opuz KITCHEN

FANCY SOMETHING DIFFERENT?
Please view our A La Carte Menu for alternative and larger options

— STARTERS £4 —

COLD

MIXED OLIVES VE
Marinated with herbs

HUMMUS VE
Chickpeas, tahini and a hint of garlic, olive oil and sumac

BEETROOT TARATOR V
Roasted beetroot, creamy yoghurt and a hint of garlic with olive oil

SHAKSHUKA VE
Cooked aubergine diced with tomato, mixed peppers, onions and basil

CACIK V
Diced cucumber in creamy yoghurt with a hint of garlic and fresh dill, drizzled with olive oil and dried mint

BABAGANOUSH V
Smoked aubergine puree, garlic, yoghurt and tahini topped with olive oil

HOT

MOZZARELLA STICKS V
Mozzarella coated in golden bread-crumbs served with sweet chilli dip

BOREK V
Cigar shaped crispy filo pastry filled with feta, halloumi, spinach and fresh herbs, served with sweet chilli dip

HALLOUMI V
Fried Cypriot halloumi cheese

MUSHROOM & HALLOUMI V
Sautéed mushroom and halloumi with garlic and spices

CALAMARI
Marinated Fresh Squid, Served With Homemade Tartar Sauce

FALAFEL VE
Chickpeas, broad beans, coriander, parsley, hummus, sesame seeds, garlic and fresh herbs

COOKED ON FLAMES

CHICKEN SHISH
Marinated cubes of chicken breast, served with rice and salad

SPICY CHICKEN SKEWER
Spicy prime chicken kofta, finely minced and mixed with peppers, garlic, chillies and fresh herbs, served with rice and salad

MEDITERRANEAN WINGS
Chicken wings seasoned with a blend of spices, served with rice and salad

SPICY LAMB SKEWER
Spicy prime lamb kofta, finely minced and mixed with peppers, chillies and fresh herbs, served with rice and salad

LAMB SHISH
Prime cuts of marinated lamb, served with rice and salad

MIXED SHISH
Marinated cubes of chicken and lamb shish, served with rice and salad

BURGERS

FALAFEL BURGER V
Fresh falafel patty, lettuce, mayonnaise pickle, mature cheddar and in a broche bun, served with side of crispy golden chips

THE CHICKEN BURGER
Grilled chicken breast finished with our house seasoning. Gem lettuce, cornishon pickle and mayonnaise in a glazed brioche bun, served with side of crispy golden chips

WAGYU BURGER
British wagyu beef patty with fresh tomato, red onion, lettuce, mature cheddar and in a broche bun, served with side of crispy golden chips

FISH

SEA BASS FILLETS
One sea bass fillet served with salad, mashed potato and Béarnaise sauce

SALMON FILLET
Served with salad, mashed potato and Béarnaise sauce

SEAFOOD SAUTÉ *- Spicy hot option available*
Tuna, salmon, sword fish, octopus, prawns sauteed with peppers, onions and fresh tomato sauce, served with rice

— MAINS £11.9 —

FAVOURITES

LAMB SAUTÉ
Diced lamb with mushrooms, onions, peppers and fresh tomato sauce, served with rice – *Spicy hot option available*

CHICKEN SAUTÉ
Diced chicken with mushrooms, onions, peppers and fresh tomato sauce, served with rice – *Spicy hot option available*

VEGETABLE SAUTÉ V or VE optional
Sautéed asparagus, mushrooms, courgette, onions peppers and aubergine in tomato sauce and garlic butter served with bulgur - *Spicy hot option available*

CRÈME CHICKEN
Chicken fillet in a light creamy mushroom sauce with cherry tomatoes, asparagus and spinach, served with rice

SALAD

MEDITERRANEAN CHICKEN SALAD
Mix mediterranean salad leaves, thyme flavoured grilled chicken breast with garlic salad sauce

BUFFALO MOZZARELLA SALAD V
Fresh buffalo mozzarella, mix mediterranean salad leaves, wild rocket, cherry vine tomatoes with olive oil and balsamic dressing

VEGETARIAN / VEGAN

VEGETABLE MOUSAKKA V
Layers of aubergine, potatoes, carrots, courgette, peas, chick peas, topped with a bechamel sauce, house tomato sauce and melted cheese. Served with bulgur

FALAFEL VE
Chickpeas, broad beans, coriander, parsley, sesame seeds, garlic and fresh herbs, served with hummus and salad

PASTA

PENNE ARABIATTA V
Penne pasta cooked with our authentic tomato sauce, fresh chillies and parsley, topped with parmigiano

SEAFOOD LINGUINE
A traditional pasta dish with mussels, tuna, swordfish, prawns and salmon, topped with parmigiano

CHICKEN ALFREDO
Creamy pasta mixed with chicken, sautéed mushrooms, asparagus and cherry tomatoes, topped with parmigiano

SPAGHETTI BOLOGNESE
Spaghetti, prepared with homemade tomato sauce, seasoned ground beef, topped with parmigiano

RISOTTO

WILD MUSHROOM RISSOTTO V
Wild mushrooms topped with parmigiano

SEAFOOD RISOTTO
Mixed seafood topped with parmigiano

CHICKEN RISOTTO
Chicken fillet pieces and fresh herbs topped with parmigiano

— SIDES £2.9 —

BULGUR WHEAT VE
Classic Turkish wheat rice (contains gluten)

RICE V
Plain white basmati rice

MIXED SALAD VE
Lettuce, grated carrot, red cabbage, rocket and pomegranated dressing

CHIPS VE
Topped with sea salt

TENDERS BROCCOLI V
Fresh broccoli sauteed in garlic butter and sea salt

Please always inform your server of any allergies or intolerances before placing your order. Always Ask staff about allergens before tasting dishes you have not ordered. Not all ingredients are listed on the menu and we cannot guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request, however we are unable to provide information on other allergens. Prices includes 20% vat. A discretionary optional gratuity of 12.5% will be added to your bill.

opuz
KITCHEN

lunch menu

HEMEL HEMPSTEAD