

VEGETARIAN

All served with rice.

FALAFEL 11.00

Deep fried patty balls, made from broad beans, chickpeas, vegetable fritters and herbs. Served with salad.

IMAM BAYILDI 11.00

Aubergine stuffed with onion, peppers, tomatoes, Turkish dried grapes, garlic, simmered in olive oil & finished with feta cheese on top. Served with rice.

VEGGIE PLATTER 12.50

A platter with 2 pieces of each: sigara borek, halloumi, falafel & mucver, mixed veggie. Served with rice.

VEGETARIAN KEBAB 12.50

Grilled aubergine, courgette, peppers, onion and all vegs moved to pan, blended with butter & herbs. Served with halloumi cheese on top and rice on side.

GOAT'S CHEESE WITH SPINACH 12.50

Pan cooked spinach with onion, mushrooms & herbs. Thrown into the salamander grill with goats cheese. Served with rice.

VEGGIE TAGLIATELLE 13.00

Pan fried mixed peppers, onion, tomato and garlic with tagliatelle, served with homemade tomato & pepper sauce.

Topped with parmesan cheese

VEGGIE SARMA BEYTI 13.50

Mixed vegetables rolled with thin lavash bread with cheese. Sliced cuton the plate with homemade tomato and pepper sauce & melted cheese on top. Served with yoghurt.



23 - 25 Middle Row Stevenage, SG1 3AW

01438 35 04 04

www.tarlarestaurant.co.uk | infotarlarestaurant.co.uk
@ / tarlarestaurant | f / tarlarestaurant

SALADS

ÇOBAN SALAD (v) 4.00

Chopped tomato with cucumber, green pepper, red onion, parsley. Served with olive oil & pomegranate sauce.

FETA CHEESE SALAD (v) 5.00

Mixed leaves, walnuts, pomegranate, feta cheese, olive oil & pomegranate sauce.

HALLUOMI & AVOCADO SALAD (v) 11.50

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

GREEK SALAD (v) 5.00

Chopped tomato with cucumber, green pepper, red onion, parsley, olives & feta cheese. Served with olive oil & pomegranate sauce.

CHICKEN SALAD 11.50

Grilled chicken fillet, lettuce, parmesan cheese, mixed leaves, croutons, cherry tomatoes & homemade dressing.



KIDS MENU

Served with chips or rice except tagliatelle

CHICKEN SHISH 7.50

LAMB SHISH 9.00

ADANA KEBAB 7.50

CHICKEN NUGGETS 6.00

FISH FINGERS 6.00

TAGLIATELLE 6.50

DRINKS

Coca Cola, Diet Coke 1.50

Zero Coke 1.50

Fanta, 7UP, Ayran 1.50

Sparkling Water 1.50

J2O 2.50

Apple, Mango and Orange Passion

Appletiser 2.00

DESSERTS

CHOCOLATE CHEESE CAKE 4.00

STRAWBERRY CHEESE CAKE 4.00

BAKLAVA 5.00

FOOD ALLERGIES AND INTOLERANCES

Before ordering your food and drinks, please speak to a member of our 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 giving their order and while 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

DELIVERY & COLLECTION
01438 35 04 04

Open: Sun-Thu 2pm to 10pm
Fri-Sat 2pm to 11pm
Delivery: Sun-Thu 4pm to 10pm
Fri-Sat 4pm to 11pm

Minimum
Delivery
£25

COLD MEZE

HUMMUS (v) 4.00

Mashed chickpeas, blended with tahini, olive oil, lemon juice & garlic.

TARAMA 4.00

Freshly prepared cod roe

CACIK (v) 4.00

Diced cucumber mixed in garlic yoghurt with fresh mint.

SHAK SHUKA (v) 4.00

Fried aubergine and potato mixed with pepper and tomatoes.

BABA GANOUSH (v) 4.00

Coal-roasted aubergine mixed with grilled peppers, yoghurt, tahini, olive oil & lemon.

STUFFED

VINE LEAVES (v) 4.00

Vine leaves stuffed with rice, Turkish dried grapes & dill.

MIXED OLIVES & ALMONDS (v) 4.00

Mixed black and green olives with virgin olive oil, mixed herbs & almonds.

AVOCADO PRAWN COCKTAIL 6.00

Baby prawns over mixed leave stopped with tomato, lemon juice,olive oil & homemade cocktail sauce.

FETA CHEESE (v) 4.00

Feta Cheese with fresh tomatoes and virgin olive oil.

MIX COLD MEZES (v) 12.50

Hummus, Tarama, Cacik, Shak Shuka, Baba Ganoush & Stuffed vine leaves.

HOT MEZE

SOUP OF THE DAY 5.00

Please ask a member of our staff for today's daily soup.

HALLOUMI (v) 5.00

Char-grilled Cypriot cheese with nigella seeds, honey & pomegranate dressing.

FALAFEL (v) 5.00

Deep fried patty balls made from broad beans, chickpeas, vegetable fritters & herbs. Served with hummus.

MÜCVER (v) 5.00

Fritters made with mixed courgette, feta cheese, eggs & mint. Served with yoghurt sauce.

POTATO SOUFFLÉ (v) 5.50

Crispy half potato skin, mashed potato, cheddar cheese served with sour cream.

WARM AVOCADO (v) 5.50

Half avocado filled with red & green peppers, porcini mushrooms served with cheddar cheese sauce.

GARLIC

MUSHROOMS (v) 5.00

Pan fried whole mushrooms blended with fresh garlic and herbs, served with melted cheese.

HUMMUS

KAVURMA (v) 5.50

Hummus, topped with pan fried, marinated chopped lamb & pine nuts.

PRAWN CASEROLE 7.00

Pan fried mixed prawns with tomato, peppers, garlic blended with butter. Served with cheese on top.

SUCUK 5.00

Char-grilled, Turkish spicy garlic beef sausage.

KING PRAWNS 7.00

Pan fried king prawns with butter, garlic, fresh tomato, lemon juice & white wine.

CALAMARI 5.00

Deep fried fresh squid rings with homemade tartar sauce.

SIGARA BOREK (v) 5.00

Deep fried filo pastry rolls with feta cheese & dill. Served with sweet chilli sauce.

IMAM BAYILDI (v) 5.50

Deep fried aubergine stuffed with onions, tomato, peppers, garlic & Turkish dried grapes. Served with feta cheese on top.

CHICKEN LIVER 6.00

Pan fried chicken liver with butter & herbs, served with marinated red onions.

HALLOUMI & MUSHROOMS (v) 6.00

Pan fried, small cut halloumi with mushrooms, garlic & herbs.

CHICKEN WINGS 5.00

pieces of charcoal grilled chicken wings, blended with cayenne pepper sauce.

CHARCOAL GRILL

All served with rice.

CHICKEN SHISH 12.50

Skewered cubes of chicken, marinated with pepper paste, vegetable oil & herbs.

ADANA KEBAB 12.50

Skewered minced lamb blended with red peppers & herbs.

LAMB ÇÖP SHISH 15.50

Skewered small cubes of lamb, marinated with pepper paste, vegetable oil & herbs.

LAMB RIBS 14.00 (8 pieces)

Lamb ribs grilled with herbs.

LAMB SHISH 15.50

Skewered cubes of lamb, marinated with pepper paste, vegetable oil & herbs.

CHICKEN WINGS 12.00

Marinated 8 pieces of chicken wings over charcoal grill.

LAMB CHOPS 17.00

(5 pieces) Lamb best end, grilled with herbs.

LAMB BEYTI 13.00

Skewered minced lamb blended with red peppers, garlic & herbs. Homemade tomato and mixed peppers sauce & melted cheese on top. Served with rice and yoghurt.

CHICKEN BEYTI 12.50

Skewered minced chicken blended with red peppers, garlic & herbs. Homemade tomato and mixed peppers sauce & melted cheese on top. Served with rice and yoghurt..

MIXED SHISH 15.50

Combination Of Lamb & Chicken Shish

Mixed Kebab 17.00

Combination Of Adana Kebab Lamb & Chicken Shish

TARLA SPECIAL 19.50

Combination Of Lamb Ribs, Chicken Wings, Adana Kebab, Chicken & Lamb Shish

GRILLED YOGHURT DISHES

YOGURTLU ADANA 14.00

Skewered, charcoal grilled minced lamb, chopped on bread croutons with homemade tomato & pepper sauce with garlic yoghurt & a drizzle of butter.

YOGURTLU LAMB SHISH 16.00

Skewered, charcoal grilled lamb shish, chopped on bread croutons with homemade tomato and pepper sauce with garlic yoghurt & a drizzle of butter.

YOGURTLU CHICKEN SHISH 14.00

Skewered, charcoal grilled chicken shish, chopped on bread croutons with homemade tomato and pepper sauce with garlic yoghurt & a drizzle of butter.

LAMB SARMA BEYTI 15.00

Skewered, charcoal grilled minced lamb, rolled with thin lavash bread with cheese. Sliced cut on the plate with homemade tomato and pepper sauce and melted cheese on top served with yoghurt.

CHICKEN SARMA BEYTI 14.50

Skewered, charcoal grilled minced chicken, rolled with thin lavash bread with cheese. Sliced cut on the plate with homemade tomato and pepper sauce and melted cheese on top served with yoghurt.

HALEP KEBAB 14.50

Skewered, charcoal grilled minced lamb, chopped on bread croutons with homemade tomato & pepper sauce with garlic yoghurt & a drizzle of butter with marinated onions on top.

CHEF'S SPECIAL

All served with rice.

SEAFOOD CASEROLE 16.00

Pan fried mixed seafood (prawns, mussels, squid, salmon) with mushroom, peppers, onion, fresh tomato. Served with halloumi on top & rice on side.

PRAWN CASEROLE 16.00

Pan fried mixed prawns with tomato, peppers, garlic blended with butter. Served with cheese on top & rice on side.

LAMB CASEROLE 16.00

Pan fried cubed lamb with tomato, onion, peppers, garlic blended with butter. Served with rice on side.

CHICKEN CASEROLE 14.50

Pan fried cubed chicken with tomato, onion, peppers, garlic blended with butter. Served with rice on side.

ÇOBAN KAVURMA 16.00

Pan fried marinated diced lamb with mushroom, peppers, tomato & shallots. Served on top of mashed potatoes.

CHICKEN LIVER 12.00

Pan fried chicken liver with butter & herbs, served with marinated red onions and rice.

LAMB MOUSSAKA 13.50

Minced lamb placed within layers of aubergines, potatoes, courgettes, carrots, onion, mixed peppers. Glazed over with bechamel sauce & cheese. Served with yoghurt and rice on side.

PRAWN TAGLIATELLE 16.00

Pan fried king prawns in butter with garlic, then mixed with the tagliatelle, served with homemade tomato & pepper sauce. Topped with parmesan cheese

CHICKEN TAGLIATELLE 14.00

Pan fried chicken in butter with garlic, then mixed peppers and tomato with the tagliatelle, served with homemade tomato & pepper sauce. Topped with parmesan cheese

VEGGIE TAGLIATELLE 13.00

Pan fried mixed peppers, onion, tomato and garlic with tagliatelle, served with homemade tomato & pepper sauce. Topped with parmesan cheese

ALI NAZIK CHICKEN 15.00 / LAMB 16.50

Skewered, charcoal grilled chicken or lamb shish, chopped on blended aubergine with garlic yoghurt & a drizzle of butter.

HOMEMADE BURGER 12.00

Grilled beef patty with tomato, lettuce, pickled gherkin, caramelised onion. Served in a homemade bun with a side of chips.

LAMB STEAK 17.00

Special marinated charcoal grilled lamb fillet. Served with chips.

ALTI EZMELI KEBAB 16.50

Skewered, charcoal grilled lamb shish, chopped on peppers, tomatoes, garlic & parsley with homemade tomato & pepper sauce and a drizzle of butter.

FISH DISHES

SEA BASS 15.00

Charcoal cooked marinated seabass fillet with black pepper and rock salt. Served with mashed potatoes, mixed veg., and hollandaise sauce on side.

CALAMARI 13.00

Deep fried fresh squid rings, served with chips, salad & homemade tartar sauce.

SALMON 15.50

Charcoal grilled salmon fillet. Served with rice, mixed spinach, mushrooms and hollandaise sauce on side.

KING PRAWN 16.50

Pan fried king prawns with garlic, fresh tomatoes, white wine, sweet chilli, homemade tomato & pepper sauce with herbs. Served with rice.

SIDES

CHIPS (v) 2.90

RICE (v) 2.90

SAUTÉED POTATOES (v) 3.50 / MASHED POTATOES (v) 3.50

BULGUR (v) 2.90

YOGHURT (v) 3.00

SPINACH (v) 4.00

MIX VEGGIE GRILL (v) 4.00

MIX HOT MEZE 12.50

A platter with 2 pieces of each: Sucuk, Halloumi, Falafel, Calamari & Sigara Borek

MIX HOT MEZE 22.50

A platter with 4 pieces of each: Sucuk, Halloumi, Falafel, Calamari & Sigara Borek