

DIPS & SALADS

Trio Of Dips \$17
Hummus, Baba, Labneh

Quinoa Tabouli Salad \$15
Parsley, tomato, shallots, quinoa tossed with lemon juice & extra virgin olive oil

Tabouli Grilled Chicken Salad \$19.5
Tabouli quinoa salad with Tarboosh marinated grilled chicken breast

Fattoush \$15
Lettuce, cabbage, tomato, cucumber, radish, shallots, capsicum, fresh mint, parsley, pomegranate glaze with lemon dressing & crispy bread

Fattoush Grilled Chicken \$19.5
Fattoush salad served with Tarboosh marinated grilled chicken breast

MEZZA (small plates)

Cauliflower \$14
Lightly fried cauliflower with tahini

Falafel (4 pcs) \$14
Chickpea croquettes mixed with special herbs & spices with tahini

Batata Coriander \$14
Golden crispy potato cubes tossed with lemon, chilli & coriander

Grilled halloumi \$15
Served with tomato, cucumber, extra virgin olive oil & pomegranate sauce

Garlic Prawns \$18
Grilled prawns in tomato, garlic & coriander salsa

Assorted Pastries \$20
Fried kebbe, ladies finger, spinach triangle, falafel, meat sambousek

Kebbe Neye \$18
Premium grade raw lean minced lamb with fresh ground wheat, special herbs & spices served with spanish onion, fresh mint & extra virgin olive oil

Soujuk \$17
Dry spicy pan fried sausage cooked with Tarboosh relish

MIXED PLATES

Kafta \$24
2 minced meat onion parsley skewers served with falafel, hummus, baba, tabouli & bread

Grilled Chicken \$24
2 marinated BBQ chicken breast skewers served with falafel, hummus, garlic dip, tabouli & bread

Lemon Garlic Chicken \$25
Grilled chicken breast tossed in garlic lemon sauce served with falafel, hummus, baba ghannouj, tabouli & bread
Option – Chilli Lemon Garlic

Chicken Shawarma \$24
Grilled chicken shawarma served with falafel, hummus, garlic dip, tabouli & bread

Lamb Shawarma \$25
Grilled lamb shawarma served with falafel, hummus, garlic dip, tabouli & bread

Vegetarian Mix \$22
Spinach triangle, falafel, cauliflower, hummus, garlic dip, tabouli & bread

Grilled Barramundi \$28
Served w/ chips and fattoush salad

SIDES

Hummus \$8
Chickpea blended with tahini & lemon

Baba Ghannouj \$8
Smoked chargrilled eggplant blended with tahini & lemon

Labneh \$8
Fresh homemade yoghurt with dried mint & fresh garlic

Garlic \$8
Blended garlic with olive oil

Basmati Rice \$7

Rice with Spicy Minced Meat \$8

Seasoned Chips \$9

Mixed Pickles \$10

Bread Basket \$3

WRAPS COMBO

Served w/ Chips or Salad and a can of soft drink \$22
(\$2 extra for modifications)

Housemade Falafel
with tomato, cucumber, mint, pickles, parsley, tahini

Zaatar Halloumi
Grilled halloumi, lettuce, tomato, cucumber, mint, zaatar, pomegranate sauce

Cauliflower
Fried cauliflower, lettuce, tomato, cucumber, parsley, pickles, tahini

Kafta
Grilled spiced lamb mince skewer with lettuce, tomato, parsley, pickles, garlic

Chicken Shawarma
BBQ'd chicken strips in special Tarboosh marinade with lettuce, tomato, pickles & garlic sauce

Lamb Shawarma
BBQ'd lamb strips in special Tarboosh marinade, lettuce, tomato, pickles, grilled onion, tahini sauce

Chicken Skewer
BBQ chicken breast cubes marinated with special Tarboosh herbs/spices with lettuce, tomato, pickles & garlic sauce



Lamb Shawarma

BANQUETS (min 2 ppl)

Yalla Bena \$55pp

Cold Mezza – hummus, baba ghannouj, fattoush, tabouli

Hot Mezza – falafel

Main – Skewers (kafta, chicken, lamb)

Vegetarian Banquet \$50pp

Cold Mezza – hummus, baba ghannouj, labneh, fattoush, tabouli

Hot Mezza – spinach triangles, falafel, batata coriander

Main – mujadara OR maghmour tagine

Dessert – Lebanese sweets

Tarboosh Banquet \$60pp

Cold Mezza – hummus, baba ghannouj, labneh, fattoush, tabouli

Hot Mezza – ladies fingers, falafel, fried kebbe, batata coriander

Main – Skewers (kafta, chicken, lamb)

Dessert – Lebanese sweets

KIDS

Fish cocktail with chips \$15

Chicken nuggets with chips \$15

Chicken skewer with chips \$15

Kafta skewer with chips \$15



Fattoush



TARBOOSH

LEBANESE KITCHEN

Lunch Menu

FULLY LICENSED

BYO Sunday – Thursday Only | Corkage - \$5 per person

Surcharge of 10% applies on Sundays & Public Holidays



ENQUIRE ABOUT TARBOOSH CATERING

55 Alexander St, Crows Nest NSW 2065 | Ph: 02 8970 1521
Shop 6, 93-95 North Steyne, Manly NSW 2095 | Ph: 02 9185 0999
www.tarboosh.com.au

DIPS

Hummus (GF, V) Chickpea, olive oil	\$14
Baba Ghannouj (GF, Veg) Eggplant, olive oil	\$14
Labneh (GF, Veg) w/ olive oil, fresh mint, zaatar	\$14
Garlic (GF, Veg) Blended garlic w/ olive oil	\$14
Chilli Dukkah Garlic (GF, Veg) Blended garlic w/ special Tarboosh herbs & spices	\$15
Trio Of Dips Hummus, Baba, Labneh	\$22
Loaded Hummus with Cauliflower	\$18
with Toasted Pine Nuts	\$18
with Kafta Balls	\$20
with Minced Meat	\$19

SALADS

Tabouli w/ Quinoa (GF, V) Parsley, tomato, shallots, quinoa tossed with lemon juice & extra virgin olive oil	\$17
Fattoush (V) Lettuce, cabbage, tomato, cucumber, radish, shallots, capsicum, fresh mint, parsley, pomegranate glaze with lemon dressing & crispy bread	\$17
Garden Salad (GF, Veg) Mixed lettuce, tomato, cucumber & onion dressed with lemon olive oil	\$16

MEZZA (starters)

Cauliflower (GF, V) Lightly fried cauliflower with tahini	\$16
Falafel (6 pcs) (GF, V) Chickpea croquettes mixed with special herbs & spices with tahini	\$16
Batata Coriander (GF, V) Golden crispy potato cubes tossed with lemon, chilli & coriander	\$15
Fried Kebbe (4 pieces) (D) Deep fried wheat croquette filled with spiced minced meat	\$17

MEZZA (continued)

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	\$15
Spinach Triangles (4 pcs) (Veg) Homemade pastry filled with spinach, onion & spices	\$17
Vegetarian Vine Leaves (4 pcs) (D, V) Traditional vine leaves stuffed with rice, tomato, red capsicum, pomegranate sauce & select herbs & spices	\$17
Assorted Pastries Fried kebbe, ladies finger, spinach triangle, falafel, meat sambousek	\$21
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	\$18
Lubye (GF, V) Green beans sautéed with fresh tomato, onion & garlic	\$15
Eggplant (GF, V) Lightly fried eggplant served with special Tarboosh youghurt	\$14
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	\$21
Garlic Prawns Grilled prawns in tomato, garlic & coriander salsa	\$19
Kafta Meat Balls (D) Our famous Kafta sautéed with special Tarboosh relish	\$18
Soujuk (D) Dry spicy pan fried sausage cooked with Tarboosh relish	\$17

MAINS

Chicken Lemon Garlic (GF, D) Grilled chicken breast tossed in our special garlic lemon sauce & fresh herbs	\$28
Chilli Chicken Lemon Garlic (GF, D) Our signature lemon garlic chicken with a touch of special Tarboosh mild chilli	\$29
Chicken Shawarma (GF) Grilled shredded chicken thigh fillets served with parsley, onion & garlic	\$27
Lamb Shawarma (GF) Grilled shredded lamb served with parsley, onion & tahini sauce	\$29
Shishtawook (GF) Marinated BBQ chicken breast wiith parsley, onion & garlic dip	\$27
Mansaf Chicken (GF) Rice cooked with lamb minced meat, topped with chicken strips, roasted mixed nuts & yoghurt	\$29
Mansaf Lamb (GF) Rice cooked with lamb minced meat, topped with lamb strips, roasted mixed nuts & yoghurt	\$30
Kafta (GF) Spiced minced meat w/ parsley, onion & garlic dip	\$29
Laham Mishwee (GF) Marinated cubed lamb served with parsley, onion & garlic dip	\$31
Mixed Grill (GF) Marinated BBQ chicken breast skewer, lamb skewer & premium kafta skewer (mixed with parsley, herbs & onion)	\$30
Beirut Samka Hara (GF, D) Grilled wild barramundi fillet topped with spicy tahini sauce, roasted mixed nuts & basmati rice	\$31
Garlic Prawns with Rice (GF, D) Sauteed in a pan with special Tarboosh relish served with basmati rice	\$31

VEGETARIAN MAINS

Mujadara (GF, V) Cooked rice, lentils & caramelised onion served with side of fresh yoghurt	\$25
Lubye W/ Rice (GF, V) Green beans sautéed w/ fresh tomato, onion & garlic served w/ basmati rice	\$25
Maghmour Tagine (GF, V) Eggplant, chickpea, cooked in garlic, onion & capsicum spiced tomato sauce served with basmati rice	\$27

BANQUETS (min 2 ppl)

Yalla Bena Cold Mezza – hummus, baba ghannouj, fattoush, tabouli	\$55pp
Hot Mezza – falafel	
Main – Skewers (kafta, chicken, lamb)	
Vegetarian Banquet Cold Mezza – hummus, baba ghannouj, labneh, fattoush, tabouli	\$50pp
Hot Mezza – spinach triangles, falafel, batata coriander	
Main – mujadara OR maghmour tagine	
Dessert – Lebanese sweets	
Tarboosh Banquet Cold Mezza – hummus, baba ghannouj, labneh, fattoush, tabouli	\$60pp
Hot Mezza – ladies fingers, falafel, fried kebbe, batata coriander	
Main – Skewers (kafta, chicken, lamb)	
Dessert – Lebanese sweets	

KIDS

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

EXTRAS

Bread	\$3
Basmati Rice	\$7
Rice with Spiced Minced Lamb	\$8
Chips	\$9
Mixed Pickles	\$10





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