

# Cold Starters

All starters are served with fresh bread

<b>MIX OLIVES</b> V	5.5
A Selection of Mixed Olives marinated in lemon & herbs	
<b>HUMMUS</b> V	5.9
Crushed chickpeas, tahini, lemon juice & garlic	
<b>VEG STICKS</b> V	5.5
Cucumber, celery with carrot ( <i>good for dipping</i> )	
<b>TZATZIKI (CACIK)</b> V	5.9
Cucumber, garlic & mint with fresh yoghurt	
<b>SHAKSHUKA</b> V	5.9
Aubergine, potatoes, onion, peppers & tomato sauce	
<b>BABA GANOUSH</b> V	5.9
Grilled aubergine, garlic, tahini, olive oil, with yoghurt	
<b>KISIR</b> V	5.9
Bulgur wheat with finely chopped red pepper, spring onion & fresh parsley	
<b>YAPRAK SARMA</b> V	5.9
Stuffed vine leaves with rice and olive oil	
<b>TARAMA</b>	5.9
Marinated cod roe with onion & lemon	
<b>EZME SALAD</b> V	8.9
Freshly chopped tomato, red onion, parsley and olive oil	
<b>COLD MIX MEZE</b>	16.9
Hummus, Tzatziki, Shakshuka, Kısır, Tarama & Babaghanoush	

## Salads

<b>GREEK FETA SALAD</b> V	8.5
Cucumber, tomatoes, red onion, parsley, olive oil, pomegranate sauce and feta cheese	
<b>AVOCADO SALAD</b> V	9.5
Cucumber, tomato, parsley, avocado, olive oil & pomegranate sauce	
<b>COBAN SALAD</b> V	8.5
Red onion, cucumber, tomato, parsley	

### ALLERGEN INFORMATION NOTICE

Please be aware that certain items on our menu may contain nuts, gluten, seeds, and other allergens. As our kitchen handles these ingredients, there is a possibility of cross-contamination, leading to traces of allergens in any dish we serve. We acknowledge the serious risks posed to individuals with severe allergies. Kindly consult a member of our team for assistance in selecting an alternative option.

If you have a food allergy, we kindly request that you inform us.

# Hot Starters

All starters are served with fresh bread

<b>GRILLED HALLOUMI</b> V	Grilled Mediterranean cheese served with cooked onions	7.9
<b>SUCUK</b>	Lightly spiced grilled garlic sausage	7.9
<b>HALLOUMI &amp; SUCUK</b>	Grilled Mediterranean cheese & Grilled lightly spicy Turkish beef sausage	8.5
<b>SIGARA BOREGI</b> V	Feta cheese pastry, spinach, fresh mint rolled	8.9
<b>CREAMY MUSHROOM</b> V	Creamy garlic button mushrooms, topped with cheese	8.9
<b>SCALLOPS</b>	Four perfectly pan-fried scallops with garlic butter served with avocado paste	12.9
<b>CALAMARI</b>	Fresh squid, battered, served with homemade tartar sauce	11.9
<b>SHRIMP</b>	Shrimp, garlic butter and fresh tomato sauce	11.9
<b>OCTOPUS</b>	Grilled octopus with garlic butter sauce served mix leaves	11.9
<b>SARDINES</b>	Grilled sardines served with mix leaves	10.9
<b>CALAMARTAVA</b>	Pan fried squid in tomato sauce & basil	10.9
<b>CHICKEN LIVER</b>	Fresh sautéed chicken liver, served with onions (Available spicy)	9.9
<b>WHITEBAIT</b>	Deep fried whitebait coated in flour served with homemade tartar sauce & garnish	8.9
<b>BBQ CHICKEN WINGS</b>	Chef's special, chicken marinated with BBQ sauce served with Buffalo sauce	7.9
<b>FALAFEL</b> V	Fried chick peas served with hummus	6.9
<b>LAHMACUN</b>	Turkish thin pizza, topped with minced beef and lamb, onion, tomato, pepper & parsley	7.9
<b>MIX HOT MEZE</b>	(for 2 people) £17.9 (for 4 people) £22.9	
	Sigara boregi, halloumi, sausage, calamari, falafel, served with hummus tartar sauce, sweet chilli sauce and mix leaves	

# From The Sea

<b>SEA BASS FILLET</b>	Pan fried fresh sea bass with garlic lemon butter sauce & sautéed potato	20.9
<b>GRILLED MONK FISH</b>		23.9
	Cooked on the skewer with onions & pepper. Served with Salad & garlic lemon sauce	
<b>SALMON FILLET</b>	Served with Salad & Sauté potatoes	21.9
<b>GRILLED OCTOPUS</b>	Served with salad and baby potato	23.9
<b>SWORDFISH (GF)</b>		22.9
	Marinated char-grilled fillet of swordfish served with lemon & butter sauce and mixed salad	
<b>GRILLED MIX SEA FOOD</b>		24.9
	Skewed Salmon, Monk fish, Sword fish & prawn with vegetables Served with Salad & garlic lemon sauce	
<b>GRILLED KING PRAWNS</b>	Served with Salad & garlic lemon sauce	21.9

# Charcoal Grill

All dishes are cooked on charcoal and served with salad

<b>LAMB SHISH</b> Marinated cubes of lamb, grilled on skewers	22.9
<b>CHICKEN SHISH</b> Cubes of marinated chicken breast then cooked on the grill	19.9
<b>ADANA KOFTE</b> <i>(Choose from either lamb or chicken)</i>	19.9
A specialty from the south of Turkey - fiery red chillies blended with minced meat & cooked on charcoal grill.	
<b>MIX SHISH</b> Half lamb, half chicken shish	23.9
<b>CHOPS &amp; RIBS</b> Prime Cuts of Lamb Chops & Ribs Served with Chips & Salad	24.9
<b>LAMB CHOPS</b> Grilled Chops Served with Salad	25.9
<b>LAMB RIBS</b> Served with Salad	20.9
<b>MIX GRILLED</b> Lamb Chops ,Chicken shish,Adana Kofte ,Ribs & Chicken Wings Served with Salad	26.9
<b>CHICKEN LEGS</b> Cut off the bone, marinated then grilled on skewers	17.9
<b>CHICKEN WINGS</b> Marinated chicken wings char-grilled served with salad	17.9
<b>SARMA BEYTI</b>	19.9
Minced Chicken or Minced Lamb served wrapped in lavash topped with tomato sauce and yogurt	

## Steaks

Choose of Sauce; Peppercorn or Mushroom Sauce

<b>RIB EYE STEAK (12oz)</b> Served with chips & Fresh Mix Vegetables	32.9
<b>FILLET STEAK (12oz)</b> Served with chips and fresh mix vegetables	34.9
<b>SIRLOIN STEAK (12oz)</b> Served with chips & fresh mix vegetables	31.9
<b>CHICKEN BREAST STEAK</b> Served with Chips or Sautéed potatoes & Fresh Mix Vegetables	24.9

## Sides Dishes

<b>CHIPS</b> Hand cut, triple cooked home made chips	5.9
<b>SWEET POTATO FRIES</b> Crispy sweet potato chips	5.9
<b>SAUTÉ BABY POTATOES</b> Pan fried baby potatoes	6.9
<b>GRILLED ASPARAGUS</b> Grilled asparagus with herb butter	6.9
<b>MASHED POTATO</b> Creamy buttery mashed potato	4.9
<b>FRESH MIX VEGETABLES</b> Broccoli, cauliflower, carrot, spring beans	6.9
<b>HOT BULLET CHILLIES</b> Grilled bullet chillies	4.9
<b>SPINACH</b> Fresh spinach with tomato & onion	4.9
<b>BULGUR</b> Medium Spicy Sunset Rice with Vegetables	4.9
<b>MAC &amp; CHEESE</b> Macaroni pasta & cheesy creamy sauce	6.9

# La Banq Specials

<b>KLEFTIKO (Lamb Shank)</b>	22.9
Lamb shank braised on the bone, cooked with vegetable, potatoes and tomatoes sauce	
<b>CHICKEN ALA CREAM</b>	21.9
Chicken breast, garlic and mushrooms cooked in cream sauce, served with rice	
<b>LAMB TAVA</b>	18.9
Lamb meat cut into cubes and cooked in a pan contains mushroom, peppers, onions, fresh tomatoes, garlic, special tomato sauce, served with rice	
<b>CHICKEN TAVA</b>	18.9
Chicken meat cut into cubes and cooked in a pan contains mushroom, peppers, onions, fresh tomatoes, garlic, special tomato sauce, served with rice	
<b>MEAT MOUSSAKA</b>	17.9
Layer of minced lamb, aubergine, courgette & potatoes cooked with special sauce, served with salad	
<b>LA BANQ BURGER</b>	22.9
Large beef burger, pickled gherkin, freshly cooked tomato caramelised onion and burger sauce, served with chips	

# Pasta Mediterranean

<b>PENNE ARRABIATA H</b>	14.9
Cherry tomatoes, spicy peppers, onions & special tomato sauce	
<b>CHICKEN PESTO PASTA</b>	15.9
Tender chicken covered in a rich creamy sauce with mushrooms & pesto sauce	
<b>PRAWN PENNE</b>	16.9
Prawn, mushrooms peppers, garlic & creamy sauce	
<b>MIX SEA FOODS PENNE</b>	17.9
Salmon, monk-fish, calamari, prawn, peppers, onion, garlic & creamy sauce	

# From the Ground

<b>VEG MOUSSAKA V</b>	16.9
Traditional vegetable moussaka served with salad	
<b>FALAFEL MAIN V-VG</b>	16.9
Fried chick peas served with hummus	
<b>AVOCADO HALLOUMI V</b>	16.9
Grilled halloumi cheese, fresh avocado, seasonal leaves, basil & tomato with dressing on top	
<b>VEGETARIAN KEBAB V-VG</b>	16.9
Vegetables grilled on skewers served with tomato sauce & salad	
<b>VEGETARIAN CASSEROLE V-VG</b>	16.9
Garlic, cubes of aubergine, carrots, baby potatoes, peppers, onion cherry tomatoes courgette and special tomato sauce served with rice	