

MEAL DEAL
manoushe + 5€ =
free drink & side

SOUP

BOWL OF RED LENTIL SOUP (VEGAN) 6.50

Red lentil soup with coconut milk.
Served with zaatar-roasted bread or
gluten-free crackers. Ask for a taster!

SIDES

CUP OF RED LENTIL SOUP (VEGAN) 3.50

Ask for a taster!

HUMMUS (VEGAN) 4

Homemade with lemon, garlic and tahini.
Served with zaatar-roasted bread or gluten-
free crackers.

LABNEH (VEGETARIAN) 4

Homemade yogurt-based cheese. Served with
zaatar-roasted bread or gluten-free crackers.

FATTOUSH SALAD (VEGAN) 4

Mixed colourful salad with grenadine-sumac
dressing and a sprinkle of zaatar-roasted
bread (or without, for our gluten-free friends).

MANOUSHE

Customize your flatbread by having your favourite toppings on one of our homemade doughs:

○ white ○ whole wheat ○ whole wheat sourdough: leavened with our homegrown natural yeast and fermented for a minimum of 36 hours +0.50€

VEGETARIAN

ZAATAR AND HALLOUMI 7.75

Zaatar (mix of dried wild thyme, sumac
and toasted sesame seeds), cheese, fresh
mint, tomatoes and cucumbers.

ZAATAR AND LABNEH 8.50

Zaatar (mix of dried wild thyme, sumac
and toasted sesame seeds), labneh
(homemade yogurt-based cheese),
fresh mint, tomatoes and cucumbers.

AUBERGINE AND LABNEH 8.50

Roasted aubergine with caramelized
onions & cinnamon, labneh (homemade
yogurt-based cheese), fattoush salad
and cranberries.

FATTOUSH AND LABNEH 7.75

Fattoush salad, labneh (homemade
yogurt-based cheese) and sumac
grenadine dressing, sprinkled with
zaatar-roasted bread.

CHEESE 6.50

Cheese, fresh mint, tomatoes and cucumbers.

MEAT

BEEF AND LABNEH 9.50

Lebanese-spiced minced beef with pine
nuts, labneh (homemade yogurt-based
cheese), fresh mint and tomatoes.

BEEF AND HUMMUS 9.50

Lebanese-spiced minced beef with pine
nuts, hummus, fresh mint and tomatoes.

CHICKEN AND HUMMUS 9.50

Lemon paprika chicken with toasted
almonds, hummus, fattoush salad &
grenadine sumac dressing.

CHICKEN AND LABNEH 9.50

Lemon paprika chicken with toasted
almonds, labneh (homemade yogurt-
based cheese), fattoush salad &
grenadine sumac dressing.

LAMB AND TARATOR 9.50

Lamb/beef mince with pistachios,
almonds, pine nuts & raisins, tarator
(tahini dip) and fattoush salad.

VEGAN

SPINACH AND SWEET POTATOES 8.50

Lemon-sauteed spinach with chickpeas,
hummus, zaatar-roasted sweet potatoes
and cranberries.

AUBERGINE AND TARATOR 8.50

Roasted aubergine with caramelized
onions & cinnamon, tarator (tahini dip),
fattoush salad and cranberries.

ZAATAR AND HUMMUS 8.50

Zaatar (mix of dried wild thyme, sumac
and toasted sesame seeds), hummus,
fresh mint, tomatoes and cucumbers.

FATTOUSH HUMMUS 7.75

Fattoush salad, hummus, sumac
grenadine dressing topped with zaatar-
roasted bread.

PLEASE INFORM OUR STAFF
OF ANY FOOD ALLERGIES
PLEASE ORDER AT THE COUNTER!

We recommend enjoying our manoushes as they are, however, if you feel like adding a topping, you can add: zaatar +1.50€; fattoush +2€; sweet potatoes +2€; halloumi +2.25€; hummus +2.50€; labneh +2.50€; aubergines +2.50€; spinach +2.50€; beef +3€; chicken +3€; lamb/beef mince +3€ and for an extra portion of crunchy bread/gluten-free crackers +1.50€.

GLUTEN-FREE BOWLS

BEEF AND LABNEH BOWL	12.50
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Bowl of Lebanese-spiced minced beef with pine nuts on a bed of labneh (homemade yogurt-based cheese) served with a side of fattoush salad & gluten-free crackers.

BEEF AND HUMMUS BOWL	12.50
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Bowl of Lebanese-spiced minced beef with pine nuts on a bed of hummus served with a side of fattoush salad & gluten free crackers.

CHICKEN AND HUMMUS BOWL	12.50
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Bowl of lemon paprika chicken with toasted almonds on a bed of hummus served with a side of fattoush salad & gluten-free crackers.

CHICKEN AND LABNEH BOWL	12.50
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Bowl of lemon paprika chicken with toasted almonds on a bed of labneh (homemade yogurt-based cheese) served with a side of fattoush salad & gluten-free crackers.

LAMB AND TARATOR BOWL	12.50
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Bowl of Lebanese-spiced lamb/beef mince with pistachios, almonds, pine nuts & raisins on a bed of tarator (tahini dip) served with a side of fattoush salad and gluten-free crackers.

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PLEASE ORDER AT THE COUNTER!

SPINACH AND SWEET POTATOES BOWL	11.50
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Bowl of lemon-sauteed spinach with chickpeas on a bed hummus topped with zaatar-roasted sweet potatoes and cranberries served with a side of fattoush salad & gluten free crackers.

AUBERGINE AND TARATOR BOWL	11.50
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Roasted aubergine with caramelized onions & cinnamon on a bed of tarator (tahini dip) topped with cranberries with a side of fattoush salad and gluten-free crackers.

AUBERGINE AND LABNEH BOWL	11.50
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Roasted aubergine with caramelized onions & cinnamon on a bed of labneh (homemade yogurt-based cheese) topped with cranberries with a side of fattoush salad & gluten-free crackers.

DESSERTS

HALAWA PIECES (VEGAN)	3.75
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Sweet sesame paste with pistachios.

HALAWA ICE CREAM (VEGAN)	4
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Homemade ice cream with halawa (sweet sesame paste) and pistachios.

BEER

BEIRUT BEER	3.20
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A premium Lebanese pilsner beer - Bottle 0,33 cl.

HOT DRINKS

FRESH MINT TEA	2.75
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YENSOUN	2.75
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Lebanese anise seed tea.

COLD DRINKS

HIBISCUS LEMONADE	2.75
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Homemade lemonade with hibiscus, grenadine and rosewater.

GINGER LEMONADE	2.75
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Homemade lemonade with ginger, lemon and mint.

SOFT DRINKS	2.50
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Coke (Regular, Light, Zero), Fanta, 7up, Water (sparkling or still).

DATE BALL (VEGAN)	2
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Date paste, cocoa and grated coconut coated with sesame seeds or coconut.



MENU

EAT IN OR TAKEAWAY

Haarlemmerstraat 54,
1013ES Amsterdam
020 612 73 24

Wijde Heisteeg 1,
1016AS Amsterdam
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AVAILABLE ON UBEREATS