

# STARTERS

All starters are served with homemade Anatolian bread

**RED LENTIL SOUP** v 8.5

A traditional Anatolian/Middle Eastern classic with a modern twist

## COLD MEZE

**MIXED OLIVES** vg 3.9

Hand-picked Mediterranean olives, marinated with herbs and olive oil

**HOUMOUS** vg 8.5

A true Middle Eastern classic with tahini, chickpeas, and garlic drizzled in olive oil

**TABBOULEH** vg 8.5

A refreshing Levantine salad made with fresh parsley & mint, bulgur, and finely chopped red onions, tossed in extra virgin olive oil with pomegranate seeds and a splash of lemon juice

**CACIK** (Tzatziki) v 8.5

Strained yogurt with chopped cucumber and garlic. Prepared in the classic Anatolian style. Cool, creamy and always a fan favourite

**SPINACH WITH YOGURT** v 8.5

Thick and creamy yogurt blended with spinach and garlic

**BABA GANOUSH** v 9.5

Smoky grilled aubergines blended with tahini, garlic, olive oil, and yogurt

**KISIR** vg 9.5

Tas' interpretation of Kisir - a traditional Southeastern Turkish bulgur salad in meze style, crafted with 20 varieties of herbs, spices, and vegetables, and enriched with walnuts, hazelnuts, and Tas pomegranate molasses

◆ Our Choice

**ZEYTINYAGLI PATLICAN** vg 9.5

Aubergine slowly cooked in olive oil with tomatoes, chickpeas, and garlic, prepared in true homemade tradition

**DOLMA** vg 9.5

Tender vine leaves, hand-rolled daily and filled with rice, walnuts, hazelnuts, raisins, onions, dried mint, and aromatic spices

## HOT MEZE

**HOUMOUS & LAMB** 9.9

Hoymous crowned with tender sautéed lamb, gently spiced with paprika

**CHICKEN WINGS** 9.9

Chargrilled marinated chicken wings

**FALAFEL** vg 9.5

Classic Middle Eastern patties with chickpeas, beans crisp-fried to perfection and served on a bed of creamy hoymous

**BOREK** v 9.7

Hand-rolled golden and crispy filo pastry triangles, delicately filled with spinach and creamy feta cheese

**SUCUK** v 9.9

Chargrilled spicy and garlicky beef sausage, served with salad

**HALLOUMI** v 9.5

Chargrilled halloumi cheese, served with salad

**CHEESY MUSHROOM** v 9.7

Sautéed mushrooms with finely chopped onions, garlic, and fresh tomatoes, finished with a golden layer of melted cheddar cheese

**MUCVER** v 9.9

A cherished Mediterranean favourite - courgette, carrot, and leeks, lightly mixed with feta cheese and a hint of garlic, deep-fried until crisp and tender inside

◆ Our Choice

**PATLICAN BIBER KIZARTMA** v 9.9

Deep-fried aubergines and peppers slow cooked in rich tomato sauce, served with creamy yogurt

**CALAMARI** v 9.9

Golden-fried calamari rings in a light, crisp batter, served with homemade rose-infused sweet and sour sauce

**PRawn SAUTÉ** v 9.9

Prawns sautéed with tomatoes, leeks, green peppers, and garlic, finished in a rich double cream sauce

**LAMB MEATBALLS** v 9.9

Hand-rolled lamb meatballs, slow-cooked with rich tomato sauce, potatoes, onions, leeks, peppers, and parsley

**PRawn SKEWERS** v 9.9

Skewered king prawn, deep fried until golden and served with homemade garlic sauce

**SALMON SKEWERS** v 9.9

Golden-fried salmon cubes served with homemade rose-infused sweet and sour sauce

# MAIN DISHES

## HOUSE SPECIALS

<b>TAS ISKENDER</b>	26.5	
A house classic since 1999 - Tas classic mixed grilled meats on a bed of seasoned and crispy oven-roasted bread, finished with rich tomato sauce and creamy yogurt		
<b>TAS SPECIAL</b>	23.9	
The pride of our kitchen - slow cooked lamb, gently baked with potatoes, vegetables, and herbs in tomato sauce		
<b>HUNKAR BEGENDI</b>	24.9	
From the Sultan's kitchen to Tas - An Ottoman classic features tender, slow-cooked lamb stew served over a rich, creamy bed of smoked aubergine purée, delicately blended with cheddar cheese		

## CHARCOAL GRILLS

<b>CHICKEN SHISH</b>	19.5	
Skewer of marinated chicken cubes, served with seasonal vegetables and homemade chilli sauce		
<b>CHICKEN THIGH</b>	22.5	
Fillet of marinated chicken thigh, served with seasonal vegetables and homemade chilli sauce		
<b>KOFTE</b>	21.9	
Hand-formed tender lamb mince, blended with special seasoning and Anatolian herbs, served with seasonal vegetables and homemade chilli sauce		
<i>Add chargrilled puréed aubergine for £3</i>		
<b>LAMB SHISH</b>	24.5	
Skewer of marinated tender lamb cubes, served with seasonal vegetables and homemade chilli sauce		
<b>MIXED GRILL</b>	25.9	
Marinated chicken and lamb cubes with kofte, served with seasonal vegetables and homemade chilli sauce		
<b>LAMB CHOPS</b>	25.9	
Marinated tender lamb chops, served with seasonal vegetables and homemade chilli sauce		

## CASSEROLES & OVEN DISHES

<b>CHICKEN CASSEROLE</b>	19.5	
Slow-cooked chicken with mushrooms, leeks, onions, tomatoes, garlic, peppers and parsley		
<b>ALMOND CHICKEN</b> <span style="color: red;">n</span>	21.9	
A classic Anatolian dish, where chicken and almonds are combined in a comforting casserole, slowly cooked with bay leaves and seasonal flavours		
<b>ANATOLIAN LAMB STEW</b>	22.5	
Traditional Anatolian lamb casserole with tomatoes, onions, mushrooms, and peppers - a cherished village recipe		
<b>LAMB MEATBALLS</b>	21.9	
Hand-rolled lamb meatballs, slow-cooked with rich tomato sauce, potatoes, onions, leeks, peppers, and parsley		
<b>MOUSSAKA</b>	23.9	
Classic Tas style Levantine dish with layers of baked aubergine, lamb mince and potatoes, topped with a creamy bechamel sauce		
<b>LAMB SHANK</b>	26.5	
Succulent lamb shank, slow-cooked in a rich tomato sauce with rosemary and bay leaves, served with golden turmeric mashed potatoes and tender broccoli		

## PASTA DISHES

<b>VEGETABLE PASTA WITH TOMATO SAUCE</b> <span style="color: green;">vg</span>	18.9	
Penne with mixed vegetables, cooked in a rich tomato sauce		
<b>CREAMY CHICKEN PASTA</b>	19.5	
Penne with chicken, mushrooms, and fresh tomatoes in a rich double cream sauce		
<b>SALMON PASTA</b>	19.9	
Penne with succulent salmon and fresh tomatoes in a smooth double cream sauce		

## FISH & SEAFOOD DISHES

<b>PRAWN CASSEROLE</b>	22.5	
Slow-cooked prawns with tomatoes, peppers, leeks, mushrooms, and garlic in an Anatolian white wine - infused sauce, finished with rich double cream		
<b>SALMON STEW</b>	23.9	
Salmon cooked with potatoes, tomatoes, leeks, parsley, bay leaves, basil, onion, double cream in white wine sauce		
<b>GRILLED SALMON</b>	24.9	
Grilled salmon fillet served with turmeric mashed potatoes and seasonal vegetables		
<b>GRILLED SEA BASS</b>	24.9	
Sea bass, served with baby potatoes and seasonal vegetables		
<b>VEGETARIAN DISHES</b>		
<b>GRILLED AUBERGINE</b> <span style="color: green;">v</span>	17.9	
Cooked with tomatoes and peppers, garlic and onion served with couscous and yogurt		
<b>ANATOLIAN LEEK STEW</b> <span style="color: green;">v</span>	19.9	
Leeks cooked with chickpeas, sun-dried tomatoes, peppers, onions, green lentils and garlic served with couscous and yogurt		
<b>HALLOUMI &amp; BROCCOLI SAUTÉ</b> <span style="color: green;">v</span>	19.9	
A vibrant sauté of broccoli, halloumi cheese, mushrooms, sun-dried tomatoes, green peppers, leeks, and onions		
<b>ANATOLIAN STYLE VEGETABLE STEW</b> <span style="color: green;">v</span>	20.9	
Hearty mixed vegetables slow-cooked in a traditional Anatolian style, served with couscous and yogurt		
<b>VEGETARIAN MOUSSAKA</b> <span style="color: green;">v</span>	21.5	
Layers of aubergines, potatoes, courgettes, mushrooms, onions, tomatoes, spinach, garlic and peppers topped with bechamel sauce		
<b>SALADS</b>		
<i>Served in a lighter portion, perfect as a side to your meal, or in a generous portion, ideal for sharing or enjoying as a main</i>		
<b>AVOCADO GREEN SALAD</b> <span style="color: green;">vg</span>	8.5	
A light and refreshing mix of greens, enriched with creamy ripe avocado, dressed with dried mint, extra virgin olive oil, fresh lemon juice, and Tas pomegranate molasses		
<i>Upgrade to a generous portion for £3</i>		
<b>SHEPHERD'S SALAD</b> <span style="color: green;">vg</span>	7.5	
A traditional Anatolian salad with freshly chopped tomatoes, cucumber, red onion, and parsley, dressed with extra virgin olive oil, fresh lemon juice, and Tas pomegranate molasses		
<i>Upgrade to a generous portion for £3</i>		
<b>SPINACH SALAD</b> <span style="color: green;">vg</span> <span style="color: red;">n</span>	8.9	
Spinach with walnuts, pear and sun-dried tomatoes, brought together by a silky tahini-lemon dressing		
<i>Upgrade to a generous portion for £3</i>		
<b>WALNUT AND TOMATO SALAD</b> <span style="color: green;">vg</span> <span style="color: red;">n</span>	8.9	
A colourful salad featuring crushed walnuts, peppers, onions, parsley, and tomatoes, dressed with extra virgin olive oil, fresh lemon juice, and Tas pomegranate molasses		
<i>Upgrade to a generous portion for £3</i>		
<b>MEDITERRANEAN SALAD WITH FETA CHEESE</b> <span style="color: green;">v</span>	7.9	
A fresh mixed salad with tangy feta, a simple and classic Mediterranean favourite, dressed with extra virgin olive oil, fresh lemon juice, and Tas pomegranate molasses		
<i>Upgrade to a generous portion for £3</i>		
<b>CHICKEN SALAD (Main)</b>	12.5	
Julienne cut sautéed chicken over crisp leaves, finished with parmesan and yogurt & mustard sauce		
<b>SALMON SALAD (Main)</b>	12.5	
Delicate salmon and creamy avocado, brightened with a honey-mustard vinaigrette		

# SET MENUS