



Food delivery menu – Summer 2022

Each dish is for approx 8 people

Soup, pasta, lasagne, rice and starters

- Lasagna with tomato sauce and cheeses (available also gluten free) £60 (D)
 Lasagna with meat and tomato sauce OR vegetarian OR wild mushroom and béchamel (also gluten free) £65 (M) (D)
 Cannelloni, Crespelle or Lasagne with ricotta & spinach in tomato sauce OR with butternut squash, sage & ricotta £60
 Pasta al forno – pasta bake with tomato sauce, aubergine and cheeses or spicy tomato and tuna £60 (D)
 Butternut squash, coconut milk and lemon grass soup OR Spinach, carrot and coconut milk soup £45 (P)
 Lentil, sweet potatoes, preserved lemons and coconut milk – either chunky or as a soup £50 (P)
 Chunky spiced vegetable with couscous £50 (P)
 Gazpacho (with or without bread) OR Chilled tomato soup with a basil pesto dressing £50 (P)
 Quinoa-bulgur Tabbouleh salad OR quinoa with edamame and wasabi dressing £50 (P)
 Quinoa OR couscous with chickpeas, sun dried tomatoes and fresh herbs £50 (P)
 Mejadra - Rice with lentils with caramelized and crispy onions £50 (P)
 Puy lentil, sun dried tomatoes and rocket salad with a lemon, parsley & anchovy dressing £45 (P)
 Steamed wild & basmati rice with light spices, caramelized onion, dried berries and flaked almonds £40 (P)
 Mix wild rice salad with dried fruits, olives, mixed fresh herbs, sun dried tomatoes and nuts £50 (P)
 Pasta salad with cherry tomatoes, olives, tuna, corn; OR with grilled artichokes, sun-dried tomatoes & olives £45 (P)
 Spelt or barley salad with cherry tomatoes, fresh rocket and parmesan shavings £45 (P or D)
 Home-made hummus with chickpeas, pine nuts, zaathar and paprika topping £20 (P)
 Tahini – classic or one/mix tahini dips: red (beetroot) yellow (curry and turmeric) green (fresh herbs) £20/35 (P)
 Tahini OR hummus & minced meat (beef and/or lamb) starter with caramelized onions and spices £40 (M)
 Whipped feta dip – classic OR with black garlic and cream cheese OR with ricotta and lemon (or a mix) £30/40 (D)
 Mixed antipasti of roasted courgettes, aubergines and peppers £60 (P)
 A varieties of sauces for pasta (Puttanesca, Bolognese, basil pesto, tomato & aubergines, tomato & tuna, etc.) £35 (P)
 Onion & tomatoes Frittata OR with courgettes and sun dried tomatoes OR with any vegetable of your choice £45 (P)
 Merduma – Lybian garlicky spicy tomato and pepper sauce – Ideal to accompany couscous or rice £35 (P)

Main courses of fish, meat, chicken and vegetarian

- Cod 'parmigiana' – fresh cod fillets with tomato sauce, grilled aubergines and parmesan £95 (D)
 Sea bass/sea bream fillets with a light tomato sauce, chilli and parsley OR fresh tomatoes, olives and capers £90 (P)
 Sea bass/sea bream/hake/cod fillets with lemon, capers and parsley OR pesto, preserved lemons and olives £90/95 (P)
 Salmon side (or fillets) with soy sauce, ginger and honey OR with cherry tomatoes and herbs £85 (P)
 Smoked salmon platter with capers, red onions, chives and grated hard-boiled egg- with a vinaigrette dressing £85 (P)
 Black cod fillets marinated in miso £150
 Sea bass / salmon /trout ceviche with mango, avocado, cashew nuts and chilli £85 (P)
 Fresh salmon and/or sea bass carpaccio marinated with lemon and fresh herbs £85 (P)
 Fish OR chicken goujons £80 (P M)
 Tofu 'steaks' or chicken wings with sweet chilli, soya sauce and toasted sesame oil £80 (P M)
 Tofu stew with red lentils, sweet potato and coconut milk £80 (P)
 Chicken legs/ Boneless thighs with lemon, artichokes, olives and ginger OR with tomatoes, olives & red wine £90 (M)
 Chicken legs/ Boneless thighs with dried apricot and figs OR with dates and pomegranate molasses £90
 Chicken legs/ Boneless thighs with pomegranate molasses, honey and preserved lemons £90 (M)
 Chicken breast with pomegranate and honey £80 (M)
 Lamb cutlets with pomegranate molasses, honey and fresh herbs OR lemon and egg sauce £100 (M)
 Slow cooked lamb shoulder or shank with fresh herbs and red wine £110 (M)
 Lamb tagine with apricots and chickpeas OR dates and pomegranate molasses £110 (M)
 Italian roast beef with a white wine gravy £90 (M)
 Stracotto – Roman Jewish beef stew with tomato and red wine sauce £90 (M)
 Lubia bel cammun - Libyan Jewish beef stew with beans and cumin £90 (M)
 Peppers stuffed with minced beef, veal or lamb -or a mix - in tomato sauce £80/90 (M)
 Meatballs OR meatloaf (beef, veal, lamb or a mix) in tomato or white wine sauce £80/90 (M)
 Melanzane alla parmigiana (gratin of aubergines, tomato sauce and mozzarella) £70 (D)
 Cold version of melanzane alla parmigiana – Layers of aubergines, tomato sauce, parmesan and basil £70 (D)
 Quiche with peppers and goat cheese OR Courgettes and sun dried tomatoes OR pumpkin, ricotta, sage £70 (D)
 Roasted peppers stuffed with aubergines, pesto and mozzarella £70 (D)
 Puff pastry tart with caramelized onions, olives & anchovies/ peppers & goat cheese/ courgettes and tomatoes £60 (D)



Vegetables, rich salads and side dishes

- Caponata di melanzane (a Sicilian sweet and sour dish of aubergines, tomatoes, olives, capers and onions) £60 (P)
 Roast carrot with coriander seeds, grilled asparagus, fresh green salad with honey and mustard dressing £60 (P)
 Roast aubergine, green beans, sesame oil, feta and pomegranate seeds £60 (D or P without feta)
 Roast aubergines or Butternut squash with tahini, pomegranate and fresh herbs £50 (P or D)
 Cavolo nero (or kale) salad OR roasted crispy with cranberries and mixed seeds £40 (P)
 Cherry tomatoes with feta/Mediterranean cheese and zaatar and lemon dressing £40 (D)
 Slow roasted cherry tomatoes with garlic head and basil £60 (P)
 Sweet and sour carrots with pine nuts and raisins OR roasted with coriander seeds and thyme £50 (P)
 Sweet and sour shallots with raisins and Marsala wine/ or with tomato sauce £60 (P)
 Roast cauliflower 'steaks' with soya and toasted sesame oil and seeds £40 (P)
 Whole (or florets) roast cauliflowers with crème fresh, pomegranate molasses and mixed spices £50 (D)
 Griddled asparagus with toasted sesame oil and seeds £45 (P)
 Roasted tomatoes/courgettes/onions/aubergines with garlic, parsley (with or without breadcrumbs) £50 (P)
 Cannellini OR Borlotti beans with tomato and sage £40 (P)
 Spinach with pine nuts and raisins OR with garlic and chilli £40 (P)
 Peppers sautéed OR roasted (with or without capers and with or without skin) £40 (P)
 Courgettes and carrots sautéed with garlic £45 (P)
 Sauté green beans in tomato sauce £45 (P)
 Sauté mushrooms with garlic and parsley £45 (P)
 Sauté broccoli OR broccoli and cauliflower OR griddled tenderstem broccoli w/chilli & garlic £50 (P)
 Marinated courgettes with rosemary, garlic and vinegar £50 (P)
 Concia – Roman Jewish specialty of deep fried courgettes, marinated with garlic, vinegar and basil £50 (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 £40 (P)
 Hazelnut and chocolate cake – flourless, butterless and no yolks £40 (P)
 Chocolate & almond cake - flourless £40 (P)
 No-bake cheese cake with amaretto, mascarpone and raspberries £50 (D)
 Lemon sponge (Torta di Nonna Bianca) £40 (P or D)
 Lime pavlova (large or mini ones) topped by fresh berries £50 (P or D)
 Tiramisu £45 (D)
 Carrot and almond cake £40 (P)
 Cocoa, coffee and pine nut cake £40 (P)
 Lemon & almond cake - flour-less and butter-less £40 (P)
 Spinach and almond cake (flourless) £40 (P)
 Apple cake £40 (P or D)
 Chocolate mousse – orange OR orange & Cointreau OR coffee £40 (P)
 Amaretto biscuits with lemon zest £35 (P)
 Apple and blueberry crumble with yogurt and lemon cream £45 (D)
 Apple, raspberry and amaretti crumble-cake £50 (D)
 24 Flaked almond and pumpkin seed florentines – with or without chocolate drizzle (white or dark) £45 (P or D)
 24 Pizza ebraica (Traditional Roman Jewish fruit-cakes made with candied fruits, nuts and raisins) £45 (P)
 Safra – Libyan aromatic semolina dessert with honey, almond and orange glazing £40 (P)
 Cold chocolate and biscuit salami £40 (D)
 Chilled date, pistachio and coconut roulade £45 (P or D)
 Jam tart (crostata) OR ricotta and chocolate tart OR Ricotta and sour cherry jam tart £60 (D)
 Pear and almond tart £60 (D)
 Torta Susanna (rich chocolate cake with chocolate sauce) £55 (D)
 Pear and chocolate chip loaf cake £45 (P or D)
 Lemon and poppy seed loaf £45 (D)
 Italian fruit salad OR strawberries and blueberries with lemon and mint £45 (P)
 24 Mini scones with strawberry or raspberry jam and clotted cream OR mini chocolate or vanilla cupcakes £50 (D)

*(P) = Parve (M) = Meaty (D) = Dairy

- Minimum order £100 and minimum quantity for each dish is 6 people.
- Food can be collected from NW2 or delivered. Delivery charge: £5-10 depending on the location. At busy times delivery may be by Uber at the expense of the client. Congestion charge applies. Out of London rates differ.