

From the Charcoal Grill

All dishes are served with chips

Lamb Kafita.....£12.95

Minced lamb mixed with onions, parsley, & spices, grilled on a skewer and served with a chilli and tahini dip

Lamb Meshewy.....£12.95

Cubes of lamb marinated in mild spices, grilled on a skewer and served with a chilli and tahini dip

Chicken tawouk.....£12.95

Chicken pieces marinated in lemon, coriander, grilled on a skewer served with chilli and garlic dip

Lamb Chops.....£14.95

Grilled Lamb chops marinated in spices and served with a chilli and tahini dip

Chicken shawarma.....£11.95

Slow cooked thin layer of sliced chicken served with Lebanese Bread, chilli & garlic dip

Farruj meshwy.....£14.95

Grilled boneless baby chicken marinated with coriander and garlic, served with chilli & garlic dip

Chicken Wings.....£10.95

10 grilled marinated chicken wings served with lemon juice, and chilli & garlic dip

Mixed Grill.....£14.95

3 grilled skewers of chicken cubes, lamb cubes, minced lamb kafita served with tahini and chilli & garlic dips

Fish

Salmon Fillet.....£14.95

Salmon fillet marinated in herbs, with sweet chilli and garlic dip, and baby potatoes

Fillet Sea Bass.....£15.95

Fresh Sea Bass marinated with sahara special herbs & spices and olive oil Served with garlic & chilli dipping sauce, baby potatoes, and a salad garnish

King Prawns.....£15.95

Marinated in chefs recipe sauce, grilled & served with garlic & chilli dip, rice & salad

Salmon & Avocado Salad.....£14.95

Pan-fried Salmon fillet, with mixed leaf salad, fresh sliced avocado, served with an olive oil and lemon dressing

Seafood Spaghetti.....£13.95

Spaghetti with mixed seafood, and a tomato & garlic sauce

King Prawn Spaghetti.....£15.95

Spaghetti with king prawns and a tomato & garlic sauce

Sides

✓ **Plain Rice.....£2.95**

✓ **Vermicelli Rice.....£3.95**

Rich buttery rice with vermicelli

✓ **Brown Rice.....£3.95**

Basmati rice cooked with fried onion and cumin

Sahara Special Rice.....£5.25

Cooked rice with shrimps, green and red pepper, and topped with dill and parsley

✓ **Pickles.....£2.95**

Mixed Mediterranean pickles

✓ **Tahini.....£1.95**

Ground sesame seeds with garlic, lemon, and olive oil

✓ **Couscous.....£3.95**

✓ **Baby Potatoes.....£3.50**

Chips.....£2.50

Pitta Bread.....£2.50

Olives.....£3.50

Garlic Sauce.....£2.65

Salads

✓ **Mixed Green Salad.....£4.95**

✓ **Gebna Salad.....£5.95**

Feta, lettuce, tomato, cucumber, peppers, olives, & red onions with lemon & olive Oil

✓ **Fatoush.....£5.25**

Chopped tomato, cucumber, peppers, lettuce, mint, sliced radish, & spring onion mixed with parsley, olive oil, and pomegranate syrup, with toasted Lebanese bread

✓ **Tabouleh.....£5.95**

Finely chopped parsley, diced tomato, onion, crushed wheat, with Lemon & Olive Oil

Sahara Salad.....£6.90

Grilled marinated chicken cubes, lettuce, tomato, pineapple, cucumber, & sliced radish mixed with lemon and olive oil dressing

Desserts

 **Baklava.....£5.50**

Sweet filo pastry filled with chopped nuts, baked with butter and honey

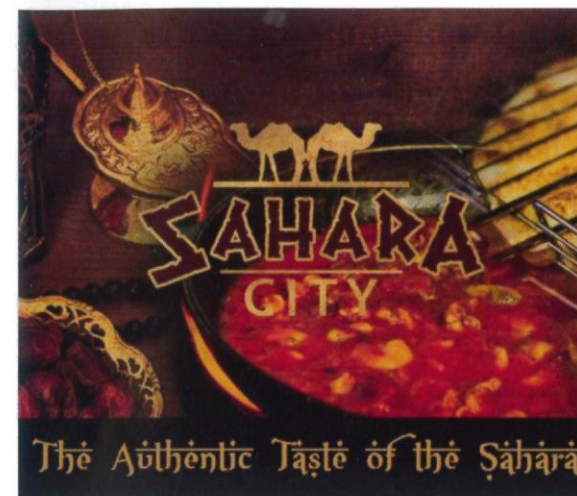
Chocolate Brownie.....£5.50

Served with vanilla ice cream

Classic Crème Brûlée.....£5.50

Cheese Board.....£6.50

Served with celery, chutney, and biscuits

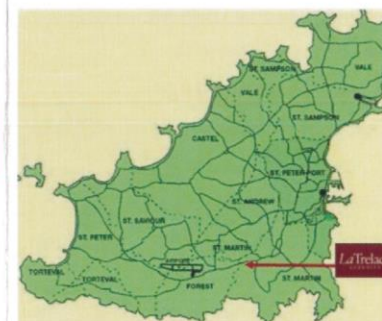


Welcome to Sahara City. A brand new restaurant in La Trelade Hotel. Specializing in Mediterranean, Moroccan, Lebanese and Egyptian cuisine for an authentic taste of Sahara, plus traditional dishes and a Sunday Carvery. All made with fresh authentic ingredients and set in a traditionally themed environment.

Set your taste buds alive with the taste of Sahara! It is worth calling us in advance to reserve the table.

Take-away is available on request

Mention this leaflet to get 10% off your food*



La Trelade Hotel
Route de la Fôret
St Martin GY4 6UB
www.saharacity.co.uk

follow us on 

Call (01481) 230794 to book

* offer valid until 31st March 2018

Cold Starters

- ✓ **Houmous**.....£3.95
Chick peas blended with tahini, olive oil, & lemon, served with pitta bread
- ✓ **Moutabal**.....£3.95
Baked Aubergine with tahini, garlic, & yoghurt, topped with parsley and olive oil
- ✓ **Labneh**.....£3.95
Strained yoghurt served with olive oil and cucumber
- ✓ **Vine Leaves**.....£3.95
Vine leaves stuffed with rice, onion, parsley, olive oil and a lemon dressing
- ✓ **Moussaka**.....£3.95
Grilled Aubergine, packed with herbs, and topped with a tomato sauce
- Cold Mezze Platter**.....£3.95
Selection of cold Lebanese mezze, served with bread

Hot Starters

- Soup of the day..** Ask for today's choice...£4.95
- ✓ **Batata Harra**.....£4.95
Cubes of potatoes mixed with coriander, garlic, sweet pepper, and chilli
- ✓ **Falafel**.....£3.95
Fried Patties of ground broad beans mixed with herbs, with tahini sauce & pitta bread
- ✓ **Halloumi Cheese**.....£5.95
Fried Slices of Halloumi Cheese served with a salad garnish
- ✓ **Sesame-coated Goat's Cheese**.....£7.95
Deep-fried goat's cheese mixed with eggs, sesame seeds, with salad & sweet onions
- Chicken Liver**.....£5.95
Pan-fried chicken liver in lemon juice and spices
- Spicy Lamb Sausages**.....£5.95
Spicy lamb sausages cooked in garlic & chilli, served with a slice of lemon and Parsley
- Sambousek**.....£4.95
Deep-fried crispy pastry filled with vegetables
- Calamari**.....£6.95
Deep-fried squid served with a sweet chilli dipping sauce
- Fried Shrimps**.....£6.95
Fried shrimps with garlic & coriander, served with a salad garnish & sweet chilli sauce
- Lebanese Mezze Platter**.....£15.25
Selection of cold and hot Lebanese mezze with bread. big enough for 2 or 3.

Tagines

All Tagines are served with couscous or rice



- 🍴 **Shank**.....£15.95
Lamb Shank with herbs slowly cooked in tomato sauce, chickpeas, apricots, & prunes
- Shank and Peas**.....£15.95
Fresh peas, carrots, & lamb shank marinated in garlic & spices, cooked in tomato sauce
- Shank and Spinach**.....£15.95
Chopped spinach & lamb shank marinated in garlic & spices, cooked in tomato sauce
- Lamb and Spinach**.....£15.95
Chopped spinach & lamb cubes marinated in garlic & spices, cooked in tomato sauce
- Lamb Kaffta**.....£14.95
Spiced minced lamb slowly cooked in a tomato sauce with egg
- Lamb and Peas**.....£15.95
Fresh peas, carrots, & lamb cubes marinated in garlic & spices, cooked in tomato sauce
- Half Chicken**.....£13.95
Half chicken marinated with onions, spices, & honey slow cooked with potatoes & carrots
- Half Chicken and Spinach**.....£14.95
Freshly chopped spinach and half chicken slowly cooked with garlic and spices
- ✓ **Vegetarian**.....£11.95
Selection of seasonal vegetables slowly cooked with chickpeas and spices
- ✓ **Peas**.....£11.95
Fresh peas and carrots with garlic and spices, slowly cooked in tomato sauce
- ✓ **Spinach**.....£11.95
Freshly chopped spinach marinated in garlic & spices, cooked in tomato sauce
- King Prawn**.....£15.95
Four King Prawns marinated in garlic and spices and slowly cooked in tomato sauce
- Fish**.....£14.95
Fish marinated in garlic and spices and slowly cooked in tomato sauce

Traditional Dishes

- 10oz Steak (Sirloin or Rib-eye)**.....£16.95
Coated in mixed herbs and served with chips, onion rings, and a salad garnish
- Fish & Chips**.....£12.95
Chef's beer battered cod served with chips, garden peas, and tartare sauce
- Slow Cooked Belly of Pork**.....£11.25
Roasted pork belly served with mashed potatoes, vegetables, and mustard sauce
- BBQ Pork Ribs**.....£12.95
Served with chips and coleslaw
- Home-made Burger**.....£9.95
Served with chips and coleslaw, added additional fillings for £0.70 each -
- Cheese, Bacon, Egg, Onion Rings, Pineapple**
- Cajun Chicken Burger**.....£9.95
Cajun-spiced Chicken Burger served with chips and Coleslaw
- Chicken Breast in Parma Ham**.....£10.25
Served with baby potatoes, vegetables, and a cheese sauce
- Bangers and Mash**.....£9.95
Sausages with mashed potato, vegetables, and an onion gravy
- Chicken, Leek, and Mushroom Pie**.....£10.95
Topped with puff pastry, and served with chips or mashed potato
- Beef Lasagne**.....£10.95
Mince and layers of pasta in a rich tomato ragu, topped with parmesan, garlic bread and a salad garnish
- Chicken Caesar Salad**.....£9.95
Char-grilled chicken breast, bacon, lardons, and cos lettuce in a creamy caesar dressing, topped with grated parmesan and home-made croutons
- ✓ **Vegetable Lasagne**.....£9.95
Mixed vegetables and layer of pasta in a rich tomato ragu, topped with parmesan, and served with garlic bread and a salad garnish
- Beef Stroganoff with Rice**.....£10.95
- Ham, Egg, & Chips**.....£8.95
- Gammon, Egg, & Chips**.....£10.95
- Scampi, Chips, & Garden Peas**.....£10.95