

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
COKE ZERO	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

£6.95

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 Lamb shish with yoghurt	15.95	CHICKEN BEYTI WITH YOGHURT Spicy minced breast of chicken with garlic rolled in tortilla wrap and yoghurt	14.50
CHICKEN SHISH WITH YOGHURT Chicken shish with yoghurt	14.95	LAMB BEYTI WITH YOGHURT Spicy minced of lamb with garlic rolled in tortilla wrap and yoghurt	14.50
ADANA KEBAB WITH YOGHURT Spicy minced lamb with garlic and yoghurt	14.95		

VEGETARIAN DISHES

VEGETARIAN KEBAB (V) Chargrilled aubergines, green and red peppers, onions, mushrooms, seasoning, basted with olive oil, served with rice & salad	11.50	VEGETARIAN MOUSSAKA (V) Oven baked aubergine, courgettes, potatoes, onions and peppers topped with bechamel sauce	11.50
FALAFEL (V) (N) Lightly fried chick peas, parsley, onion, garlic and coriander pates, served with hummus, rice & salad	11.50	IMAM BAYILDI (V) Aubergines stuffed with onions, peppers, tomatoes baked in a light tomato sauce served with rice and salad	11.50

FISH DISHES

SALMON GRILL Chargrilled fillet of salmon, served with chips and salad	13.95	JUMBO KING PRAWNS King prawns sauteed with tomatoes, onions, parsley and peppers, served with salad	15.95
CALAMARI Fried squid rings, served with tartare sauce, chips and salad	13.50	SEABASS GRILL Chargrilled whole seabass, served with chips and salad	14.95

SALADS

TURKISH SALAD (V) Finely diced cucumber, tomato, onion, olives, feta cheese dressed in olive oil & lemon juice	6.00	HALLOUMI & CHICKEN SALAD Chargrilled vegetables salad of warm aubergine, red peppers, grilled halloumi cheese, seasoned mixed leaves, tomato, cucumber. Extra virgin olive oil and pomegranate dressing served with minty yoghurt topped with chicken	13.50
AVOCADO & SALAD (V) Chargrilled vegetables salad of warm aubergine, red peppers, seasoned mixed leaves, tomato, cucumber. Extra virgin olive oil and pomegranate dressing served with minty yoghurt topped with avocado	10.95	HALLOUMI & AVOCADO SALAD (V) Chargrilled vegetables salad of warm aubergine, red peppers, grilled halloumi cheese, seasoned mixed leaves, tomato, cucumber. Extra virgin olive oil and pomegranate dressing served with minty yoghurt topped with avocado	11.95
EZME SALATA (V) Finely chopped peppers, tomatoes, parsley & aubergine drizzled with olive oil & lemon juice	9.95		



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	4.40	RUSSIAN SALAD (V) Russian salad with potatoes, peas, mayonnaise egg and green apple	4.40
TARAMA A light blend of smoked cod roe, olive oil and lemon juice	4.40	KISIR (V) Crushed wheat, celery, tomato sauce, parsley, peppers, mint and herbs	4.40
CACIK (V) Cucumber dip with creamy yoghurt, garlic and olive oil	4.40	PRAWN COCKTAIL Prawns covered with our own delicious seafood sauce, served on a bed of fresh lettuce	6.00
TABOULEH (V) A mixture of spring onion and parsley, cracked wheat, tomatoes and lemon juice	4.40	AVOCADO & PRAWNS Prawns on avocado covered with our special seafood sauce	6.95
ALI NAZIK (V) Grilled puréed aubergine with lemon juice, olive oil, yoghurt and garlic	4.40	OLIVES (V)	3.95
SAKSUKA (V) Aubergine, mixed peppers, garlic and onion, potatoes, stewed in a rich tomato sauce	4.40	COLD MEZE PLATE (for 2 Person) Tabouleh, humus, cacik, saksuka & kisir	9.95
DOLMA (V) Stuffed vine leaves with rice and pine kernels	4.40	COLD MEZE PLATE (for 4 Person) Selection of cold starters	17.95

HOT STARTERS

LENTIL SOUP (V) Made daily, served with homemade bread	4.95	TURKISH SAUSAGE Grilled spicy Turkish sausage served on the bed of lettuce	5.95
CHEESE STUFFED MUSHROOM (V) Deep fried stuffed mushrooms covered in bread crumbs & stuffed with cheese	5.95	HUMMUS SAUTEE Pan fried lamb cubes served with hummus	5.95
GARLIC MUSHROOM (V) Pan fried garlic mushrooms	5.95	GRILLED MEAT BALLS Grilled lamb meat balls, prepared with onions and herbs	5.95
MUSKA BOREGI (V) Filo pastry parcels filled with soft Turkish feta cheese and parsley deep fried	5.95	WHITEBAIT Tiny herring, lightly fired and eaten whole	5.95
HALLOUMI (V) Grilled Cyprus halloumi cheese served on the bed of lettuce	5.95	CALAMARI Deep fried fresh squid rings, served with tartare sauce	5.95
IMAM BAYILDI (V) Aubergine stuffed with fried onions, peppers and tomatoes, baked in a light tomato sauce	5.95	PRAWN SAUTEE King prawns sauteed with tomatoes, onions, parsley and peppers	7.50
LIVER PAN Fresh lamb liver served on the bed of onions	5.95	HOT MEZE PLATE (for 2 Person) Selection of hot starters	13.95
FALAFEL (V) (N) Shallow fried chickpeas, parsley, onions, coriander pates served with hummus	5.95	HOT MEZE PLATE (for 4 Person) Selection of hot starters	23.95

FROM THE GRILL

All grills are served with rice and salad.

MIX KEBAB A selection of cop shish, adana kofte, chicken shish, chicken wings	16.95	CHICKEN SHISH Marinated cubes of chicken breast, chargrilled on skewers	12.95
SOFRA MIXED GRILL A selection of lamb chop, lamb shish, chicken wings, lamb ribs, adana kofte, chicken beyti & Quail	19.95	CHICKEN BEYTI Minced chicken with herbs, garlic, red peppers and parsley	11.95
BEYTI KEBAB Minced lamb with herbs, garlic, red peppers and parsley	11.95	CHICKEN WINGS Marinated chicken wings, chargrilled	12.45
ADANA KOFTE KEBAB Spicy minced lamb with herbs, chargrilled on skewers (an Anatolian Favourite)	12.95	MIX CHICKEN GRILL Chicken shish, chicken wings and chicken beyti	14.95
LAMB SHISH Marinated tender cubes of shoulder of lamb, charcoal grilled on skewers	14.95	AUBERGINE KEBAB (Min. time 25 minutes) Aubergine & minced meat skewered and grilled, served with salad & rice	13.95
LAMB RIBS Charcoal grilled spare lamb ribs	14.95	IZGARA KOFTE Grilled lamb meat balls, prepared with onions and herbs	11.95
LAMB CHOPS (4 pieces) Marinated lamb cutlets, chargrilled	16.95	SIRLOIN STEAK Served with chips, grilled tomato and peppercorn mushroom sauce, charcoal grilled to your taste	19.00
COP SHISH Marinated tender small cubes of shoulder of lamb, charcoal grilled on skewers	12.95	LAMB STEAK (KULBASTI) Served with chips, grilled tomato, peppercorn mushroom sauce on the side	15.95
QUAILS Quails on skewer served with salad and rice	12.95	CHICKEN STEAK Barbequed chicken fillet served with chips and salad, peppercorn mushroom sauce on the side	14.95
EZMELI KEBAB  Grilled house special kebab with special sauce	14.95		

COMBINATIONS GRILLS

All combination grills are served with rice and salad.

LAMB SHISH & LAMB KOFTE	13.95	CHICKEN SHISH & LAMB SHISH (Mix Shish)	13.95
CHICKEN SHISH & LAMB KOFTE	12.95	LAMB CHOPS & LAMB RIBS	14.50
CHICKEN SHISH & CHICKEN KOFTE	12.95	LAMB SHISH, CHICKEN SHISH & CHICKEN WINGS	15.95
LAMB KOFTE & CHICKEN KOFTE	12.95		

AUTHENTIC DISHES

LAMB SHANK A knuckle of lamb, seasoned with herbs, oven roasted, served with vegetables and mashed potato with gravy	14.95	LAMB MOUSSAKA Oven baked aubergines, courgettes, potatoes, onions, peppers and minced lamb topped with bechamel sauce	13.95
LAMB CASSEROLE Lamb, aubergine, red pepper, onions and garlic in a tomato sauce cooked gently in the oven, served with rice	13.95	SULTANS' FINGER Fillet of lamb fried in the pan with peppers, onion tossed with cream and red wine sauce served with potato puree	14.45

SET MENU

COLD STARTERS

MAIN COURSE

SELECTION OF
CHARGRILLED KEBABS
SERVED WITH RICE & SALAD

PER PERSON

£22.95

Recommended for parties 10 and over

SET 1

FOR 2 PEOPLE

COLD MIXED MEZE (For 2 Person)
MIXED SALAD, RICE
2 x MIXED KEBAB

£38.95

SET 2

FOR 4 PEOPLE

HOT MIXED MEZE (For 4 Person)
MIXED SALAD, RICE
2 x SOFRA MIXED GRILL
BAKLAVA

£65.95

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	2.00
MARINATED FLAT BREAD	1.50