

Side Dishes

Vegetable Rice	£3.95
Plain Steamed Couscous	£4.00
Chips	£3.50

Cakes

Check availability and prices.

Moroccan Bread	£3.50
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Served with butter & honey.

Smoothies

Panache (mixed fruit) (Milk or Orange base)	£4.50
Banana (Milk base)	£3.95
Banana & Strawberry (Milk or Orange base)	£3.95
Mango & Banana (Milk or Orange base)	£3.95
Avocado (Milk base)	£4.50

Cold Drinks

Cans from	£2.50
Red Bull	£3.00
Mineral water	£2.00
sparkling water	£2.50
Orange juice	£3.50
Apple juice	£3.50

Hot Drinks

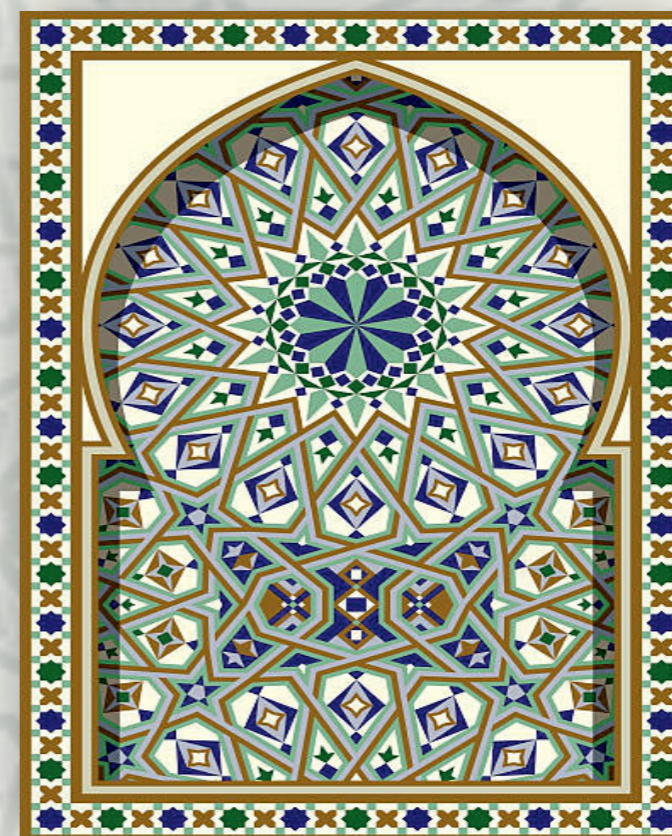
Cappuccino	£3.50
Espresso	£2.00
Double Espresso	£2.50
Macchiato	£2.50
Double Macchiato	£3.50
Americano	£3.50
Latte	£3.50
Flat white	£3.50
Moccha	£3.50
Moroccan Coffee	£3.00
Hot Chocolate	£3.50
Tea	£2.00
Milky Tea	£2.50
Herbal Tea	£2.50
Black Tea & Mint	£2.50
Mint Tea Pot -Small	£3.00
-Medium	£6.00
-Large	£9.00
-Family	£12.00

10% Service Charge

We cater for special occasions
For more information, please ask a member staff.

FOOD ALLERGIES & INTOLERANCES

Please speak to member of staff about the ingredients in our dishes before placing your order.



Traditional Moroccan Cuisine

الريف Le Rif MENU

All our food are freshly made and cooked by order

172 Seven Sisters Rd
London N7 7PX
Tel: 020 7502 0789

www.lerifrestaurant.com
info@lerifrestaurant.com


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Starters

- Harira**  £5.95
Moroccan most famous soup, a blend of pulses & vegetables.
- Zaalouk**  £7.50
Grilled aubergine cooked with garlic, herbs & spices
- Msemen filled with Spinach & Cheese**  £7.50
- Chakchouka**  £6.50
Tomatoes, onions, mixed peppers & spices.
- Hummus Platter**  £6.95
Hummus, salad & Tortilla.
- Mixed Salad Platter**  £6.95
(Variety) 3 to 4 different salads

Wraps

- Falafel Wrap**  £7.95
Flour tortilla filled with falafel, hummus & salad.
- Chicken Kofta Wrap** £8.95
Flour tortilla filled with spicy chicken kofta, hummus & salad served with chips.
- Merguez Wrap** £8.95
Flour tortilla filled with spiced sausage, hummus & salad served with chips. .
- Chicken Wrap** £8.95
Flour tortilla filled with marinated chicken & salad served with chips.





Pastilla Pastilla is the most emblematic Moroccan filo pastry.

- Chicken Pastilla** £12.50
Flaky filo pastry pie filled with chicken, caramelised onion and crunchy almonds

Grills All grills serves with hot bread.

- Grilled Chicken Fillet with salad, chips** £9.95
- Grilled Merguez with salad, chips** £9.95
- Mixed Grill** £14.95
Chicken, merguez, mini burger with salad &, chips.
- Large Homemade Beef Burger with cheese & Chips** £9.95

Vegetarian Tagines All served with hot bread

- Lentils**  £7.95
Moroccan style stewed lentils cooked in tomato, garlic & coriander sauce.
- Loubia**  £7.95
Moroccan style stewed white beans cooked in tomato, garlic & coriander sauce.
- Mixed Vegetarian Tagine**  £9.95
Combination of spinach, lentils & vegetables.
- Moroccan Spinach**  (Cheese optional) £9.95
Spinach cooked in lemon, tomato, garlic & olive oil served with Moroccan bread.

**FOOD ALLERGIES & INTOLERANCES**

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Couscous

- Lamb Couscous** £12.95
Steamed couscous served with tender lamb & seasonal vegetables
- Beef Couscous** £11.95
Steamed couscous served with tender beef & seasonal vegetables
- Chicken Couscous** £10.95
Steamed couscous served with Chicken & seasonal vegetables
- Chicken Couscous Tfaya** £11.95
Steamed couscous served with Chicken, caramelised onions, chickpeas & raisins
- Couscous Royal** £15.95
Steamed couscous served with Chicken, merguez, lamb & seasonal vegetables
- Fish Couscous** £10.95
Steamed couscous served with fillet of fish & seasonal vegetables
- Vegetable Couscous**  £9.50
Steamed couscous served with seasonal vegetables.

Tagines All served with hot bread

- Famous slow cooked savoury stews served with bread.
- Chicken Tagine with Olives and Chips** £10.95
A Piece of marinated chicken Cooked with onions, garlic in saffron & preserved lemon sauce.
- Beef Tagine and Vegetables** £11.95
Marinated tender pieces of beef cooked in a blend of Moroccan herbs & spices with seasonal vegetables.
- Beef Tagine with Prunes** £12.50
Marinated beef pieces cooked with onions, ginger and cinnamon garnished with prunes.
- Meat Balls Tagine** £9.95
Spiced minced beef balls cooked in a tomato, garlic and paprika sauce.
- Meat Balls Tagine with Eggs** £11.95
- Lamb Tagine with Prunes** £13.95
Marinated lamb pieces cooked with onions, ginger and cinnamon garnished with prunes.
- Lamb Tagine and Vegetables** £13.95
Marinated tender pieces of lamb cooked in a blend of Moroccan herbs and spices with seasonal vegetables.
- Baked Fish Tagine** £10.95
Marinated fillet of fish baked with potatoes & peppers in a tomato, garlic & coriander sauce.

Specials

- Homemade Lasagne & Salad** £8.95
- Chicken Curry & Rice** £9.95