

HALA

- CACAO - CAKE - CUISINE -



ABDELMONEIM

OBEID MENU

(Sudanese/Egyptian Family Recipes)

MEZE/APPETISERS

TA'MIYAH (FALAFEL) (GF, VG) طعمية/ فلافل
Hala's homemade Falafel spiced with fresh green herbs.

'GF, VG) FUUL' SUDANESE BEANS) فول
Fava Beans in a homemade Lemon, Garlic and Cumin Sauce served with Gibna Baydah (Feta) and Coriander

SAMBOKSA (VGO) سامبوسكه
Feta & Mint /or Sudanese Spiced Minced Beef Fried Turnovers

FATIYER (GFO, VG) فطائر
Pomegranate & Za'atar /or Sudanese Spiced Beef on rounds of dough

SALATAF

FATTOUSH (GFO, VG) سلطة الفتوش
Mixed leaves, Tomatoes and Arabic Croutons and Sumac Lemon Dressing

A'KHDAR (GF, VG) سلطة خضراء
Tomatoes, Red Onion and Fresh Herbs

ROUB (TZATZIKI) (GF, VGO) سلطة روب
Cucumber, Carrot, Yoghurt and Garlic

HOUMOUS (GF, VG) حمص
Blended Chickpeas, Tahini, Lemon and Garlic

MISH (GF, VGO) مش
Yoghurt, Feta, Nigella Seeds

ZABADI (GF, VGO) زيادي
Greek Yoghurt, Olive Oil and Sea Salt with Za'atar

MEAT/FISH

MIDDLE EASTERN SHOULDER OF LAMB (GF)
لحمة صاج
Sudanese Spiced Roasted Lamb

SAFFRON CHICKEN (GF) دجاج بالزعفران
Saffron baked Chicken and Potatoes

MULAH AHMRA (GF) ملاح احمر
Sudanese Spiced Minced Beef and Okra

APRICOT TILAPIA (GF) صينية السمك
Tilapia oven baked in a Tomato and Apricot Sauce

ZERNAY BERBERE CHICKEN STEW (GF) 
Spicy Ethiopian Chicken traditionally served with Ethiopian flatbread and boiled eggs

VEGAN

CURRIED PATRA (GF, VG) 
Spiced Colocasia Leaves with Mango Chutney and Soya Yoghurt. Garnished with Coriander and Lime.

KUSHARI (GFO, VG) كشري
Rice, Lentils and Pasta topped with a homemade Tomato and Garlic sauce topped with fried Onions

BAMIA (GF, VG) بامية
Sudanese Spiced Okra

BISSARA (GF, VG) بصارة
Pureed Broad Beans, Lemon and Spices

STUFFED VEGETABLE MAAHSI (GF, VG) مَحشي
Seasonal Vegetables stuffed with Spiced Rice

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SIDES

PERSIAN RICE أرز (GF, VG)

Pistachio, Dill and Barberry

AISH BALADI (EGYPTIAN FLATBREAD)

عيش بلدي (GFO, VG)

Handmade Egyptian Flatbreads

FATATT ADDAS (LENTILS) (GFO, VG)

فتة عدس

Bread, Lentils, Sudanese Spices and Rice

SANIYAT POTATOES (GF, VG)

صينية بطاطس

Potatoes, Onions, Sudanese Spices

DESSERTS

SHERIYA شعيرية (VG)

Sweet Vermicelli Noodles with Milk

MADIDAT DATES (GFO, VGO)

مديدة بلح

Baked Date Pudding

SWEET FATIYER (GFO, VGO)

فطائر حلو

Sweet, deep fried Dough

BASBOOSA بسبوسة (GF, VGO)

Middle-Eastern Polenta Cake with Lemon and Vanilla Syrup

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CULTURAL FUSION MENU

MEZE

MEDITERRANEAN SALATAT COUS COUS (VG)

Cous Cous, Sun-Dried Tomatoes, Cucumber, Chickpeas, Olives,
Fresh Mint and Pistachio

AISH BALADI (EGYPTIAN FLATBREAD) (GFO, VGO)

Handmade Egyptian Flatbreads

CRUSHED MUSHROOM PESTO POTATOES (GF, VG)

Olive Oil roasted Garlic Potatoes smothered in Pesto, sprinkled
with dried Mushrooms and Rocket

ASADA SQUASH (GF, VG)

Roasted squash, the Argentinian way, served with Mango and
Red Pepper Salsa

PATATAS AFRICANAS (GF, VGO)

Our take on Patatas Bravas. Fried Potatoes in a spicy Red
Pepper sauce with Garlic Zabadi (greek yoghurt, za'atar, garlic
and sea salt)

BALSAMIC BERRY AND BASIL BRUSCHETTA (GF, VGO)

Artisan Toast, Whipped Feta, Balsamic Macerated Berries and
fresh Basil

MIXED OLIVES AND FETA (GF, VGO)

A mix of black and green olives, feta with flatbreads, balsamic
glaze and extra virgin olive oil

EMPANADAS (GFO, VGO)

Your choice of either chicken/beef/seasoned vegetable turnover

MEAT/FISH

ROASTED LEMON CHICKEN (GF)

Roasted Lemon and Cardamom Chicken Thighs and Saniyat
Mediterranean Vegetables with mixed Mediterranean herbs
and garnished with plantain crisps.

HALA'S MILANESE ARABE (GFO)

Mama Hala's original recipe.
Fried, breaded chicken with mixed fresh herbs, harissa, fried
onions, mozzarella and rose

CHILLI LAMB AISH BALADI (FLATBREAD) (GFO)

Chilli Minced Lamb served on Flatbreads with Salatata Roub
(Tzatziki), Pomegranate and Mint

CRAYFISH JAMBALAYA (GF)

Sage and Saffron Crayfish Rice with Branberries and Dill

BAKED COD WITH MANGO MOJO (GF)

Oven-baked Granola Crusted Cod with a homemade Mango
Mojo (Coriander, Parsley, Garlic, Jalapeno and Lime)

VEGAN MAIN DISHES

SPANISH FASOULIA (GF, VG)

A Mixed Beans stew in a Herby Tomato Sauce with Spinach
and Mange Tout

GOAT AND BEET TART (GFO, VG)

Puff Pastry Tart with Beetroot, Orange, Vegan Feta,
Caramelised Onion Relish, Walnuts, Rocket and Bee-less HNY

PLANTAIN AUBERGINE BERBERE CANNELLONI (GFO, VG)

A plantain and aubergine Ethiopian stew wrapped in
cannelloni kiswa pancakes

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CULTURAL FUSION MENU

SALATAT/DIPS

HOUMOUS (GF, VG)

Homemade Houmous with Garlic and Lemon

PESTO ZABADI زبادي (GF, VGO)

Greek Yoghurt/Vegan Yoghurt, Pesto, Olive Oil and Sea Salt

WHIPPED FETA (GF, VGO)

Feta/Vegan Feta whipped with Greek Yoghurt/Vegan Yoghurt

GARLIC ZABADI (GF, VGO)

Greek Yoghurt, Olive Oil and Sea Salt with Za'atar and Garlic

TZATZIKI/SALATAT ROUB (GF, VGO)

Cucumber, Carrot, Greek Yoghurt/Vegan Yoghurt and Garlic

HORIATIKI (GREEK SALAD) (GF, VGO)

Tomatoes, Cucumbers, Red Onion, Feta and Olives and dressed with Salt, Oregano, and Olive Oil.

DESSERTS

CARAMELISED POACHED GUAVA (GF, VGO)

Poached Pears seared in Brown Sugar with Ricotta/Vegan Feta and Honey or Abda's homemade Bee-less HNY

LEMON BASBOOSA (GF, VGO)

Lemon Polenta Cake with Greek Yoghurt/Soya Yoghurt

LIGAMAAT - HONEY BALLS (GFO, VGO)

Deep fried dough soaked in syrup and drizzled with Honey/Bee-less HNY

CHOCATORTE (GFO, VGO)

An Argentinian take on Tiramisu with dulce de leche.



SANDWICHES

Williamson's handmade Artisan Bread, baked to our own recipe served with Salted Tortilla Chips.

Choose one option per child:

CHEDDAR CHEESE (GFO, VGO)

CREAM CHEESE AND CUCUMBER (GFO, VGO)

STRAWBERRY JAM (GFO, VGO)

PULLED CHICKEN (GFO)

HOUMOUS AND CARROT (GFO, VG)

DIPS AND NIBBLES

HOMEMADE HOUMOUS (GF, VG)

Abda's Signature Lemon and Garlic Houmous

CREAM CHEESE DIP (GF, VGO)

Cream Cheese whipped with Yoghurt

MIXED VEGETABLE STICKS (GF, VG)

Carrots, Peppers and Cucumber

SALTED TORTILLA CRISPS (GF, VG)

AISH BALADI (EGYPTIAN FLATBREAD) (GFO, VG)

ARTISAN TOAST SOLDIERS (GFO, VG)

AISH BALADI PIZZA

Aish Baladi (Egyptian Flatbread) with Tomato, Cheddar Cheese and Mozzarella

Choose one option per child (mini pizzas) or a selection of larger pizzas:

MARGHERITA - MOZZARELLA AND BASIL (GFO, VGO)

Individual £5.00 Large £12.00

PULLED CHICKEN AND PESTO (GFO)

Individual £5.00 Large £12.00

VEGETABLE - MIXED PEPPERS, TOMATOES AND SWEETCORN (GFO, VGO)

Individual £5.00 Large £12.00

SWEET TREATS

FRUIT PLATTER (GF, VG)

An assortment of Melon, Berries, Apples and Grapes

CHOCOLATE BROWNIES (GF, VG)

Homemade from scratch to our own recipe.
Gluten Free and Vegan as standard

COOKIES AND CREAM (GFO, VGO)

Homemade Milk Chocolate Chip Cookies served with Milk to dunk! (Dairy, Oat, Soya, Coconut and Almond available)

LEMON DRIZZLE

CHOCOLATE LOLLIPOPS (GF, VGO)

Handmade Milk/Dark/White Chocolate Lollipops



PARTY PLATTER

A selection of our Children's menu presented as a buffet/grazing table

SANDWICHES

Pulled Chicken (GFO)
Cheddar Cheese (GFO, VGO)

FLATBREAD PIZZAS

Margherita (GFO, VGO)
Chicken and Pesto (GFO)
Vegetable (GFO, VGO)

HOUMOUS (GF, VG)

Abda's Signature Homemade Lemon and Garlic Houmous

MIXED VEGETABLE STICKS (GF, VG)

Carrots, Peppers and Cucumber

SALTED TORTILLA CRISPS (GF, VG)

AISH BALADI (EGYPTIAN FLATBREAD) (GFO, VG)

CHOCOLATE BROWNIES (GF, VG)

Homemade from scratch to our own recipe.
Gluten Free and Vegan as standard

FRUIT PLATTER (GF, VG)

An assortment of Melon, Berries, Apples and Grapes

DIPPING PLATTER

Serves 6 minimum

Includes all of the following:

HOUMOUS (GF, VG)

Abda's Signature Homemade Lemon and Garlic Houmous

CREAM CHEESE DIP (GF, VGO)

Cream Cheese whipped with Yoghurt

MIXED VEGETABLE STICKS (GF, VG)

Carrots, Peppers and Cucumber

SALTED TORTILLA CRISPS (GF, VG)

AISH BALADI (EGYPTIAN FLATBREAD) (GFO, VG)