

YEMEN HEAVEN  
MENU

*"The table is a place of peace"*

*A reflection of the Yemenite view of meals as moments of connection and harmony.*

Mona's is the personal expression of chef and owner Muna. A restaurant shaped by her hands, her heritage, and a lifetime spent cooking for others. Rooted in Yemenite tradition, Mona's brings a long-overlooked cuisine into the spotlight with care, restraint, and purpose.

Every dish begins with memory and is finished with craft. Recipes passed down through generations are honoured using time-tested techniques, refined through experience, and executed with uncompromising standards. Only the finest ingredients are chosen, allowing the flavours of Yemen to speak with clarity and depth. At Mona's, food is not about performance. It is about connection. Each plate reflects resilience, generosity, and the quiet confidence of cooking that has always been personal. This is cuisine shaped by patience rather than trend, and by instinct rather than excess. Mona's is a table that brings generations together. A place where heritage is preserved, craftsmanship is celebrated, and every meal lingers long after the last bite.

Welcome to Mona's.

## MEZZE

### DIPS

Served with flatbread or cruditées;  
Upgrade to Khubz - 4

<b>Hummus</b>	Chickpeas, creamy tahini, lemon, and olive oil <b>(vg) (gf) (s)</b>	7
<b>Truffle Hummus</b>	Chickpeas, creamy tahini, lemon, olive oil and truffle <b>(vg) (gf) (s)</b>	12
<b>Lamb Hummus</b>	Chickpeas, creamy tahini, lemon, and olive oil, topped with ground beef and lamb <b>(gf) (s) (n)</b>	12
<b>Baba Ganoush</b>	Smoked aubergine, delicately charred and enriched with tahini <b>(vg) (gf) (s)</b>	7

### LIGHT DIPS

<b>Sahawiq</b>	A blend of cheeses with chilli, tomatoes, garlic, and herbs <b>(v) (gf)</b>	6
<b>Khiyar b' Laban</b>	Creamy, savoury yoghurt with garlic, herbs, and cucumber <b>(v) (gf)</b>	4
<b>Bisbas</b>	A blend of tomatoes, coriander, garlic, and chilli <b>(vg)</b>	4

### SALADS

<b>Shafout</b>	Lettuce, tomato, spicy mint yoghurt dressing, wholemeal bread, and pomegranate <b>(v)</b>	7
<b>Fattoush</b>	Lettuce, radish, tomatoes, golden fried pita, garlic confit and pomegranate molasses <b>(vg)</b>	7
<b>Tabboula</b>	Chopped parsley, bulgur wheat, mint, lemon and extra virgin olive oil <b>(vg)</b>	7

### SOUP

<b>Adas</b>	Velvety lentil, herbs, golden fried pita, and sumac <b>(vg)</b>	7
<b>Maraq</b>	Lamb broth infused with aromatic spices <b>(gf)</b>	5

<i>CRISPY BITES</i>	<b>Falafel</b>	Golden-fried split broad bean patties with herbs, served with bread, salad, and tahini <b>(vg) (s)</b>	15
	<b>Kibbah</b>	Bulgur wheat shells filled with spiced minced lamb, onions, and pine nuts <b>(n)</b>	10

## MEZZE PLATTERS

<i>Served with flatbread or crudités; Upgrade to Khubz - 4</i>	<b>For 2</b>	Baba Ganoush, Hummus, Shafoot, Fattoush, and Spiced Olives	19
	<b>For 4</b>	2x Baba Ganoush, 2x Hummus, Shafoot, Fattoush, Spiced Olives, Sahawiq, and Khiyar b' Laban	33
	<b>Mezze Trio</b>	Falafel, Tabboula, Baba Ganoush, or Hummus	18

## SAVOURY PASTRY

<i>Add Feta cheese - 2</i>	<b>Zaatar Manousha</b>	An aromatic blend of wild thyme, toasted sesame, and tangy sumac infused with extra virgin olive oil <b>(vg) (s)</b>	15
	<b>Spinach Manousha</b>	Zesty spinach with sundried tomatoes, pomegranate molasses, and red onions <b>(vg)</b>	15
	<b>Cheese Manousha</b>	A blend of cheddar and mozzarella <b>(v)</b>	15

## MAINS

### STEWES ON STONE

Choose a side  
of Khubz - 5  
or rice - 4.5

**Fahsa**  
*Signature Dish*

*Slow-cooked lamb stew with  
aromatic spices and fenugreek (gf)* 22

**Salta**

*A seasonal vegetable stew infused  
with traditional spices, lamb broth,  
and fenugreek (gf) (e)* 18

**Fool**

*Slow-cooked fava beans,  
caramelised aromatics, and zesty  
lemon juice (vg) (gf)  
Add Feta cheese - 2* 16

### MANDI

*Served with  
rice, fresh  
salad, and  
bisbas*

**Lamb**

*Slow-cooked lamb on the bone (gf)* 29

**Chicken**

*Slow-cooked chicken on the bone  
(gf)* 20

**Seabass**

*Oven-baked seabass fillet  
marinated in garlic and spices (n)  
(gf)* 22

## SIDES

**Khubz**

*Signature freshly baked homemade  
bread (s) (vg)* 5

**Mandi Rice**

*Our specialty rice (gf) (vg)* 4.50

**French Fries**

5

## DESSERT

CLASSICS	<b>Areeka</b>	<i>Bread, mashed dates, sesame oil, cream, topped with nuts and black sesame seeds (v) (n) (s)</i>	10
	<b>Um Ali</b>	<i>Bread, cream, coconut, and raisins, topped with nuts and pistachio (v) (n)</i>	10
	<b>Kunafah</b>	<i>Soft, melted cream cheese and shredded filo dough, soaked in syrup and topped with pistachio (n) (v) (s) Add vanilla ice cream - 2</i>	10
MORE	<b>Affogato</b>	<i>Espresso, vanilla ice cream</i>	6
	<b>Madagascan Vanilla Ice Cream</b>		5

While we take steps to minimise the risk of cross-contamination, we cannot guarantee that any of our products are completely free from specific allergens. Please ask your waiter for more information before ordering.

