



MEDITERRANEAN TAPAS, TURKISH MEZE & COCKTAIL BAR

MEAT & CHICKEN

- 11. ALBONDIGAS DE POLLO** £6.95
Chicken meatballs in a rich creamy tomato sauce with chickpeas and an oven baked crispy cheese topping. (D) (W)
- 12. EMPANADO DE POLLO** £5.45
Deep fried chicken fillet coated in breadcrumbs, topped with alioli sauce. (D) (E) (W)
- 13. ALITAS DE POLLO GF** £5.95
Chicken wings marinated in a house special sauce and cooked on the chargrill, served with salad garnish.
- 14. POLLO AL AJILLO** £6.95
Cubes of succulent chicken breast cooked with garlic in a corn floured white wine sauce.
- 15. POLLO PICANTE** £6.25
Deep fried flour coated spicy chicken strips with alioli. (W) (D)
- 16. POLLO CLIVE GF** £6.95
Cubes of succulent chicken breast cooked in a homemade sweet chilli tomato sauce with coriander.
- 17. POLLO A LA CREMA GF** £6.95
Chicken breast cooked in a creamy sauce with mushrooms. (D)
- 18. ALBONDIGAS CON TOMATE GF** £6.95
Lamb meatballs in a rich tomato sauce and sprinkled with mozzarella cheese. (D)
- 19. SALTEADO DE CORDERO GF** £6.95
Cubes of lamb sauteed in a spicy tomato sauce with onions, Turkish peppers and freshly chopped tomatoes.
- 20. SUCUK IZGARA** £5.45
Chargrilled beef Turkish sausage. Bedded on a salad garnish.
- 21. POLLO MARBELLA** £6.95
Pan fried chicken, chorizo, onion and peppers cooked in a creamy paprika sauce. (D)
- 22. MEDALLONES DE CERDO PIMIENTOS GF** £5.95
Slices of chargrilled pork fillets, cooked in a sweet chilli tomato sauce with sweet red peppers.
- 23. CHORIZO AL VINO** £6.95
Spanish sausages sauteed with white onion, parsley in white wine. (D)
- 24. FABADA ASTURIANA** £7.95
Spanish bean stew with chorizo and black pudding, pancetta, paprika and a hint of garlic. (D)
- 25. TURKISH SAUSAGE & HALLOUMI GRILL** £7.95
Turkish sausage, halloumi and cherry tomatoes on a skewer, served on a bed of salad and warm tortilla wrap. (D) (M) (W)
- 26. GRILLED KÖFTE GF** £7.95
Beef mince hand rolled and mixed with onion, parsley and mixed herbs. Cooked on the grill and served on a bed of salad with a mint yogurt sauce on the side.
- 27. LAMB CUTLETS** £9.45
Marinated in mixed herbs, garlic, and lemon juice. Cooked on the grill. Served with bulgur rice and a mint yogurt sauce on the side. (D) (W)
- 28. SURF & TURF** £8.95
Peeled king prawns & cubes of lamb cooked in white wine and tomato sauce with diced onion, currents and garlic.
- 29. GRILLED CHICKEN WITH PASTRAMI & DATE** £8.45
Chicken marinated with honey, soy sauce and fenugreek powder grilled with Turkish pastrami and date on the skewer, served with a salad garnish. (H) (SS)
- MINI MIXED GRILL** £10.95
A lamb cutlet, marinated chicken fillet & two grilled kofte. Served with bulgur rice and a mint yogurt sauce on the side. (W)

FISH & SEAFOOD

- 30. MEJILLONES PICANTES GF** £9.25
Fresh mussels slowly cooked in a spicy bravas sauce with white wine, garlic and cream. (D) (DF on request)
- 31. GAMBAS "DE LEVANTE" GF** £7.25
Peeled king prawns baked in a touch of garlic with a creamy turmeric sauce. (D)
- 32. GAMBAS AL AJILLO** £6.95
Peeled king prawns cooked in a corn floured white wine and garlic sauce with a hint of chilli and parsley.
- 33. LANGOSTINOS AL PIL PIL GF** £6.95
Peeled king prawns cooked in olive oil, white wine, garlic, chilli, parsley and lime.
- 34. CHANQUETES FRITOS** £5.95
Deep fried flour coated whitebait. (W)
- 35. CALAMARES FRITOS** £7.45
Deep fried flour coated crispy calamari rings. (W)
- 36. SEAFOOD SKEWER GF** £8.45
Salmon & prawns marinated with turmeric and garlic.
- 37. TORPEDO PRAWNS** £6.95
Deep fried bread crumb coated prawn. Served with all-oli sauce. (W) (D) (E)

MAIN COURSES

- PAPILLON GF** £16.95
Butterfly chicken breast marinated with garlic, mixed herbs, and paprika, cooked on a char grill. Served with potatoes and salad.
- CHICKEN SHISH KEBAB** £18.95
Large cubes of chicken breast marinated in tomato purée with garlic, lemon and mixed herbs. Cooked on the char grill. Served with rice and salad. (W) (D)
- PARRILLADA MIXTA** £24.95
Mixed grill of lamb meatballs, chicken, lamb chop, Turkish sausage and chicken wings. Served with rice and grilled vegetables. (D)
- LOMO A LA PLANCHA GF** £19.95
Char grilled pork chop on the bone. Served with creamy mushroom sauce with spinach and fried potatoes. (D)
- SALMON ASADO AL HORNO** £20.95
Pan fried flour coated salmon fillet topped with asparagus and cheese, cooked in the oven in a creamy white wine sauce. Served with potatoes. (D) (W) (GF on request)
- LANGOSTINOS DE LA CASA** £19.95
Peeled king prawns and baby prawns cooked in garlic and sweet chilli tomato sauce. Served with rice. (W) (D)
- PEZ ESPADA A LA PLANCHA GF** £19.95
Char grilled sword fish on a bed of mixed vegetables served on a sizzling plate with grilled mushroom and tomato. Served with potatoes.
- SIRLOIN A LA PLANCHA** £24.95
Char grilled 10oz sirloin steak cooked to your preference. Served with potatoes and grilled vegetables.

Additional sauce: £2.95

Blue cheese sauce (D) - Red wine sauce -
Peppercorn sauce (D)

PASTA

- PASTA VALENCIA** £18.95
Orzo cooked with seafood mussels and saffron seasoned with bayleaf lime white wine and a touch of garlic. (W)
- PASTA BOLOÑESA** £14.95
Linguine with traditional homemade Italian Bolognese sauce. (W)
- PASTA CON MARISCO** £16.95
Linguine cooked with mussels, baby prawns, calamari in a creamy tomato sauce with a hint of spice. (W) (D) (DF on request)
- PASTA CON ALBONDIGAS** £14.95
Linguine with lamb meatballs cooked in a rich tomato sauce. (W)
- PASTA DE LA CASA V** £12.95
Linguine with mushrooms, asparagus, spinach and roasted sweet red peppers in a creamy sauce. (W) (D) (Add chicken breast +£2.50)
- PASTA CON POLLO A LA CREMA** £14.95
Linguine with chicken breast cooked in a creamy sauce with mushrooms. (W) (D)
- PESTO PASTA** £14.95
Linguine with green pesto, succulent chicken breast, mushrooms and pancetta ham. (W) (N)

SALADS

- GREEN SALAD VE** £4.50
Mixed salad leaves, red cabbage, grated carrot and cucumber with a pomegranate and olive oil dressing. (Add feta or olives for +£1.00)
- BISHOPS SALAD VE** £4.95
Finely chopped Turkish peppers, radish, red onion, tomato and cucumber with a pomegranate dressing. (Add feta or olives for +£1.00)

SIDES

- BREAD BASKET VE** £3.95
A mixture of grilled sea salt & rosemary focaccia and black olive & sundried tomato sourdough bread. (W)
- BULGUR RICE VE** £3.95
Sauteed Spanish white onion and red pepper paste with bulgur wheat rice. (W)
- ARROZ V** £3.45
Basmati rice with fried orzo pasta kernels and butter. (W) (D)
- PATATAS VE . GF** £3.95
Deep fried cubes of potato.
- PITTA BREAD VE (W)** £1.95
- PAN VE** £1.95
Ciabatta (W)
- HOMEMADE ALIOLI SAUCE (D)** £2.45
- HOMEMADE SPICY BRAVAS SAUCE VE** £2.45
- HOT CHILLI SAUCE VE** £1.50
- MINT YOGURT SAUCE (D)** £1.50

APPETISERS

- MIXED OLIVES VE . GF** £3.95
Mediterranean green & black olives topped with extra virgin olive oil and mixed herbs.
- OLIVE OIL AND BREAD VE** £3.95
Grilled Rosemary & sea salt focaccia with balsamic vinegar and extra virgin olive oil. (D) (W)
- GARLIC BREAD V** £3.95
Oven baked ciabatta bread with garlic butter, sea salt & parsley. (W) (D)
- CHEESY GARLIC BREAD V** £4.95
Oven baked ciabatta bread with garlic butter, topped with mozzarella cheese & parsley. (D) (W)
(Add olives or sweet peppers +£1.00)
- HUMMUS VE** £5.25
Crushed chickpeas blended with tahini, lemon juice and garlic. Served with grilled pitta bread. (W)
- TZATZIKI V** £5.25
Greek style yogurt specially prepared with chopped cucumber, mint, olive oil and a hint of garlic. Served with grilled pitta bread. (D) (W)
- GRILLED BRUSCHETTA V** £4.45
Sliced ciabatta bread with garlic, cherry tomatoes topped with pesto and parmesan cheese. (W) (D) (S)
- HALLOUMI GRILL V** £5.95
Grilled halloumi on a bed of salad topped with balsamic vinegar and olive oil. Served with sweet chilli sauce. (D)

VEGETARIAN

- 1. DOLMA VE . GF** £5.95
Stuffed vine leaves with rice and pine kernels. (N)
- 2. PIMIENTOS RELLENOS GF** £7.25
Oven baked sweet red peppers stuffed with spinach in a creamy sauce topped with cheese. (D)
- 3. CHAMPINONES AL AJILLO VE** £5.95
Mushrooms cooked in white wine with garlic and mixed herbs.
- 4. PATATAS GF** £4.95
Deep fried cubed potatoes topped with:
A) HOMEMADE ALIOLI GF
Garlic mayonnaise. (D) (E)
B) HOMEMADE BRAVAS VE . GF
Spicy tomato sauce.
- 5. PIMIENTOS VERDES A LO TURCO VE . GF** £4.95
Deep fried spicy green Turkish peppers, sprinkled with sea salt.
- 6. ESPINACAS DULCES V . GF** £6.45
Baby spinach cooked in olive oil with onion, sultanas and finished with cream cheese. (D)
- 7. BERENJENAS FRITAS V** £5.45
Deep fried sliced flour coated aubergines, drizzled with honey. (W) (H)
- 8. FALAFEL VE** £5.95
Deep fried patty shaped fritter with ground chickpeas with a small salad and tzatziki dip. (D) (S) (E)
- 9. BABA GANOUSH VE . GF** £5.45
Roasted aubergine, red pepper, tomato, onion, garlic and parsley, topped with pomegranate sauce and olive oil. (Served cold)
- 10. BOREK V** £6.25
Soft baked pastry with cheese. Served with side salad, cherry tomatoes and olives. (D) (W)

LAL BAR SELSEY

Tel: 01243 696360

www.lalbar.co.uk

3 Hillfield Road, Selsey, West Sussex

Collection Available

@ Lal Bar Selsey