

MANOUSHEH

Customize your flatbread by choosing one of the following dough options:

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

VEGETARIAN

ZAATAR & HALLOUMI 9.75

Zaatar, cheese, fresh mint, tomatoes & cucumbers.

ZAATAR & LABNEH 8.50

Zaatar, labneh, fresh mint, tomatoes & cucumbers.
olive oil.

AUBERGINE & LABNEH 10.50

Roasted aubergines with lentils, caramelized onions & cinnamon, labneh, fattoush salad & cranberries.

FATTOUSH & LABNEH 7.75

Fattoush salad, labneh, pomegranate-sumac dressing & a sprinkle of zaatar-roasted bread.

SOUP

CUP OF LENTIL SOUP (VEGAN) 4.75

Red lentil soup with coconut milk. Ask for a taster!

BOWL OF LENTIL SOUP (VEGAN) 8.50

Red lentil soup with coconut milk served with zaatar-roasted bread or gluten-free crackers.

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

MEAT

BEEF & LABNEH OR HUMMUS 11

Lebanese-spiced minced beef with pomegranate molasses, pine nuts, your choice of labneh or hummus, fresh mint & tomatoes.

CHICKEN & LABNEH OR HUMMUS 11.50

Lemon paprika chicken with toasted almonds, your choice of labneh or hummus, fattoush salad & pomegranate -sumac dressing.

LAMB & TARATOR 11.50

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

SIDES

HUMMUS (VEGAN) 4.95

Homemade with lemon, garlic & tahini served with zaatar-roasted bread or gluten-free crackers.

LABNEH (VEGETARIAN) 4.95

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

VEGAN

SPINACH & SWEET POTATOES 9.95

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

CAULIFLOWER & TARATOR 8.50

Roasted cauliflower with pomegranate molasses & sumac, fattoush salad, tarator (tahini dip), a sprinkle of zaatar-roasted bread & cranberries.

ZAATAR & HUMMUS 8.50

Zaatar, hummus, fresh mint, tomatoes & cucumber & olive oil.

FATTOUSH & HUMMUS 7.75

Fattoush salad, hummus, pomegranate-sumac dressing & a sprinkle of zaatar-roasted bread.

ZAATAR & HONEY CASHEWS 4.95

Oven roasted cashews with zaatar & honey.

ZAATAR & HONEY PECANS 5.95

Oven roasted pecans with zaatar & honey.

DRINKS

HIBISCUS LEMONADE 3.25

Homemade with grenadine syrup & rosewater.

GINGER LEMONADE 3.25

Homemade with grenadine syrup & rosewater.

WATER 2.90

Still or sparkling. 33cl

MINT OR YENSOUN TEA 3.25

Fresh mint or lebanese anise seed tea.

COCA COLA 2.90

Regular or zero. 33cl

LEBANESE BEER 3.95

Almaza, a premium pilsner. 33cl

SWEET TREATS

LABNEH, SUMAC & OLIVE OIL CAKE 3

Moist & fluffy cake made with olive oil, labneh sumac & topped with a lemon glaze.

CHOCOLATE LOG (VEGAN) 3.95

Homemade dark chocolate & cookie roll.

TAHINI CAROB BROWNIES 3.95

Fudgy homemade brownies with walnuts drizzled with our tahini & carob molasses.

PUMPKIN IN SYRUP ON LABNEH 5.50

Pumpkin in a light syrup on a bed of labneh.

We recommend enjoying our manoushes as they are, however, if you feel like adding a topping, you can add: zaatar +2.25€; fattoush +2.25€; sweet potatoes +2.25€; halloumi +4.25€; hummus +3.25€; labneh +3.25€; aubergines +4.50€; spinach +4.25€; cauliflower +4.25€; beef +5 €; chicken +5€; lamb/beef mince +5.75€; and for an extra portion of crunchy bread/gluten-free crackers +2€.

OUR STORY

From foodtruck to restaurant.
Check out our milestones below.
To be continued...



PANTRY PRODUCTS

We sourced the most flavourful ingredients we could find in Lebanon and packed them up for you to enjoy in the comfort of your own kitchen. Our pantry products all come from Fairtrade farming cooperatives and pass our discerning standards for texture and taste. Pick up a jar (or few) and get creative with your home cooking.

- ZAATAR** 7.95
Lebanese spice mix made of wild thyme, sumac, roasted sesame seeds & salt.
- SUMAC** 5.85
100% pure ground sumac berries.
- TAHINI** 9.65
100% pure sesame seed paste.
- PICKLED WILD CUCUMBER** 8.50
Salty, sour crunchy pickles.
- FIG JAM** 6.85
Lebanese figs & sesame.
- PUMPKIN IN SYRUP** 6.85
Pumpkin in a lightly sweet syrup.
- CAROB MOLASSES** 8.85
100% pure carob molasses.



MENU

EAT IN/TAKEAWAY/CATERING

Haarlemmerstraat 54,
1013ES Amsterdam
020 612 73 24

Wijde Heisteeg 1,
1016AS Amsterdam
020 737 33 86

Utrechtsestraat 69,
1017VJ Amsterdam
020 737 18 14

info@thesajeria.com
www.thesajeria.com
IG: @thelebanesesajeria

AVAILABLE ON UBEREATS OR
CLICK & COLLECT VIA OUR WEBSITE

