

MEZZA | TAPAS COLD PLATES

About our food...

Travel the world through our cultural fusion tapas, featuring flavours, dishes and recipes from people and places close to our hearts. Perfect to nibble alongside your cocktails & wines... Our owner Abda is a linguist, speaking four languages; our menu is a fusion of cultures inspired by our Sudanese Afro-Arab origins, and time spent in Argentina.

Here's the meaning behind some of the terms used on our menu...

Learn the lingo...

- **ZA'ATAR** - Our Levantine spice blend; toasted sesame, thyme, oregano and sumac.
- **SALATAT** - translates from arabic to 'salad'! Includes everything from 'salatat houmous', meaning 'chickpea salad' (we just call houmous!), to dips and leafy green salads.
- **AISH BALADI** - translates from arabic to 'country bread' or 'bread of life'. On our menu, this refers to our traditional Egyptian flatbreads.

AISH & ALMUKASIRAT | BREADS & NUTS

ARTISAN BREADS, FLATBREADS, & DIPPING OIL | 4 ✓

(GFO, V, VG) Freshly baked bread from local bakeries with olive oil, balsamic vinegar and our signature za'atar blend of spices.

SALT AND PEPPER CASHEWS | 4 ✓

ROSEMARY SALTED ALMONDS | 4 ✓

PAN CON ZA'ATAR | 5 ✓

(GFO, V, VG) Toasted artisan bread topped with olive oil and our homemade blend of za'atar (thyme, oregano, sumac and sesame).

PAN CON ASWAD | 6 ✓

(GFO, V, VG) Toasted bread topped with homemade roasted aubergine, mediterranean vegetable and tomato salsa and sundried tomatoes.

SUDANI CAPRESE BRUSCHETTA | 8 ✓ **NEW!**

(GFO, V, *VGO) Toasted artisan bread with sundried tomatoes, burrata or *vegan mozzarissella, our homemade Za'atar blend (thyme, oregano, sumac and sesame), red onion, parsley and coriander.

PLATITOS DE VERDURAS | ANTIPASTI (COLD)

All of the below dishes are served cold, if you would prefer them heated under the grill, please ask! All are gluten free & vegan as standard.

GARLIC KALAMATA & HALKIDIKI OLIVES | 4.5 ✓

PESTO MIXED VEGETABLES | 5 ✓

CHARGRILLED ARTICHOKE HEARTS | 5 ✓

CREAMY MARINATED MUSHROOMS | 5 ✓

SERVED 12PM-8PM. PLEASE ORDER AT THE BAR.

All dishes are served cold, unless specified.

If you would like a dish heated under the grill, please ask and we would be happy to accommodate if it is possible!

FOOD ALLERGIES, INTOLERANCES and REQUIREMENTS

We ask that if you have ANY dietary requirements, no matter how mild, that you please let us know when you order; we take dietary requirements very seriously. Our bar does handle allergens in a small space, but we prioritise catering for you safely and do our absolute utmost to minimise cross-contamination.

We are happy to explain our food safety procedures, and believe everyone should be entitled to enjoy good food, no matter their requirements. Please speak to a member of staff, or ask to see our allergen file.

SHARING MEZZA BOARDS

Below are a selection of sharing platters, showcasing our Sudanese culture, and our favourite combinations of our mezza small plates. Perfect for 2, or 4 to nibble.

SALTAT TAPAS | 18 ✓

(GFO, V, *VGO) All four of our Sudanese Salat (dips/salads).

Homemade Houmous, Zabadi, Aswad and Salat A'khdar as described on our 'Salatat' section (turn over!). With Arabian flatbreads.

SUDANI FATOUUR PLATTER | 35 ✓

(GFO, *VGO) Sudanese Beans "Fuul" in a lemon and cumin sauce.

Italian cured beef bresaola, homemade garlic and lemon houmous, salat Aswad (aubergine and tomato roasted salsa), salat A'khdar (salad), kalamata & haldiki marinated mixed olives, feta and za'atar (our own blend of sesame, thyme and sumac) and Arabian flatbreads.

*Vegan Option - Swap beef bresaola for artichoke hearts and sundried balsamic tomatoes.

CHEESE BOARD | 25

(GFO) Burrata, Feta and Brie. Each served with toppings as described on our 'Platitos de Queso' section (turn over!). Served with kalamata & haldiki marinated mixed olives, crackers and sourdough.

ANTIPASTI MEZZA | 25 ✓

(GFO, V, VG) Kalamata & haldiki marinated mixed olives, homemade garlic and lemon houmous, pesto mixed vegetables, artichoke hearts, balsamic sundried tomatoes and marinated mushrooms.

Served with artisan bread and Arabian flatbreads.

CARNES, PESCADOS Y POROTOS | MEAT, FISH & BEANS

SMOKED SALMON | 9

(GF) Scottish smoked salmon with beetroot chutney, Zabadi (greek or soya yoghurt with za'atar), red onion and parsley.

CRAYFISH COCKTAIL | 10 **NEW!**

(GF) Crayfish tails, mixed leaves, Zabadi (greek or soya yoghurt with za'atar), sriracha, red onion, coriander and lime.

ITALIA CURED BEEF BRESAOLA | 10

(GF) Aged and air-dried, salted cured beef.

Served the Italian way, with Grana Padano, rocket and lime.

'FUUL' SUDANESE BEANS | 8 (served hot) ✓

(GF, V, *VGO) Fava beans and chickpeas in a cumin and lemon sauce with feta or *vegan mozzarisella, red onions, parsley and coriander.

PLATITOS DE QUESO | CHEESES

All served with assorted crackers.

Vegan mozzarisella and gluten free crackers available.

Try all 3 with artisan bread, crackers and olives? | 25

SOL BURRATA | 9 ✓

Whole burrata with mango, sun-dried tomato, basil and balsamic.

PEACHES AND CREAMY BRIE | 8 ✓ **NEW!**

Creamy brie with peaches, dried apricots, za'atar and basil.

WATERMELON SUGAR FETA | 8 ✓ **NEW!**

Feta, pickled watermelon, cucumber, sumac and sweet balsamic glaze.

DIGESTIF | AFTER DINNER DRINKS

We have a variety of spirits and liqueurs on our drinks menu - why not add them to any of our coffees or hot chocolates?

Try a little sip of culture...



SOL'S YERBA MATE | 8 ✓

A strong, earthy green tea served in a Mate Gourd with bombillas (straws) and sweetened hot water. Authentically served to share.



SUDANESE COFFEE | 6.75 ✓

Ethiopian Coffee Beans, Cardamom, Musk (Sudanese fragrant stone) and Ginger. An Abdelmoneim family recipe.

Make them a cocktail? Add vodka and a dash of fernet | 4

SALATAT | DIPS

All served with Arabian flatbread. All available gluten free and vegan.

ARABIAN ROASTED SALSA (ASWAD) | 6 ✓

Roasted aubergine, tomato and mediterranean vegetable salsa.

HOMOUS | 6 ✓

Chickpeas, sesame, garlic, lemon, za'atar, coriander, olive oil.

ZABADI | 5 ✓

A Jordanian dip of Greek yoghurt, sea salt, olive oil and za'atar (sesame, thyme, sumac).

SALATAT A'KHDAR | 5 ✓ **NEW!**

Inspired by a typical Sudanese side salad of mixed leaves, sundried tomatoes, red onion, coriander and parsley with olive oil and balsamic vinegar.

SALTAT TAPAS | 18 ✓

Try all 4 of the above salatata?

HILU | DESSERT

ABDA'S AFFOGATO | 5 ✓

Vanilla ice cream and double shot of Abda's House Blend espresso (decaf Brazilian coffee available) and berries.

Add your toppings (optional):

Mango Compote / Dark Chocolate Drops / White Chocolate Curls | 1
Amaretto / Amarula Cream Liqueur / Limoncello | 4

MANGO & BERRY ICE CREAM SOLDAE | 8 ✓ **NEW!**

(GFO, V, VGO) Vanilla ice cream and greek yoghurt with mango and raspberry compote, chocolate drops, fresh berries, and a dusting of cardamom raspberry sugar.

Vegan: vegan vanilla ice cream, soya yoghurt and dark chocolate drops.

PEACHES & CREAM CARDAMOM SUGAR TOAST | 8 ✓ **NEW!**

(GFO, V, VGO) Toasted fruity loaf topped with cinnamon & cardamom sugar butter, peaches, seasonal fruit and white chocolate.

With your choice of cream, ice cream or greek/soya yoghurt.

COFFEE & CAKE ✓

Please see our selection of homemade cakes on the bar, and our speciality coffees, teas and hot chocolates in our drinks menu.

Enjoy any standard drink and a slice of cake for £6.