

LUNCH MENU

Monday to Friday
from 12.00noon - 4.00pm
(Excluding Bank Holidays)

£9.95

MONDAY & TUESDAY NIGHT SPECIAL

3 Course Meal
for 2 People

£25.00

SOFT DRINKS

APPLE JUICE	2.50
ORANGE JUICE	2.50
PINEAPPLE JUICE	2.50
CRANBERRY JUICE	2.50
COKE	2.50
DIET COKE	2.50
7UP	2.50
FANTA	2.50
AYRAN	2.00

KIDS MENU

- CHICKEN BURGER & CHIPS
- CHICKEN SHISH & CHIPS
- CHICKEN WINGS & CHIPS
- LAMB SHISH & CHIPS
- CHICKEN NUGGETS & CHIPS
- GRILLED MEAT BALLS

£4.95

DISHES WITH YOGHURT

All dishes comes with crispy fried bread topped with homemade fresh tomato sauce and layered with the meat dish of your choice finished with yoghurt and butter sauce.

LAMB SHISH WITH YOGHURT	13.95	CHICKEN BEYTI WITH YOGHURT	12.50
Lamb shish with yoghurt		Spicy minced breast of chicken with garlic rolled in tortilla wrap and yoghurt	
CHICKEN SHISH WITH YOGHURT	12.95	LAMB BEYTI WITH YOGHURT	12.50
Chicken shish with yoghurt		Spicy minced of lamb with garlic rolled in tortilla wrap and yoghurt	
ADANA KEBAB WITH YOGHURT	12.95		
Spicy minced lamb with garlic and yoghurt			

VEGETARIAN DISHES

VEGETARIAN KEBAB (V)	10.50	VEGETARIAN MOUSSAKA (V)	10.50
Chargrilled aubergines, green and red peppers, onions, mushrooms, seasoning, basted with olive oil, served with rice & salad		Oven baked aubergine, courgettes, potatoes, onions and peppers topped with bechamel sauce	
FALAFEL (V) (N)	10.50	IMAM BAYILDI (V)	10.50
Lightly fried chick peas, parsley, onion, garlic and coriander pates, served with hummus, rice & salad		Aubergines stuffed with onions, peppers, tomatoes baked in a light tomato sauce served with rice and salad	

FISH DISHES

SALMON GRILL	12.95	JUMBO KING PRAWNS	13.95
Chargrilled fillet of salmon, served with chips and salad		King prawns sauteed with tomatoes, onions, parsley and peppers, served with rice	
CALAMARI	12.50	SEABASS GRILL	13.95
Fried squid rings, served with tartare sauce, chips and salad		Chargrilled whole seabass, served with chips and salad	

SALADS

TURKISH SALAD (V)	6.00	HALLOUMI & CHICKEN SALAD	11.50
Finely diced cucumber, tomato, onion, olives, feta cheese dressed in olive oil & lemon juice		Chargrilled Turkish vegetables salad of warm aubergine, red peppers, grilled halloumi cheese, seasoned mixed leaves, tomato, cucumber. Extra virgin olive oil and pomegranate dressing served with croutons and minty yoghurt topped with chicken	
AVOCADO & SALAD (V)	9.95	HALLOUMI & AVOCADO SALAD (V)	10.50
Chargrilled Turkish vegetables salad of warm aubergine, red peppers, seasoned mixed leaves, tomato, cucumber. Extra virgin olive oil and pomegranate dressing served with croutons and minty yoghurt topped with avocado		Chargrilled Turkish vegetables salad of warm aubergine, red peppers, grilled halloumi cheese, seasoned mixed leaves, tomato, cucumber. Extra virgin olive oil and pomegranate dressing served with croutons and minty yoghurt topped with avocado	
EZME SALATA (V)	6.00		
Finely chopped onions, peppers, tomatoes, parsley drizzled with olive oil & lemon juice			



Please note that any food items can not be substituted or swapped. All prices include VAT.

Please let our staff know of any allergy when your order your food

Service charge will be applied for 10 people or over



SOFRA GRILL & RESTAURANT

Turkish Cuisine

MENU

www.sofragrillrestaurant.com

COLD STARTERS

HUMMUS (V) Crushed chickpeas tahini, garlic and lemon juice	3.95	RUSSIAN SALAD (V) Russian salad with potatoes, peas, mayonnaise egg and gherkins	3.95
TARAMA A light blend of smoked cod roe, olive oil and lemon juice	3.95	KISIR (V) Crushed wheat, celery, tomato sauce, parsley, peppers, mint and herbs	3.95
CACIK (V) Cucumber dip with creamy yoghurt, garlic and olive oil	3.95	PRAWN COCKTAIL Prawns covered with our own delicious seafood sauce, served on a bed of fresh lettuce	5.50
AUBERGINE SALAD (V) Pureed aubergine with mix peppers, prepared with lemon juice, olive and garlic	3.95	AVOCADO & PRAWNS Prawns on avocado covered with our special seafood sauce	5.95
TABOULEH (V) A mixture of spring onion and parsley, cracked wheat, tomatoes and lemon juice	3.95	OLIVES (V)	3.95
ALI NAZIK (V) Grilled puréed aubergine with lemon juice, olive oil, yoghurt and garlic	3.95	COLD MEZE PLATE (for 2 Person) Tabouleh, humus, cacik, saksuka & kisir	7.95
SAKSUKA (V) Aubergine, mixed peppers, garlic and onion, stewed in a rich tomato sauce	3.95	COLD MEZE PLATE (for 4 Person) Selection of cold starters	13.95
DOLMA (V) Stuffed vine leaves with rice and pine kernels	3.95		

HOT STARTERS

LENTIL SOUP (V) Made daily, served with homemade bread	3.95	TURKISH SAUSAGE Grilled spicy Turkish sausage served on the bed of lettuce	4.95
CHEESE STUFFED MUSHROOM (V) Deep fried stuffed mushrooms covered in bread crumbs & stuffed with cheese	4.95	HUMMUS SAUTEE Pan fried lamb cubes served with hummus	4.95
GARLIC MUSHROOM (V) Pan fried garlic mushrooms	4.95	GRILLED MEAT BALLS Grilled lamb meat balls, prepared with onions and herbs	4.95
MUSKA BOREGI (V) Filo pastry parcels filled with soft Turkish feta cheese and parsley deep fried	4.95	WHITEBAIT Tiny herring, lightly fired and eaten whole	4.95
HALLOUMI (V) Grilled Cyprus halloumi cheese served on the bed of lettuce	4.95	CALAMARI Deep fried fresh squid rings, served with tartare sauce	4.95
IMAM BAYILDI (V) Aubergine stuffed with fried onions, peppers and tomatoes, baked in a light tomato sauce	4.95	PRAWN SAUTEE King prawns sauteed with tomatoes, onions, parsley and peppers	6.90
LIVER PAN Fresh lamb liver served on the bed of onions	4.95	HOT MEZE PLATE (for 2 Person) Selection of hot starters	11.95
FALAFEL (V) (N) Shallow fried chickpeas, parsley, onions, coriander pates served with hummus	4.95	HOT MEZE PLATE (for 4 Person) Selection of hot starters	19.95

FROM THE GRILL

All grills are served with rice and salad.

MIX KEBAB A selection of cop shish, adana kofte, chicken shish, chicken wings	14.95	CHICKEN SHISH Marinated cubes of chicken breast, chargrilled on skewers	10.95
SOFRA MIXED GRILL A selection of lamb chops, lamb shish, chicken wings, lamb ribs, adana kofte, chicken beyti & Quails	18.95	CHICKEN BEYTI Minced chicken with herbs, garlic, red peppers and parsley	9.95
BEYTI KEBAB Minced lamb with herbs, garlic, red peppers and parsley	9.95	CHICKEN WINGS Marinated chicken wings, chargrilled	9.50
ADANA KOFTE KEBAB Spicy minced lamb with herbs, chargrilled on skewers (an Anatolian Favourite)	10.95	MIX CHICKEN GRILL Chicken shish, chicken wings and chicken beyti	12.95
LAMB SHISH Marinated tender cubes of shoulder of lamb, charcoal grilled on skewers	11.95	AUBERGINE KEBAB (Min. time 25 minutes) Aubergine & minced meat skewered and grilled, served with salad & rice	12.95
LAMB RIBS Charcoal grilled spare lamb ribs	11.95	IZGARA KOFTE Grilled lamb meat balls, prepared with onions and herbs	9.95
LAMB CHOPS (4 pieces) Marinated lamb cutlets, chargrilled	14.95	SIRLOIN STEAK Served with chips, mushroom, grilled tomato and peppercorn sauce, charcoal grilled to your taste	17.00
COP SHISH Marinated tender small cubes of shoulder of lamb, charcoal grilled on skewers	10.95	LAMB STEAK (KULBASTI) Served with chips, grilled tomato, mushroom, peppercorn sauce	13.50
QUAILS Quails on skewer served with salad and rice	11.95	CHICKEN STEAK (KULBASTI) Barbequed chicken fillet served with chips and salad	10.95
EZMELI KEBAB  Grilled house special kebab with special sauce	12.95		

COMBINATIONS GRILLS

All combination grills are served with rice and salad.

LAMB SHISH & LAMB KOFTE	11.95	LAMB KOFTE & CHICKEN KOFTE	10.95
LAMB SHISH & CHICKEN KOFTE	10.95	CHICKEN SHISH & LAMB SHISH (Mix Shish)	11.95
CHICKEN SHISH & LAMB KOFTE	10.95	LAMB CHOPS & LAMB RIBS	13.95
CHICKEN SHISH & CHICKEN KOFTE	10.95		

AUTHENTIC DISHES

LAMB SHANK A knuckle of lamb, seasoned with herbs, oven roasted, served with vegetables and mashed potato with gravy	13.95	LAMB MOUSSAKA Oven baked aubergines, courgettes, potatoes, onions, peppers and minced lamb topped with bechamel sauce	11.95
LAMB CASSEROLE Lamb, aubergine, red pepper, onions and garlic in a tomato sauce cooked gently in the oven, served with rice	11.95	SULTANS' FINGER Fillet of lamb fried in the pan with peppers, onion tossed with cream and red wine sauce served with potato puree	12.45
ISLIM KEBAB Aubergine, Lamb wrapped in grilled eggplant slices with tomato sauce served with rice	11.95		

SET MENU

COLD STARTERS

HOT STARTERS

MAIN COURSE

SELECTION OF
CHARGRILLED KEBABS
SERVED WITH RICE & SALAD

PER PERSON

£24.95

Recommended for parties 10 and over

SET 1

FOR 2 PEOPLE

COLD MIXED MEZE
MIXED SALAD, RICE
MIXED KEBAB

£34.95

SET 2

FOR 4 PEOPLE

HOT MIXED MEZE
MIXED SALAD, RICE
SOFRA MIXED GRILL
TEA OR COFFEE

£59.95

SIDE ORDERS

CHIPS	2.50
RICE Rice, steam cooked with vermicelli	2.50
FETA CHEESE	3.50
SIDE SALAD	2.50
YOGHURT	2.50
GRILLED TOMATO & PEPPER	3.50
EXTRA BREAD	1.00
MARINATED FLAT BREAD	1.50