

VEGETARIAN

TORTELLINI DI SPINACH (v) 9.45

Fresh filled pasta with ricotta, spinach & creamy saffron sauce

IMAM BAYILDI (v) 9.45

Aubergine stuffed with onions, tulum cheese, tomatoes, peppers, garlic & simmered in olive oil served with salad

FALAFEL (v) 9.45

Deep fried broud beans, chick peas & vegetable fritters served with salad & hummus

KURU DOLMA (v) 9.45

Sun-dried peppers & tomatoes filled with aromatic rice, fresh tomato sauce & yoghurt

VEGETARIAN KEBAB (v) 9.45

Grilled aubergine, mushroom, halloumi, yoghurt, pepper onions, tomatoes, homemade sauce served with rice

VEGGIE SARMA BEYTI (v) 9.45

Mixed vegetables grilled over charcoal, wrapped in lavash bread with cheese & topped with tomato sauce then drizzled with butter served with yoghurt

VEGGIE MOUSAKKA (v) 9.45

Oven cooked Layer of aubergine, courgette, chickpeas, potatoes, mushroom, tomato, onion, garlic carrot & home made sauce, coated with cheese

SALAD

FETA CHEESE SALAD (v) 3.45

Mixed leaves, walnuts, pomegranate, feta cheese, olive oil & homemade dressing

HALLOUMI & AVOCADO SALAD (v) 8.95

Grilled halloumi, avocado, peppers, mixed leaves & homemade sauce

TARLA MELTED GOAT CHEESE SALAD (v) 8.95

Mixed leaves, avocado, beetroot, cherry tomato, walnut, apricot, melted goat cheese & homemade sauce

CAESAR SALAD 8.95

Chicken fillet, lettuce, parmesan cheese, anchois, mixed leaves, crouto, cherry tomatoes & homemade sauce

TUNA SALAD 5.95

Mix leaves, tuna fish, tomato, sweetcorn, smoked red peppers, capers & homemade sauce

SALMON SALAD 5.95

Mix leaves, smoke salmon, tomato, sweetcorn, smoked red peppers, capers & homemade sauce

GREEK SALAD 3.45

Feta cheese, cucumbers, tomatoes, parsleys, olives, red onions, olive oil & lemon dressing & homemade sauce

MIX SALAD 3.45

Mixed leaves, cucumber, tomato, red onion, pepper, carrot, red cabbage, herbs, olive oil & homemade sauce

KIDS MENU

served with chips or rice, except spaghetti bolognese

CHICKEN SHISH 6.80 • LAMB SHISH 6.80 • CHICKEN NUGGET 5.45

ADANA KEBAB 6.80 • SPAGHETTI BOLOGNESE 5.45

DRINKS 1.20

COCA COLA, DIET COKE, COKE ZERO, 7UP, FANTA, J20, GINGER BEER AYRAN



23-25 Middle Row Stevenage, SG1 3AW

01438 35 04 04

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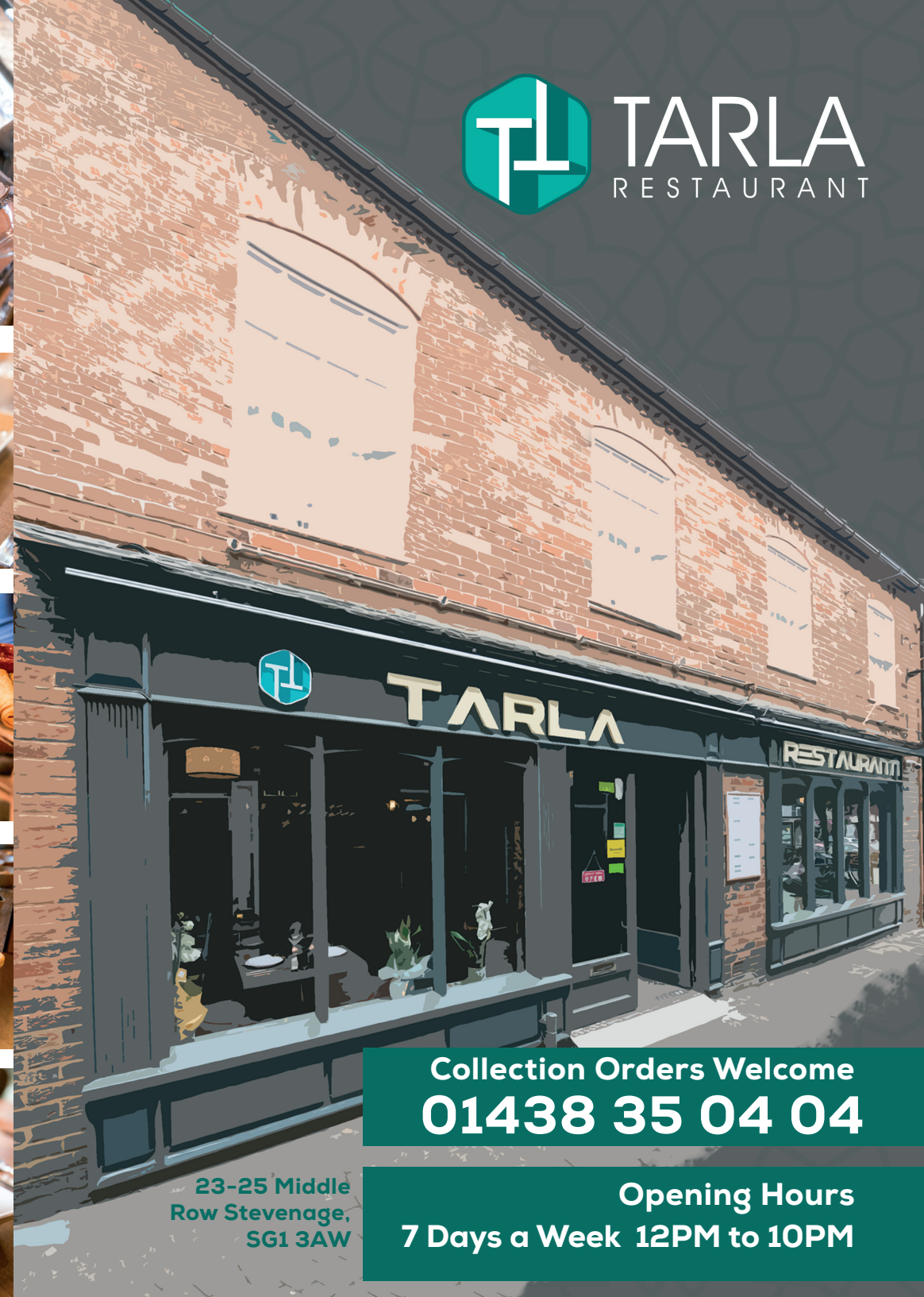


FOOD ALLERGIES AND INTOLERANCE:

Before ordering your food and drinks, please speak to a member of staff if you have allergies or want to know more about the ingredients. The majority of our dishes contain bones and the bread has contact with cooked meat. Children should be supervised when eating. We cannot guarantee that all of our dishes are 100% free from nuts or their derivatives. Some items may contain gluten. All menu items are subject to availability.



TARLA
RESTAURANT



Collection Orders Welcome
01438 35 04 04

23-25 Middle
Row Stevenage,
SG1 3AW

Opening Hours
7 Days a Week 12PM to 10PM

SOUP OF THE DAY 4.50
Please ask a member of
our staff for today's daily soup

COLD MEZE

- HUMMUS (v)** 3.45
Puréed chickpeas, tahini,
olive oil, lemon juice & garlic
- KISIR (v)** 3.45
Crushed wheat with oil,
parsley, mint, dill, tomato,
spring onion & lemon juice
- SHAK SHUKA (v)** 3.45
Aubergine, chick peas,
potatoes with special sauce
- TARAMA** 3.45
Freshly prepared whipped
cod roe (fish roe paste)
- CACIK (v)** 3.45
Cucumber, mint &
a hint of garlic yoghurt
- BIBER BORANI (v)** 3.45
Smoked red & green peppers,
strained yoghurt & Urfa chilli
- BABA GANUSH (v)** 3.45
Coal-roasted aubergine,
yogurt, tahini, olive oil, lemon
- FETA CHEESE (v)** 3.45
Feta cheese & mint
- OLIVES & ALMONDS** 3.45
Marinated Turkish olives
& seasoned almonds

- AVOCADO PRAWN
COCKTAIL** 4.45
Avocado, prawns,
crispy lettuce &
rose mary sauce

MIX COLD MEZES 9.90
Hummus, Tarama, Kisir, Cacik,
Shak Shuka & Biber Borani

HOT MEZE

- HALLOUMI (v)** 3.95
Char-grilled Cyprus cheese
- FALAFEL (v)** 3.95
Broad beans, chickpeas
& vegetable fritters
served with humus
- MÜCVER (v)** 3.95
Courgette & feta cheese
mint fritters
served with mixed leaves
& yoghurt dip
- POTATO SUFLE (v)** 3.95
Crispy potato skins,
mature cheddar cheese,
served with sour cream
- PUFF BOREGI (v)** 3.95
Puff pastry with feta cheese,
courgettes, shallots, mixed
peppers, sweet pepper
& tomato sauce
- WARM AVOCADO (v)** 3.95
Filled with sweet green &
red peppers, porcini mushrooms
& cheddar cheese sauce
- GARLIC MUSHROOM (v)** 3.95
Oven cooked mushroom
with garlic & cheese
- HUMMUS KAVURMA** 3.95
Hummus, crispy lamb,
pine kernels, parsley & Urfa chilli
- CHICKEN WINGS** 3.95
Louisiana chicken wings
with rockford sauce
- SUCUK** 3.95
Spicy beef sausage,
garlic, tomato, red onion,
parsley & sumak
- KING PRAWN** 6.45
Sizzling in butter,
cherry tomatoes,
garlic & chilli flakes
- CALAMARI** 3.95
Crispy calamari, chilli flakes
& homemade tartar sauce
- ICLI KOFTE** 3.95
Meatball covered with drummed
wheat & stuffed
with the finest herbs
- SIGARA BOREGI** 3.95
Rolled Pastry filled, dill
with feta cheese & parsley
- İMAM BAYILDI (v)** 3.95
Aubergine stuffed with onion,
feta cheese, green peppers,
tomatoes, parsley & olive oil
- KURU DOLMA (v)** 3.95
Sun-dried mix veggie,
filled with aromatic rice,
fresh tomato sauce & yoghurt
- CHICKEN LIVER** 3.95
Chicken's liver pan fried
with sweet onion & grape

MIX HOT MEZES 10.95
Sucuk, Halloumi, Falafel, Calamari & Sigara Boregi

SIDE

- RICE (v)** 1.90
- BULGUR (v)** 1.90
- CHIPS (v)** 1.90
- GRILLED ONION** 2.50
- MIX VEGI GRILL (v)** 2.95
- YOGHURT (v)** 2.50
- SAUTEED POTATOES (v)** 2.95

GRILL

All served with rice

- LAMB SHISH** 11.45
Lean, tender cubes of lamb,
skewered & grilled over charcoal
- CHICKEN SHISH** 10.95
Lean chunks of chicken breast,
skewered & grilled over charcoal
- LAMB ÇÖP SHISH** 10.95
Lean, tender small cubes of lamb, skewered &
grilled over charcoal
- ADANA KEBAB** 10.45
Lean, tender minced lamb,
skewered & grilled over charcoal
- LAMB RIBS** 10.45
Succulent lamb ribs
grilled over charcoal
- LAMB CHOPS** 12.95
Tender lamb chops seasoned
& grilled over charcoal
- MIX SHISH** 11.95
Lamb Shish & Chicken Shish
- LAMB BEYTİ** 10.45
Spicy marinated mince
lamb seasoned with garlic,
cheese & grilled over charcoal
served with homemade sauce
- CHICKEN BEYTİ** 10.45
Spicy marinated mince chicken
seasoned with garlic, cheese
& grilled over charcoal
served with homemade sauce
- CHICKEN WINGS** 10.45
Marinated chicken wings
grilled over charcoal
- INEGOL MEATBALLS** 10.45
Grill minced lamb patties
served with chips or rice
- TARLA SPECIAL** 16.95 /PP
Lamb çöp shish, chicken shish,
Adana kebab, lamb ribs (2pcs)
& chicken wings (2pcs)
- MIX KEBAB** 13.50
Chicken Shish, Lamb Shish & Adana kebab

YOGHURTLU DISH

- YOGURTLU ADANA** 11.25
Lean, tender minced lamb
skewered & grilled over charcoal chopped on a
bed of bread topped with homemade sauce &
yoghurt,
drizzled with butter
- YOGURTLU LAMB SHISH** 11.95
Lean, tender cubes of lamb çöp shish skewered
and grilled over charcoal chopped on a bed of
bread topped with homemade sauce & yoghurt,
drizzled with butter
- YOGURTLU CHICKEN SHISH** 11.25
Lean chunks of chicken breast
skewered & grilled over charcoal chopped on a
bed of bread, topped with homemade sauce &
yogurt then drizzled with butter
- ALTI EZMELI KEBAB** 11.95
Char-grilled & finely chopped lamb shish, toma-
toes, peppers & garlic
- ALI NAZIK (CHICKEN OR LAMB)** 11.95
Char-grilled aubergine
with garlic & yoghurt
- LAMB SARMA BEYTI** 11.25
Marinated mince lamb seasoned with garlic
and grilled over charcoal, wrapped in tortilla
with cheese
& topped with homemade sauce
then drizzled with butter
served with yoghurt
- CHICKEN SARMA BEYTI** 11.25
Marinated mince chicken seasoned with garlic
& grilled over charcoal, wrapped in tortilla with
cheese & topped with homemade sauce
then drizzled with butter
served with yoghurt
- HALEP KEBAB** 11.25
Lean, tender minced lamb skewered grilled
over charcoal, chopped on a bed of bread
topped with homemade sauce & drizzled with
butter
- ÇOKERTME** 11.95
Matchstick potatoes, buttery fresh
tomato, herb sauce, strained yoghurt
& marinated strips fillet of beef

CHEF'S SPECIAL

- SEAFOOD CASSEROLE** 11.95
Prawns, mussels, squid,
mushrooms & peppers
simmered in a fresh tomato,
onion, butter sauce &
halloumi served with rice
- CHICKEN CASSEROLE** 11.45
Marinated free range chicken,
green peppers, onion,
mushrooms, fresh tomatoes
& spices served with rice
- LAMB CASSEROLE** 11.95
Marinated lamb cubes,
green peppers, onion,
mushrooms, fresh tomatoes
& spices served with rice
- ÇOBAN KAVURMA** 11.95
Marinated & diced lamb fried
with peppers, mushrooms
tomatoes & shallot onions
served with rice
- TAGLIATELLE ALFREDO** 10.45
Sautéed chicken, mushroom
double cream, basil &
parmesan cheese
- KLEFTIKO (KUZU INCIK)** 10.45
Oven cooked lamb shank,
served with mint mash potatoes, carrots,
onions, baby carrot, broccoli & lamb sauce
- LAMB MOUSSAKA** 10.45
Minced lamb placed within layers of auber-
gines, potatoes,
courgettes, carrots, onions, peas, mixed
peppers, glazed
over with a cheese &
tomato béchamel sauce
served with yoghurt
- SPAGHETTI BOLOGNESE** 10.45
Spaghetti with a rich beef &
homemade Napolitano or
Bolognese sauce
- CHICKEN AL LA CREAM** 11.45
Finely diced chicken with
portobello mushroom,
double cream
- CHICKEN LIVER** 10.45
Chicken's liver pan fried
with sweet onion
- HOMEMADE BURGER** 8.45
Tomato, lettuce, pickled gherkin,
caramelised onion, served in
a homemade Bun with chips
- ANGUS RIB-EYE STEAK** 17.95
21 DAY DRY EDGE
Grilled angus ribeye steak,
sautéed mushroom, vine
tomatoes, garlic & herb butter
served with salad

FISH

- SEA BASS** 12.45
Char-grilled sea bass fillet, cherry
tomatoes & mash potatoes
- KING PRAWN** 13.45
Marinated with homemade sauce,
pan fried, king prawn
served with mash potato
- SALMON** 12.45
Char-grilled salmon
& mashed potatoes
- CALAMARI** 10.45
Fried Fresh squid served
with tartar sauce & salad
- MONK FISH** 14.45
Pan fried monk fish, mash
potatoes & lemon sauce