Bolognese, basil pesto, tomato & aubergines, tomato & tuna, lemon and cream) £40 (P or D)
- Onion & tomato Frittata OR with courgettes and sun dried tomatoes OR with any vegetable of your choice £50 (P)
- Merduma – Lybian garlicky spicy tomato and pepper sauce/dip – Ideal to accompany couscous or rice £35 (P)
- Base sauce for Shakshuka – tomato, pepper and cumin – all you need to do is re-heat and add/cook the eggs £60 (P)



Main courses of fish, meat, chicken, lamb & tofu

Cod 'parmigiana' – fresh cod fillets with tomato sauce, grilled aubergines and parmesan £95 (D)

Cod bake 'marinara' - with potatoes, tomatoes and olive £95 (P)

Sea bass/sea bream fillets with a light tomato sauce, chilli and parsley OR fresh tomatoes, olives and capers £95 (P)

Sea bass/sea bream/hake/cod/plaice fillets with lemon, capers & parsley £95 (P)

Fish Haraimi – Spicy Libyan fish (sea bass/bream/cod/ tinned tuna) with a spicy tomato, garlic and caraway £95 (P)

Salmon side (or fillets) with soy sauce, pomegranate molasses, ginger & honey OR w/cherry tomatoes & herbs £95 (P)

Smoked salmon platter with capers, red onions, chives and grated hard-boiled egg- with a vinaigrette dressing £95 (P)

Fresh salmon and/or sea bass carpaccio marinated with lemon and fresh herbs £95 (P)

Sea bass / salmon (or mix) ceviche with mango, lemongrass, avocado, cashew nuts and chilli £95 (P)

Black cod fillets marinated in miso (advance booking needed) £150

Fish OR chicken goujons £95 (P M)

Tofu 'steaks' or chicken wings with sweet chilli, soya sauce and toasted sesame oil £85 (P M)

Tofu stew with red lentils, sweet potato and coconut milk £85 (P)

Chicken legs/ Boneless thighs with pomegranate molasses & dates OR with dried figs & apricots £95/100 boneless (M)

Chicken legs/ Boneless thighs with lemon, artichokes, olives & ginger OR w/tomatoes, olives & red wine £95/100 (M)

Chicken breast - thin fillets coated in flour - with pomegranate juice and honey £90 (M)

Lamb cutlets with pomegranate molasses, honey and fresh herbs OR with lemon and egg sauce £120 (M)

Slow cooked lamb shoulder with fresh herbs and red wine £120 (M)

Lamb tagine with dates and pomegranate molasses OR apricots and chickpeas £120 (M)

Italian roast beef with a white wine gravy £95 (M)

Stracotto – Roman Jewish beef stew with tomato and red wine sauce £100 (M)

Lubia bel cammun - Libyan Jewish beef stew with beans and cumin £90 (M)

Peppers stuffed with minced beef or lamb -or a mix - in tomato sauce £95 (M)

Meatballs OR meatloaf (beef/lamb or a mix) in tomato sauce OR with white wine and rosemary £80/90 lamb (M)



Vegetables dishes – main and sides

Mixed antipasti of roasted courgettes, aubergines and peppers £70 (P)

Melanzane alla parmigiana (gratin of aubergines, tomato sauce and mozzarella) £75 (D)

Cold version of melanzane alla parmigiana – Layers of aubergines, tomato sauce, parmesan and basil £75 (D)

Quiche with peppers & goat cheese OR Courgettes & sun dried tomatoes OR Pumpkin, ricotta, sage £80 (D)

Puff pastry tart with caramelized onions, olives & anchovies OR peppers & goat cheese £60 (P or D)

Roasted peppers stuffed with mozzarella, olives & anchovies OR aubergines, pesto and mozzarella £70 (D)

Caponata di melanzane (fried aubergines with a sweet and sour sauce of tomatoes, olives and capers) £70 (P)

Roast potatoes with garlic and rosemary OR with onions, cherry tomatoes & thyme £60/65 (P)

Roast carrot with coriander seeds, grilled asparagus, fresh green salad with honey and mustard dressing £65 (P)

Roast aubergine, green beans, sesame oil, feta and pomegranate seeds £65 (D or P without feta)

Roast aubergines or Butternut squash with tahini, pomegranate and fresh herbs £60 (P or D)

Cavolo nero salad (with or without butternut squash) OR roasted crispy with cranberries and mixed seeds £50 (P)

Slow roasted, deliciously sweet cherry tomatoes with garlic head and basil £65 (P)

Sweet and sour carrots with pine nuts and raisins OR roasted with coriander seeds and thyme £60 (P)

Sweet and sour shallots with raisins and Marsala wine/ or with tomato sauce £65 (P)

Roast cauliflower 'steaks' with soya and toasted sesame oil and seeds £50 (P)

Whole (or florets) roast cauliflowers with crème fresh, pomegranate molasses and mixed spices £55 (D)

Griddled asparagus with toasted sesame oil and seeds £50 (P)

Butter beans Puttanesca – with tomato, olives and capers £50 (P)

Fagioli all'uccelletto OR Cannellini or Borlotti beans with tomato and sage £50 (P)

Roasted tomatoes/courgettes/onions/aubergines with garlic, parsley (with or without breadcrumbs) £55 (P)

Spinach with pine nuts and raisins OR with garlic and chilli £50 (P)

Peppers sautéed OR roasted (with or without olives and capers) £50 (P)

Courgettes and carrots sautéed with garlic £50 (P)

Sauté green beans OR helda beans in tomato sauce £50 (P)

Sauté mushrooms with garlic and parsley £50 (P)

Sauté broccoli OR broccoli and cauliflower OR griddled tenderstem broccoli w/chilli & garlic £55 (P)

Marinated courgettes with rosemary, garlic and vinegar £60 (P)

Concia – Roman Jewish specialty of deep fried courgettes, marinated with garlic, vinegar and basil £60 (P)

Griddled courgettes OR aubergines with garlic and parsley £55 (P)

Beetroot and orange carpaccio with rocket, feta and Asian dressing OR zaatar and orange dressing £40 (D)



Desserts

Honey, coffee and walnut cake £50 (P)

Hazelnut and chocolate cake – flourless, butterless and no yolks £50 (P)

Chocolate & almond cake - flourless £50 (P)

No-bake cheese cake with amaretto, mascarpone and raspberries £60 (D)

Lemon sponge (Torta di Nonna Bianca) £45 (P or D)

Lime pavlova (large or mini ones) topped by fresh berries £55 (P or D)

Tiramisu` £50 (D)

Carrot and almond cake £45 (P)

Chocolate, coffee and pine nut cake £50 (P)

Lemon & almond cake - flour-less and butter-less £45 (P)

Spinach and almond cake (flourless) £45 (P)

Apple cake £45 (P or D)

Grape Cake £45 (P or D)

Chocolate mousse – orange OR orange & Cointreau OR coffee £45 (P)

Amaretto biscuits with lemon zest £40 (P)

Apple, blueberry and raspberry crumble – plain or with yogurt and lemon cream £50 (D)

Apple, raspberry and amaretti crumble-cake £60 (D)

24 Flaked almond and pumpkin seed florentines – with or without chocolate drizzle (white or dark) £50 (P or D)

24 Pizza ebraica (Traditional Roman Jewish fruit-cakes made with candied fruits, nuts and raisins) £50 (P)

Safra – Libyan aromatic semolina dessert with honey, almond and orange glazing £50 (P)

Cold chocolate and biscuit salami £45 (D)

Chilled date, pistachio and coconut roulade £50 (P or D)

Crostata (Jam of your choice tart) OR ricotta and chocolate tart OR Ricotta and sour cherry jam tart £65/70 (D)

Pear and almond tart £70 (D)

Torta Susanna (rich chocolate cake with chocolate sauce) £60 (D)

Vegan banana and chocolate loaf or cake £50 (P or D)

Lemon and poppy seed loaf or cake £50 (D)

Italian fruit salad OR strawberries and blueberries with lemon and mint £50 (P)

24 Mini scones with strawberry or raspberry jam and clotted cream OR mini chocolate or vanilla cupcakes £55 (D)

***(P) *(P) = Parve (M) = Meaty (D) = Dairy GF → Many dishes can be adapted to gluten free. Please ask if interested.**

- Minimum order £100, with a minimum quantity of 6 portions per dish.
- Food can be collected from NW2 or delivered for a charge: £5-10 for local deliveries in NW2/NW3/NW6, by Uber further afield at the client's expense, with congestion C applying where relevant and out-of-London rates available on request.



⚠ Allergens - Please specify any food allergies when placing your order

The 14 official allergens:

 Celery  Gluten (wheat, rye, barley, oats)  Crustaceans  Eggs  Fish  Lupin
 Milk  Molluscs  Mustard  Peanuts  Tree nuts  Sesame  Soybeans
 Sulphur dioxide / sulphites