

WELCOME TO THE MUNCH, THE HAVEN OF TURKISH FLAVOURS, CREATED FOR THE CRAVERS AND RAVERS OF SHOREDITCH.

LET'S MUNCH.

THE MUNCH

TURKISH KITCHEN

FOLLOW AND LIKE US ON INSTAGRAM AND FACEBOOK AT

THEMUNCHLONDON

COLD STARTERS

CACIK / 6

Yogurt mixed with cucumbers, garlic, mint and olive oil

SICILIAN OLIVES / 5

Drizzled with olive oil. Served with fresh Turkish bread

FETA CHEESE / 5

4 pieces

HUMMUS / 6

Mashed chickpeas mixed with tahini, olive oil, lemon juice, salt and garlic

TURKISH YOGHURT / 5

Natural pure strained yoghurt

COLD MUNCH MIX / 20

Cacik, Hummus, Feta Cheese and Turkish yoghurt

HOT STARTERS

CALAMARI / 7.5

Freshly battered and fried squid

FALAFEL / 7.5

4 pieces

GRILLED HALLOUMI / 7.5

4 pieces

BOREK / 7.5

Fried thin layers of filo pastry filled with feta cheese and spinach

SUJUK / 7.5

4 pieces of grilled spicy beef sausage

HALLOUMI & FALAFEL / 9

Grilled halloumi and fried falafel.

HOT MUNCH MIX / 25

Calamari, Borek, Sujuk, Halloumi and Falafel

WRAPS & SANDWICHES

FILLED WITH SALAD AND CHOICE OF SAUCE. SERVED WITH CHIPS OR RICE

	WRAP	SAND WICH		WRAP	SAND WICH
LAMB DONER	13	13.5	LAMB SHISH	15	15.5
CHICKEN DONER	13	13.5	CHICKEN SHISH	15	15.5
MIXED DONER Thats Lamb and Chicken Doner	14	14.5	MIXED SHISH Thats Lamb and Chicken Shish	17	17.5
HALLOUMI WRAP	11		LAMB ADANA KOFTE	15	15.5
FALAFEL WRAP	11				
HALLOUMI & FALAFEL WRAP	13				

KEBABS

ALL SERVICE KEBABS COME WITH RICE OR BULGUR AND SALAD

SERVICE

LAMB DONER	15	CHICKEN WINGS 8 Pieces	17
CHICKEN DONER	15	LAMB RIBS 8 Pieces	21
MIXED DONER Thats Lamb and Chicken Doner	18	LAMB CHOPS 4 Pieces	21
LAMB SHISH	17	HOMEMADE STEW Ask a member of the team for what the stew of the day is	15
CHICKEN SHISH	17	VEGGIE GRILL Grilled halloumi and falafel on hummus. Served with rice and salad.	16
MIXED SHISH Chicken Shish and Lamb Shish	20	CALAMARI Rings of calamari marinated and coated in a light batter, served with tartar sauce, chips and salad	15
LAMB ADANA KOFTE	17		
MIXED KEBAB Chicken Shish, Lamb Shish and Adana Kofte	25		

MUNCH PLATTERS

PLATTER ONE (FOR 2 MUNCHERS)	45	PLATTER TWO (FOR 3/4 MUNCHERS)	65
Lamb and Chicken Doner, Lamb and Chicken Shish and Adana Kofte		Lamb and Chicken Doner, Lamb and Chicken Shish, Adana Kofte, Chicken Wings and Lamb Ribs	

BURGERS

BEEF BURGER	6
CHICKEN BURGER	6
VEGGIE BURGER	6
VEGAN BURGER	6
LAMB DONER BURGER	7
CHICKEN DONER BURGER	7

SIDES

FRENCH FRIES	4
CHEESY FRIES	4.5
CURLY FRIES	4
RICE	4.5
BLUGUR	4.5

SALADS

GREEK SALAD	7.5
EZME SALAD	7.5
SHEPHERD SALAD	7

WWW.THEMUNCH.CO.UK

THE MUNCH

TURKISH KITCHEN

DON'T FORGET TO GRAB A DRINK
AND MAYBE A CHEEKY DESSERT?

DESSERTS

**VEGAN CHOCOLATE
CAKE / 7**

**MOLTEN CHOC
TRUFFLE CAKE / 7**

BAKLAVA / 74 pieces of layered filo cups with pistachio nuts and a soft syrup base. Served with vanilla ice cream

COFFEE

CAPPUCCINO	2.7
LATTE	2.7
FLAT WHITE	2.7
AMERICANO	2.5
ESPRESSO	2.2
MACCHIATO	2.5
MOCHA	2.9
HOT CHOCOLATE	2.7

ICED

ICED COFFEE	3.5
ICED LATTE	3.5

FRESHLY SQUEEZED

ORANGE JUICE / 4

JUICES

STRAWBERRY RIBENA	1.5	BLACKCURRANT RIBENA	1.5
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TEA

ENGLISH BREAKFAST	2
EARL GREY	2.2
GREEN TEA	2.2
MINT TEA	2.2

ADD MILK

OAT MILK	0.30
SOYA MILK	0.30
ALMOND MILK	0.30
COCONUT MILK	0.30

COLD DRINKS

COKE	2	DIET COKE	2	FANTA	2
7UP	2	DR PEPPER	2	GINGER BEER	2
STILL WATER 500ML	2	SPARKLING WATER 330ML	2	AYRAN	2
				Yoghurt based drink	

SAN PELLEGRINO

ORANGE	2.5	POMEGRANTE	2.5	LEMON	2.5
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BEERS

BREWDOG	5.5	CAMDEN HELL	5.5	EFES	5.5
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WINES

RED	175ML	BOTTLE	WHITE	175ML	BOTTLE
VIOGNIER DEAKIN ESTATE Victoria, Australia An aromatic wine showing typical Viognier aromas of apricot, honeysuckle and orange peel. The palate is soft and luscious while retaining good balance and a refreshing finish.	8	24.95	BULTEN BLANC CHENIN BLANC / SAUVIGNON BLANC 2017 Constantia South Africa A crisp, medium-bodied wine with a variation of fruit characters including ripe gooseberry, green peppers, green melon and hints of tropical fruit.	8	24.95
CHÂTEAU AGNEL MINERVOIS 2015 Languedoc-Roussillon, France A smooth, ripe modern Minervois with an expressive nose of Black fruits, black cherry and blueberries. Notes of grilled almonds and vanilla add complexity to the fully juicy palate.	9	29.95	CHARDONNAY LES TEMPLIERS 2016 VDP Des Cotes De Thongue, France Crisp, ripe wine with refreshingly clean citrus fruit flavours and a rounded finish.	9	29.95
			PROSECCO	175ML	BOTTLE
			PROSECCO VS BRUT	8.5	25.95

SPIRITS

	25ML	50ML
JACK DANIEL'S	7	11
COURVOISIER	7.5	12
TANQUERAY GIN	7.5	12
GREY GOOSE	8	13
TEQUILA	7	11