

Wraps

Bacon Egg \$15

2 rashers of crispy bacon, 2 fried free range eggs w/rocket & smoked BBQ sauce

Grilled Halloumi (VG) \$15

w/ smashed avo, cucumber, tomato, parsley

Breakfast

Toast \$7

Sourdough, raisin, Gluten free, OR banana bread w/ choice of jam, peanut butter, vegemite

Smashed Avo (V) \$13

w/ tomato, house dukkha, lemon, extra virgin olive oil

Eggs on Toast (VG) \$14

2 free range eggs, fried, scrambled or pouched w/ toasted sourdough

Chilli & Dukkha Eggs (VG) \$22

Free range poached eggs w/avocado, heirloom tomatoes, lemon & olive oil salsa served on toasted sourdough & topped w/ chilli dukkha

Zaatar Eggs Benedict (VG) \$24

Free range poached eggs w/ tomato relish, baby spinach, zaatar hollandaise w/ smoked salmon on toasted sourdough

Egg Shakshouka Pot \$22

2 free range eggs baked in a spicy lamb sausage, capsicum tomato paprika, cumin & parsley ragu served w/ pita bread

Vegan option available w/ chickpeas/avo

Mushroom & Haloumi Stack (VG) \$23

Herb & garlic roasted mushroom grilled haloumi, chilli & pomegranate molasses topped w/ poached eggs on toasted sourdough

Habib Bowl (GF, V) \$22

Deconstructed bowl - Hummus, falafel, herbed cauliflower, fresh tomato, cucumber, pickles, olives, flat bread

Loaded Hummus Brekky \$22

House made hummus topped w/ seared shredded lamb, fried eggs, fresh mint, fresh pomegranate, toasted almonds & pita bread

Acai Bowl (V) \$19

w/ roasted coconut & sunflower seeds, housemade granola, fresh banana & berries, pita crisps dipped in Nutella dusted w/ pistachio & rose petal crumble

Orange & Ricotta Hotcakes (VG) \$18

House made fresh orange & ricotta hotcakes served w/ sweetened yoghurt tahini, fresh berries & crushed pistachio

Tarboosh Big Brekky \$25

Choice of fried, pouched or scrambled free range eggs served w/crispy bacon, lamb sausages herb & garlic roasted mushroom, grilled haloumi & toasted sourdough

Pastries Our Way

Fatayer \$15

Lebanese folded pie w/ fillings with choice of:

- Spinach
- Cheese & Spinach
- Cheese & Soujuk
- Cheese and Bacon

Any Fatayer as a combo

\$18

ADD TO YOUR BREAKFAST

Free range eggs / Crispy bacon / Herb & Garlic mushroom / Pita bread \$4ea

Avocado / Grilled haloumi / Lamb sausages / Sujuk (spicy sausage) / Smoked salmon \$5ea

Coffees & Teas

(Premium Arabica Blend by Tobys)

Espresso, piccolo, macchiato \$4

latte, cappuccino, flat white, long black \$4.50

Extra Shot, Large, Decaf, 50c
Hazelnut, Vanilla, Caramel,
Soy, Almond, Oat

Chai Latte \$4.50

Dirty Chai \$5

English Breakfast, Camomile, 4.50
Peppermint, Moroccan, Jasmine

Belgian Chocolate

Mocha \$5
Hot Chocolate \$4.50

Iced

Coffee, Chocolate, \$6
Mocha \$7

Shakes

Chocolate, Caramel, Strawberry, Vanilla \$8
Coffee, Mocha \$9

Juices

Noah's Juice Selection

Apple, Orange, Green, Watermelon \$6

TARBOOSH

by the beach

Breakfast Menu

Fully Licensed | BYO Wine: Monday – Wednesday Corkage - \$5 per person

Surcharge of 10% applies on Saturdays, Sundays & Public Holidays.

All food may contain traces of allergens.

(GF) Gluten Free | (V) Vegan | (D) Dairy Free | (Veg) Vegetarian



ENQUIRE ABOUT TARBOOSH CATERING

Shop 6, 93-95 North Steyne, Manly NSW 2095 | Ph: 02 9185 0999

55 Alexander St, Crows Nest NSW 2065 | Ph: 02 8970 1521

www.tarboosh.com.au

DIPS & SALADS

Trio Of Dips Hummus, baba ghannouj, labneh	\$18
Quinoa Tabouli Salad Parsley, diced tomato, shallots, quinoa, tossed w/ lemon juice & extra virgin olive oil	\$15
Fattoush Salad Cabbage, tomato, cucumber, radish, shallots, capsicum, fresh mint, parsley, pomegranate glaze w/ lemon dressing & crispy bread	\$15
Grilled Chicken Salad Your choice of Tabouli OR Fattoush	\$21
Grilled Halloumi Salad Mixed lettuce, shredded cabbage, carrot, tomatoes, onion, walnuts, dressed w/ citrus & drizzled w/ pomegranate molasses	\$17
Lamb Quinoa Salad Pulled lamb w/ mixed lettuce, shredded cabbage, carrot, red beets, tomatoes, walnuts, onion, dressed w/ citrus drizzle w/ balsamic glaze and mint yoghurt	\$22
Grilled Salmon Salad Served w/ mixed lettuce, shredded cabbage, carrot, tomatoes, onion, walnuts, dressed w/ citrus dressing & balsamic glaze	\$25
MEZZA (small plates)	
Cauliflower (V) Lightly fried cauliflower served w/ tahini sauce	\$14
Falafel (3 pcs) (GF, V) Deep fried chickpea croquettes mixed w/ special herbs & spices served w/ tahini sauce	\$13
Batata Coriander (VG) Golden crisp potato cubes mixed w/ lemon, chilli & coriander	\$13
Grilled Halloumi Served w/ tomato, cucumber, extra virgin olive oil & pomegranate sauce	\$15
Fried Calamari Served w/ chipotle aioli	\$17

MEZZA (continued)

Garlic Prawns Grilled prawns sautéed in garlic, coriander, tomato, capsicum salsa	\$18
Assorted Pastries (VG) 1 fried kebbe, 1 ladies finger, 1 spinach triangle, 1 falafel, 1 meat sambousek	\$19
Kebbe Neyeh Premium grade raw lean minced lamb w/ fresh ground wheat, special Tarboosh herbs & spices served w/ Spanish onion, fresh mint & extra virgin olive oil	\$20
MIX PLATES	
Kafta 2 minced meat onion parsley skewers served w/ falafel, hummus, garlic, tabouli & bread	\$25
Grilled Chicken 2 marinated BBQ chicken breast skewers served w/ falafel, hummus, garlic, tabouli & bread	\$25
Lemon Garlic Chicken Grilled chicken breast tossed in garlic lemon sauce served w/ falafel, hummus, baba ghannouj, tabouli & bread	\$25
Chilli Lemon Garlic Chicken Grilled chicken breast tossed in garlic lemon sauce w/ special served w/ falafel, hummus, baba ghannouj, tabouli & bread	\$25
Chicken Shawarma Grilled chicken shawarma served w/ falafel, hummus, garlic, tabouli & bread	\$25
Lamb Shawarma Grilled lamb shawarma served w/ falafel, hummus, baba ghannouj, tahini, tabouli & bread	\$26
Vegetarian Mix Spinach triangle, falafel, cauliflower, hummus, baba ghannouj, tahini, tabouli & bread	\$25
Grilled Barramundi Served with chips and tartare sauce	\$26
Seafood Basket Tempura battered fish fillet, crumbed prawn cutlets, calamari rings, battered seafood bites, scallops served with chips & tartare sauce	\$28

WRAPS

Housemade Falafel (Veg) with tomato, cucumber, mint, pickles, parsley, tahini	\$16
Zaatar Halloumi (Veg) Grilled halloumi, rocket, tomato, cucumber, mint, zaatar, pomegranate sauce	\$16
Cauliflower (V) Fried cauliflower, tomato, cucumber, parsley, pickles, tahini	\$16
Kafta Grilled spiced mince meat skewer w/ tomato, parsley, pickle, hummus	\$16
Chicken Shawarma Grilled chicken strips in special Tarboosh marinade w/ lettuce, pickles & garlic sauce	\$16
Lamb Shawarma BBQ'd lamb strips in special Tarboosh marinade w/ parsley, tomato, pickles, grilled onion, pomegranate & tahini sauce	\$16
Chicken Skewer BBQ chicken breast cubes marinated with special Tarboosh herbs and spices, with lettuce, pickles & garlic sauce	\$16
Make it a combo! with chips and a drink for only +\$7	
Lunch Banquet (Min 2 ppl)	
Tarboosh Banquet Hummus, Baba Ghannouj, Garlic, Fattoush, Falafel, 3 skewers (chicken, kafta, laham mishwee) and bread	\$40pp
Vegetarian Banquet Hummus, Baba Ghannouj, Garlic, Fattoush, Batata, Falafel, Maghmour Tagine OR Mujadara w/ yoghurt	\$35pp
KIDS	
Chicken Skewer w/ Chips OR Rice	\$15
Chicken Nuggets w/ Chips	\$15
Kafta skewer w/ Chips OR Rice	\$15
Fish Cakes w/ Chips	\$15

BURGERS

Mushroom Halloumi Burger Grilled halloumi, seasoned grilled mushroom, baba ghannouj, tomato, rocket, zaatar	\$16
Kafta Burger Famous Tarboosh char grilled Kafta patty, Tarboosh hummus sauce, lettuce, pickles, tomato, sumac onion	\$16
Mediterranean Chicken Burger Mediterranean butterfly grilled chicken, tomato, lettuce, Swiss cheese, pickles and Tarboosh garlic sauce	\$16
Lemon Garlic Fish Burger Barra fillet w/ butter lemon garlic herbs, lettuce, pickles, tartar sauce	\$16
Make it a combo! with chips and a drink for only +\$7	
SIDES	
Hummus Chickpea blended w/ tahini & lemon	\$8
Baba Ghannouj Smoked chargrilled eggplant blended w/ tahini & lemon	\$8
Labneh Fresh homemade yoghurt w/ dried mint & fresh garlic	\$8
Garlic Blended garlic w/ olive oil	\$9
Basmati Rice	\$7
Rice w/ Spicy Minced Meat	\$8
Seasoned Chips	\$8
Mixed Pickles	\$8
Bread Basket	\$3.5



DIPS

Hummus (GF, V) Chickpea, olive oil	\$15
Baba Ghannouj (GF, Veg) Eggplant, olive oil	\$15
Labneh (GF, Veg) w/ olive oil, fresh mint, zaatar	\$15
Garlic (GF, Veg) Blended garlic w/ olive oil	\$15
Trio Of Dips Hummus, Baba, Labneh	\$23

SALADS

Tabouli w/ Quinoa (GF, V) Parsley, tomato, shallots, quinoa tossed with lemon juice & extra virgin olive oil	\$18
Fattoush (V) Lettuce, cabbage, tomato, cucumber, radish, shallots, capsicum, fresh mint, parsley, pomegranate glaze with lemon dressing & crispy bread	\$18
Halloumi (GF, Veg) Mixed lettuce, shredded cabbage & carrot, tomatoes, Spanish onion & walnuts drizzled with citrus dressing topped with grilled halloumi	\$18
Lamb Quinoa (GF) Shredded back strap, in a salad of mixed lettuce, shredded cabbage & carrot, tomatoes, Spanish onions, walnuts, roasted baby beets, served with mint yoghurt & drizzled w/ citrus dressing	\$20



MEZZA (starters)

Kebbe Neyeh Premium grade raw lean minced lamb with fresh ground wheat, special herbs & spices served with Spanish onion, fresh mint & extra virgin olive oil	\$24
Cauliflower (GF, V) Lightly fried cauliflower with tahini	\$16
Falafel (4 pcs) (GF, V) Chickpea croquettes mixed with special herbs & spices with tahini	\$15
Potato Coriander (GF, V) Golden crispy potato cubes tossed with lemon, chilli & coriander	\$15
Fried Kebbe (4 pieces) (D) Deep fried wheat croquette filled w/ spiced minced meat	\$17
Meat Sambousek (4 pcs) (D) Homemade pastry filled with spiced minced meat	\$17
Ladies Fingers (4 pcs) (Veg) Homemade pastry filled with mix cheese & parsley	\$16
Spinach Triangles (4 pcs) (Veg) Homemade pastry filled with spinach, onion & spices	\$17
Assorted Pastries Fried kebbe, ladies finger, spinach triangle, falafel, meat sambousek	\$24
Grilled halloumi (GF, Veg) Served with tomato, cucumber, extra virgin olive oil & pomegranate sauce	\$18
Lebanese Sausage (D) Pan-fried Lebanese sausage with lemon & pomegranate sauce	\$19
Lubye (GF, V) Green beans sautéed with fresh tomato, onion & garlic	\$15
Mixed Pickles (GF, V) Assortment of pickled green chilli, turnip & marinated olives	\$14
Eggplant (GF, V) Lightly fried eggplant served with special Tarboosh yoghurt	\$15
Garlic Prawns Grilled prawns in tomato, garlic & coriander salsa	\$20
Dukkah Lime Squid Served with chipotle aioli	\$18

MAJINS

Chicken Lemon Garlic (GF,D) Grilled chicken breast tossed in our special garlic lemon sauce & fresh herbs Option – Chilli Lemon Garlic	\$28
Chicken Shawarma (GF) Grilled shredded chicken thigh fillets served with parsley, onion & garlic	\$29
Lamb Shawarma (GF) Grilled shredded lamb served with parsley, onion & tahini sauce	\$30
Shishtawook (GF) Marinated BBQ chicken breast wiith parsley, onion & garlic dip	\$28
Laham Mishwee (GF) Marinated cubed lamb served with parsley, onion & garlic dip	\$32
Mansaf Chicken (GF) Rice cooked with lamb minced meat, topped with chicken strips, roasted mixed nuts & yoghurt	\$30
Mansaf Lamb (GF) Rice cooked with lamb minced meat, topped with lamb strips, roasted mixed nuts & yoghurt	\$32
Kafta (GF) Spiced minced meat w/ parsley, onion & garlic dip	\$30
Mixed Grill (GF) Marinated BBQ chicken breast skewer, lamb skewer & premium kafta skewer (mixed with parsley, herbs & onion)	\$32
Mujadara (GF, V) Cooked rice, lentils & caramelised onion served with side of fresh yoghurt	\$26
Lubye W/ Rice (GF, V) Green beans sautéed w/ fresh tomato, onion & garlic served w/ basmati rice	\$26
Maghmour Tagine (GF, V) Eggplant, chickpea, cooked in garlic, onion & capsicum spiced tomato sauce served with basmati rice	\$28



SEAFOOD

Beirut Samka Hara (GF, D) Grilled wild barramundi fillet topped with spicy tahini sauce, roasted mixed nuts & basmati rice	\$33
BBQ King Prawns (GF, D) Chargrilled king prawns marinated in lemon, garlic, coriander, served with mixed lettuce, shredded cabbage & carrot, tomatoes, Spanish onions & walnuts drizzled with citrus dressing	\$38
Seafood Basket Tempura battered fish fillet, crumbed prawn cutlets, calamari rings, battered seafood bites, scallops served with chips & tartar sauce	\$32
Chargrilled Octopus (GF, D) Succulent chargrilled octopus marinated in a pomegranate, lemon, garlic, coriander & olive oil served with mixed lettuce, shredded cabbage & carrot, tomatoes, Spanish onions & walnuts drizzled with citrus dressing	\$34
Grilled Chermoula Salmon (GF) Lebanese inspired Chermoula marinated grilled salmon served with drained yoghurt, watercress, shaved raddish, pickled cucumber, roasted nuts & dried cranberries	\$34

BANQUETS (min 2 ppl)

Vegetarian Banquet Cold Mezza – hummus, baba ghannouj, fattoush, tabouli, labneh	\$55
Hot Mezza – spinach triangles, falafel, potato coriander, luby	
Main – mujadara OR maghmour tagine	
Tarboosh Banquet Cold Mezza – hummus, baba ghannouj, fattoush, tabouli, labneh	\$60
Hot Mezza – ladies fingers, falafel, fried kebbe, potato coriander	
Mixed Grills – kafta skewers, chicken skewers, lamb skewers	

KIDS

Fish cocktail with chips	\$15
Chicken nuggets with chips	\$15
Chicken skewer with chips	\$15
Kafta skewer with chips	\$15

EXTRAS

Basmati Rice	\$8
Rice w/ Spiced Minced Lamb	\$9
Chips	\$9
Bread	\$3.5



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Dinner Menu