

Starters & Dips

Dips are served with crudités, grissini & home-made flat bread. They are all vegetarian.

Soup of the day Served with bread - Check our blackboard	110K
Baba ghanouj Open fire roasted eggplant with tahini & cumin dip	80K
Hummus - Chickpea & tahini dip	75K
Tzatziki - Cucumber, mint and yoghurt dip	60K
Muhammara - Red pepper and walnut dip	90K
Selection of 3 dips Tzatziki and a choice of 2 of your favourites	160K
Mini Mezze - Falafel, hummus, olives and Mediterranean salads	175K
Mini kebabs - Mix of mini chicken and beef kebabs with Tzatziki	225K
Mixed imported cheese and cold cut board Served with baguette and butter	450K

Home-Made Breads

Garlic bread 35K

Pain brioché with butter 35K

Toasted Sourdough with butter 30K

White & brown baguette with butter 25K

Flat bread 20K





Salads

These salads are large enough to be considered light main courses.

Classics with a twist

Marseille - Sautéed chicken with pesto, Parmesan shavings, soft boiled egg & Caesar dressing

230K

Ajaccio - Grilled prawns, Parmesan shavings, soft boiled egg & Caesar dressing

295K

Au Parc's Chef - Roast beef, chicken, cheese crostini & home-roasted tomatoes

270K

Nice Burning - Niçoise salad with smoked sea bass, quail eggs, green beans and potatoes

230K

Santorini - Greek salad with home-roasted tomatoes, Feta & Kalamata olives

230K

The Alhambra - Goat's cheese, beetroot, rocket, walnuts & pomegranate dressing

270K

Originals

Mama's Beef - Cumin & ginger beef, confit garlic, roasted tomatoes, snow peas, watercress & olive lemon dressing

295K

The Blue Mosque - Pearl barley & lentils with grilled eggplant, beetroot, spinach, raisins, goji berries, chickpeas, labneh & pomegranate dressing

245K

Jaffa - Warm coriander chicken with avocado, cashews & creamy dressing

230K

Sea Mango - Salmon & mango on baby spinach & greens with citrus vinaigrette

305K

Nutty Avocado - Grilled prawns, avocado, pomelo & hazelnut salad with citrus dressing

305K

The Pulse - Lentil salad with artichokes, home-roasted tomatoes & Feta cheese

260K

 **Vegetarian salads can be vegan upon request.**

Pasta

Home-made fettuccine with chicken, roast tomatoes, pesto, Parmesan

290K

Seafood spaghetti in rich tomato sauce

295K

Home-made spinach & ricotta lasagna with tomato sauce

280K





MEZZE & ALL-DAY BRUNCH

From Turkish meze and Greek μεζές (mezés) and from Persian مزه (maze, “taste, snack”). This concept of sharing small plates of food (a little like the beautiful mosaic tiles of the Mediterranean) can be traced back to ancient Persia, where it was a common practice among royalty and nobility.

At Au Parc, our mezze is vegetarian (and can be made vegan if needed).

Mezze - Dips, falafel balls, olives & Middle Eastern salads **285K** 🌱
served with crudités and home-made flat bread 🌱

Marcus Aurelius - Lentil and nut veggie burger **220K** 🌱
with grilled eggplant and coriander tahini sauce on a home-made bun

La Medina - Avocado on sourdough toast with home-made plant-based chilli mayo **180K** 🌱

The Pyramids - Avocado on sourdough toast with chilli mayo, poached eggs & feta crumbs **210K** 🌱

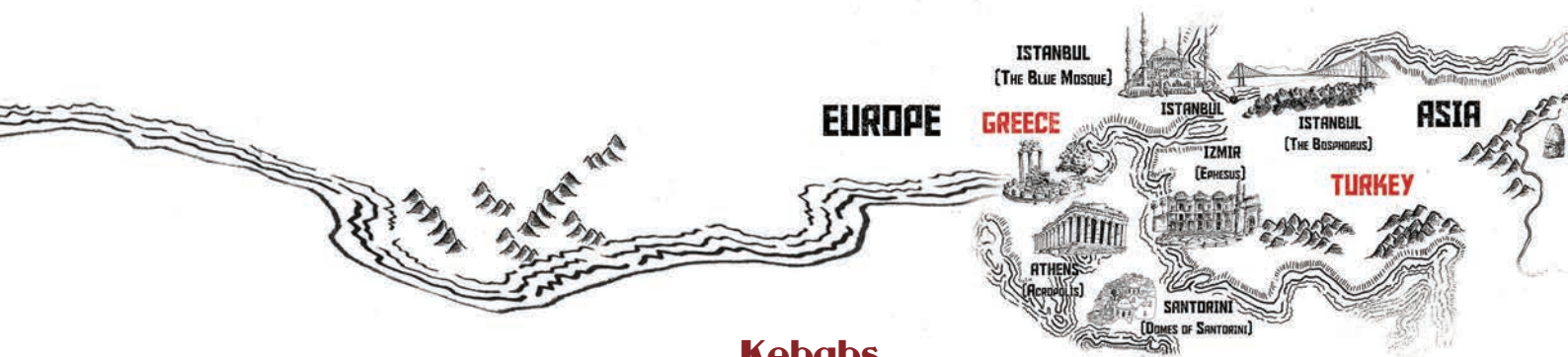
Cyprus - Halloumi, avocado, beetroot & roast pumpkin salad with pomegranate dressing **295K** 🌱

Algiers' Shakshouka - 3 eggs poached in tomatoes, olive oil, peppers **185K** 🌱
and onions with cumin, paprika and harissa served with sourdough

Siwa Oasis' Fatteh - Egyptian “nachos” **225K** 🌱
Layers of chickpeas topped with baked pita bread “chips”, warm spiced yogurt with tahini, fried pine nuts, goji berries, parsley and pomegranate molasses

Granada - Pulled pork, bacon, muhammara and grilled eggplant on a large slice of sourdough **225K**

The Carlton's Eggs Royale - Smoked salmon eggs Benedict on a home-made bun **225K**



Kebabs

The following Kebabs (skewers) are served with salad, home-made fries, flat bread and **zhug**.

Ephesus - Chicken kebabs in garlic and parsley marinade **275K**

Cappadocia - Beef kebabs in **sumac** and ginger marinade **390K**

The Kasbah - Beef kofta with baba ghanouj **295K**

Petra - Home-made citrus tofu with **za'atar** **180K** 🌱

Although originally from Yemen, **zhug** is a coriander, parsley and green chilli “pesto” used in the West Asian part of the Mediterranean. It tastes fresh, spicy and tangy.

Sumac is a spice with floral citrusy notes, made from coarsely ground berries. It is a staple of Middle Eastern and Mediterranean cuisines.

Za'atar is both a herb and a spice mixture that includes toasted sesame seeds and dried sumac. Traditionally, housewives throughout the Mediterranean and the Arabian Peninsula made their own za'atar, each with their own secret recipe. Our za'atar is prepared by a Syrian family living in Amsterdam!



MAIN COURSES

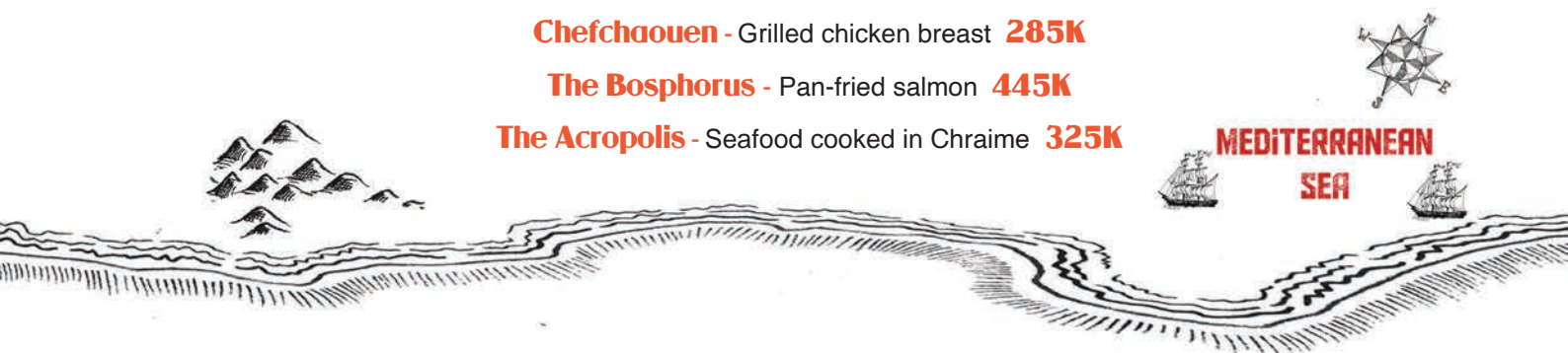
***Chraime** is a spicy, fragrant tomato stew with its origins in North Africa. It is also very popular in the Asian part of the Mediterranean.*
***Mujadara** is an ancient rice and lentil dish (pilaf) from the Middle East. Ours is flavoured with sultanas and cumin and topped with crispy fried onions and **Labneh**, a thick, creamy home-made strained yoghurt.*

The following dishes are served with **Chraime** sauce, **Mujadara** rice and lentil pilaf and topped with **labneh**.

Chefchaouen - Grilled chicken breast **285K**

The Bosphorus - Pan-fried salmon **445K**

The Acropolis - Seafood cooked in Chraime **325K**



***Cauliflower** is a superfood. Superfoods are foods that have an exceptionally high-nutrient content and are very beneficial to the body. It is rich in vitamin C, vitamin B6, vitamin K, potassium, magnesium and fiber. It is also very low in carbs!*
***Walnuts** are full of essential nutrients, they are rich in antioxidants and are a fantastic plant source of omega-3s. Studies show that they may reduce risk of some cancers.*

The following dishes are served with **cauliflower** purée and **walnut-caper-parsley** salsa.

Al Aqsa - Baked cauliflower steak **265K** 🌿

Barcelona - Sea bass filet with crispy skin **305K**

Side Orders

Baby potatoes sautéed in olive oil, sweet onion & rosemary **65K**

French fries **69K** - Sweet potato fries **69K**

Mejadara - lentil and rice pilaf with sultanas & fried onions **69K**

Labneh - thick, creamy home-made strained yoghurt **55K**

Green salad with home-made vinaigrette **55K**

Home-Made Breads

Garlic bread **35K** - Pain brioché with butter **35K**

Toasted sourdough with butter **30K** - White & brown baguette with butter **25K**

Flat bread **20K**



Sandwiches

All our bread is home-made.

French fries 69K - Sweet potato fries 69K

Challah Melt - Tuna salad & melted Swiss cheese on brioché bread **215K**

Istanbul - Smoked salmon with garlic & herb labneh and tomatoes on bagel **210K**

Jerusalem - Roast chicken with Swiss cheese, avocado spread & salad on whole-wheat **185K**

Athens - Chicken kebab wrap with salad & tzatziki **185K**

Apollo - Roast beef, Parmesan shavings & rocket with paprika aioli on whole-wheat **225K**

The Treasury - BBQ sumac and ginger beef kebab wrap with parsley and tahini **295K**

La Sagrada Familia - Pulled pork wrap with home-made chilli mayo and crunchy vegetable slaw **195K**

Valencia - Bacon, melted Camembert cheese, rocket & a touch of mustard on bagel **225K**

Napoli - Pressed baguette with Mozzarella, artichokes, roasted peppers & basil **220K** 🌿

Sergius - Avocado, grilled eggplant & muhammara on sourdough **180K** 🌿

Cleopatra - Falafel wrap with tahini & salad **180K** 🌿

Dessert

Turkish yoghurt with dried fruit and passion fruit coulis **95K**

Home-made ice-cream - 2 scoops served with our caramel & sesame crisp **90K**

Marou dark chocolate - Tahitian vanilla bean - Dairy free coconut - Robusta coffee

Dark chocolate mousse 105K - Peanut butter & chocolate slice 80K

Brownies served warm with home-made ice-cream (*choose from selection above*) **120K**

Chocolate Nemesis - Flourless chocolate cake with crème Anglaise **120K**

New York cheesecake 140K - Fruit platter 95K

