



## MEZZE / STARTER

### Minè Manè Mezze (for 2 people) 28.00

A selection of cold mezze; Mine Mane' style hummus, tzatziki, tyrokafteri, Greek salad, olives and pitta bread. (Can be served Vegan on request)

### Hummus Greek Style | V, VG, GF 6.95

Creamy hummus made from a blend of chickpeas, tahini and lemon. Served with pitta bread.

### Tzatziki | V, GF 6.95

Greek yoghurt with cucumber, garlic and olive oil. Served with pitta bread.

### Tyrokafteri | V, GF 6.95

Spicy feta dip blended in chilli, paprika, olive oil and red pepper. Served with pitta bread.

### Melitzanosalata | V, VG, GF 6.95

A smoked aubergine and roasted pepper dip. Served with pitta bread.

### Marinated Olives | V, VG, GF 4.95

Marinated olives topped with oregano and extra virgin olive oil.

### Traditional Cretan Paximadia | V 8.50

Feta cheese, tomato, olives, capers and oregano. Served on Paximadia bread.

### Spicy Oven Roasted Feta | V 11.95

Feta cheese, onion, tomatoes, peppers and spicy pepper topped with olive oil and oregano. Served with pitta bread.

### Lemon & Garlic Butter Prawn | GF 10.95

Pan fried prawns in garlic butter sauce. Served on a bed of salad and topped with a lemon dressing. Served with pitta bread.

### Dolmades | V, VG, GF 8.50

Vine leaves filled with a mixture of rice, tomato, and fresh herbs.

### Baked Feta Cheese | V 9.50

Homemade pastry filled with feta cheese, topped with honey and sesame seeds.

### Spanakotiropita | V 8.50

Homemade pastry filled with spinach and feta.

### Calamari 9.95

Crispy fried baby squid served with lemon and a side dip.

### Soup 9.50

Freshly made soup, served with pitta bread. (Speak to your server for the soup of the day)

### Greek Fritters | V 9.50

Shredded courgette, onion and feta cheese tossed in eggs and flour. Served with a yoghurt dip.

### Grilled Vegetables V, VG, GF 12.50

Grilled pepper, courgette and aubergine marinated in extra virgin olive oil and balsamic glaze.

### Gigantes Beans | V, VG, GF 7.50

Super-sized beans baked in a rich tomato sauce.

### Grilled Halloumi 7.50

Halloumi cheese topped with oregano and olive oil.

### Halloumi Fries 7.50

Halloumi fries served with paprika, oregano and a side dip.

### Keftedakia 11.50

Deep-fried meatballs flavoured with garlic, onion, fresh mint and parsley.

### Atherina Tiganiti 8.95

Fried Whitebait served with a squeeze of lemon juice.

### Loukaniko Skaras GF 8.95

Traditional chargrilled pork sausage served with a side sauce.

### Shrimp Saganaki GF 10.50

Shrimp Saganaki cooked in a rich and spicy tomato sauce with ouzo and feta. Served with pitta bread (GF bread served on request).

### Cheese Saganaki | V 8.50

Pan-seared cheese served with a lemon slice.



## SIDES

### Fries | V, VG, GF 3.95

### Aromatic Rice | V, VG, GF 5.50

### Crudités | V, VG, GF 5.50

### Gluten Free Bread 2.75

### Grilled Pitta Bread | V 1.95

### Seasonal Vegetables 8.50

Assorted vegetables served with a lemon dressing & pomegranate seeds | V, VG, GF

## SALADS

### Classic Caesar Salad OR Salmon Caesar Salad C 14.95 \$ 15.95

Grilled chicken OR Salmon, lettuce, garlic herb croutons, soft-boiled egg, and parmesan cheese. Topped with Caesar dressing.

**ADD:** Avocado | £3.30 Grilled halloumi | £3.95

### Mediterranean Salad Bowl | V 13.95

Cherry tomatoes, cucumber, red onion, peppers, marinated olives, spinach, hummus, and chickpeas. Topped with EITHER honey mustard dressing or lemon oregano dressing.

**ADD:** Chicken | £4.00 Falafel | £3.50 Avocado & Grilled Halloumi | £6.00

### Crete Inspired Salad | V 12.95

Lettuce, tomato, cucumber, onion, peppers, olives, feta cheese, baby potato, boiled egg and Paximadia.

### Greek Salad | V, GF 10.95

Tomato, cucumber, feta cheese, onion and marinated Greek olives. Topped with herbs, peppers, and olive oil.





## MAIN DISHES

### MEAT

#### Lamb Chops | GF 23.95

Grilled lamb chops with lemon, olive oil & oregano dressing. Served with aromatic rice and a side salad.

#### Beef Moussaka 18.95

Minced beef in a tomato and oregano sauce, layered with potato, aubergine and béchamel sauce. Topped with cheddar cheese. Served with a side salad.

#### Lamb Cubes | GF 20.95

Grilled marinated lamb cubes. Served with aromatic rice and a side salad.

#### Chicken Cubes | GF 17.95

Grilled marinated chicken cubes skewered with peppers. Served with aromatic rice and a side salad.

#### Classic Grilled Beef Burger 16.95

Topped with mature cheddar cheese, lettuce, tomatoes, red onion and burger sauce. Served with a side of fries.

#### Beef Bifteki 16.95

Grilled Mediterranean beef bifteki. Served with aromatic rice and a side salad.

#### Minè Mané Grill Feast | £62 FOR 2 PEOPLE OR £31 FOR 1 PERSON

Marinated chicken cubes, lamb chops, beef bifteki, loukaniko. Served with pitta bread, tzatziki, salad and fries. (The portion can be reduced to serve 1 person | 30.00)

#### Souvlaki Wrap (Served Mon-Fri) from 11:30 to 17:00 10.95

(Choose EITHER Chicken, beef kafta or falafel [VG]). Toasted pitta bread filled with fries, house sauce, tomatoes and red onion.

ADD: Halloumi | 3.30 Avocado | 3.95

#### Spaghetti Bolognese 17.95

Slow cooked beef ragu with garlic, buttered linguine, rocket garnish, shaved parmesan cheese and basil oil dressing.

#### Bifteki Gemisto 18.50

Grilled beef patties stuffed with melted cheese. Served with roast potatoes and a side of tzatziki.

#### Stuffed Halloumi Beef Roll 18.95

A combination of Halloumi, peppers, onion, mixed herbs and slow cooked beef. Served with mashed potato and beef sauce.

### VEGETARIAN / VEGAN

#### Vegetarian Burger | V 15.95

Mushroom, roasted peppers, onion, tomatoes, lettuce and grilled halloumi cheese in a burger bun. Served with a side of fries.

#### Vegetarian Moussaka | V 17.95

Aubergine, courgette, peppers and spinach, slow cooked in a tomato and oregano sauce. Layered with thin slices of potato and topped with béchamel sauce. Served with a side salad.

#### Vegan Souvlaki Wrap (Served Mon-Thur from 12:00 to 17:00) | VG

Hand-rolled aromatic falafel, toasted pitta bread filled with fries, hummus, tomatoes and red onion.

ADD: Avocado | 3.95

#### Gemista - V GF VG 17.95

Traditional oven-baked tomatoes and peppers stuffed with herbed rice. Served with oven roasted potatoes.

### SEAFOOD / FISH DISHES

#### Grilled Octopus | GF 22.95

Served with Greek fava, capers, vinegar, extra virgin olive oil and salad garnish.

#### Whole Sea Bass Grilled | GF 24.95

Marinated in a lemon dressing and served with vegetables.

#### Seafood Linguine 19.95

Lightly flavoured with white wine, cherry tomatoes, olives and parsley. Topped with king prawn, spinach and chilli.

#### Grilled Salmon | GF 21.95

Marinated with fresh lemon dressing and served with vegetables.

#### Minè Mané Fish Feast | 70 FOR 2 PEOPLE OR 35 FOR 1 PERSON

Grilled whole seabass, salmon, prawns, octopus, fried calamari and fried whitebait. Served with grilled vegetables.

#### King Prawns 21.95

In a rich tomato and white wine sauce. Topped with feta cheese crumbles. Served with salad, new potatoes and grilled sourdough bread.

Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients used in our dishes are displayed on the menu and we cannot guarantee a total absence of allergens.

For information on our ingredients, please speak with your server. A discretionary service charge of 12.5% will be added to your bill.

SCAN ME



59 Marchmont Street, WC1N 1AP  
0207 837 5054  
www.minemane.co.uk  
@minemanelondon





## DESSERTS

### **Warm Chocolate Brownie | V** 9.95

*Warm chocolate brownie with vanilla ice cream.*

### **Baklava | V** 7.50

*Layered filo pastry filled with chopped nuts and sweetened with syrup.*

### **Cheesecake & Ice Cream | V** 10.50

*Cheesecake with EITHER strawberry or vanilla ice cream. Served with fruit and strawberry coulis.*

### **Greek Yoghurt | V, GF** 9.50

*Greek yoghurt served with honey and mixed nuts.*

### **Ice Cream (3 Scoops)** 5.50

*Strawberry or vanilla*

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## WHITE WINES

B/Bottle L/250ml S/175ml

<b>Apelia Greek Dry White</b>	B29.95	L 10.95	S 8.95
<b>Makedonikos Greek Medium Dry White</b>	B 31.95	L 11.95	S 9.95
<b>Pinot Grigio, Terre Passeri, Italy</b>	B 33.00	L 13.00	S 10.50
<b>Sauvignon Blanc, Mont Auriol, Languedoc, France</b>	B 40.00	L 14.50	S 11.50
<b>Gavi Di Gavi Tenuta San Giacomo, Italy</b>	B 55.00		
<b>Retsina Dry White Traditional Greek Wine (500ml)</b>	B 21.50		

## SPARKLING

B/Bottle L/150ml

<b>Prosecco Brut Millesimato Villa Folini, Italy, 2022</b>	B 37.00	S 14.00
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## RED WINES

B/Bottle L/250ml S/175ml

<b>Apelia Greek Dry Red</b>	B29.95	L 10.95	S 8.95
<b>Makedonikos Greek Medium Dry Red</b>	B 31.95	L 11.95	S 9.95
<b>Merlot Mont Auriol, Languedoc, France</b>	B 40.00	L 15.50	S 12.50
<b>Malbec Festivo Bodega Montevejo, Mendoza, Argentina</b>	B 45.00	L 17.00	S 14.00
<b>Montepulciano D'Abruzzo MONTE Tessa, Abruzzo, Italy</b>	B 34.95	L 13.95	S 11.95

## BEERS / CIDER

Mythos (330ml)	5.50
Mythos(500ml)	7.50
Alfa (330ml)	5.50
Magnum Cider (568ml)	7.50
Peroni 0% (330 ml)	5.50

## ROSE WINES

B/Bottle L/250ml S/175ml

<b>Grillons Rose Croix Belle 2023</b>	B45.00	L 15.00	S 12.00
<b>Apelia Greek Rose</b>	B45.00	L 15.00	S 12.00

## APERITIF COCKTAIL

<b>Aperol Spritz</b>	10.50
<i>Prosecco, Aperol &amp; soda</i>	
<b>Hugo</b>	10.50
<i>Prosecco, Elderflower syrup &amp; fresh mint</i>	
<b>Negroni</b>	10.50
<i>Gin, Campari &amp; Red Vermouth</i>	
<b>Mimosa</b>	10.50
<i>Prosecco &amp; fresh orange Juice</i>	
<b>Bellini</b>	10.50
<i>Prosecco, peach pure</i>	

## SPIRITS

	25ml	50ml
Vodka	5.50	8.50
Whiskey	5.50	8.50
Gin	5.50	8.50
Tequila	5.50	8.50
Rum	5.50	8.50

## SHOTS FIESTA

Uzo	5.50	Raki	5.50
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## SOFT DRINKS

Apple Juice 3.95  
Orange Juice 3.95  
Cranberry Juice 3.95  
Ginger Beer 3.95  
Coca Cola 3.95  
Diet Cola 3.95  
Coca Cola 0 3.95  
Fanta 3.95  
Schweppes (Lemonade, Soda,  
Tonic, Slim Line Tonic, Elderflower) 3.50  
Still or Sparkling Water (330ml) 3.75  
Still or Sparkling Water (750ml) 5.85  
Fresh Orange Juice 5.95

## COFFEE

Espresso 3.00  
Macchiato 3.10  
Americano 3.30  
Flat White 3.60  
Cappuccino 3.60  
Latte 3.60  
Hot Chocolate 4.20

## COLD COFFEE

Nescaffe Frappe (Coffee  
Iced Latte) 4.50  
Fredo Espresso 4.50

## TEA

Fresh Mint 3.50  
Peppermint 3.20  
Camomile 3.20  
Lemon & Ginger 3.20  
English Breakfast 3.20  
Earl Grey 3.20

## SMOOTHIES

**Avo Go Go 6.50**  
Avocado, broccoli, spinach, mango,  
coconut, ginger, apple juice and lime.

**Detox Zing 6.50**  
Ginger, courgette, banana, carrot,  
apple juice and blueberry.

**Berry-Licious 6.50**  
Blackberries, raspberries, apple juice  
and strawberries.



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