

# LOSH

◆ MEDITERRANEAN KITCHEN ◆

Cocktails | Live Entertainment | Bottomless Brunch

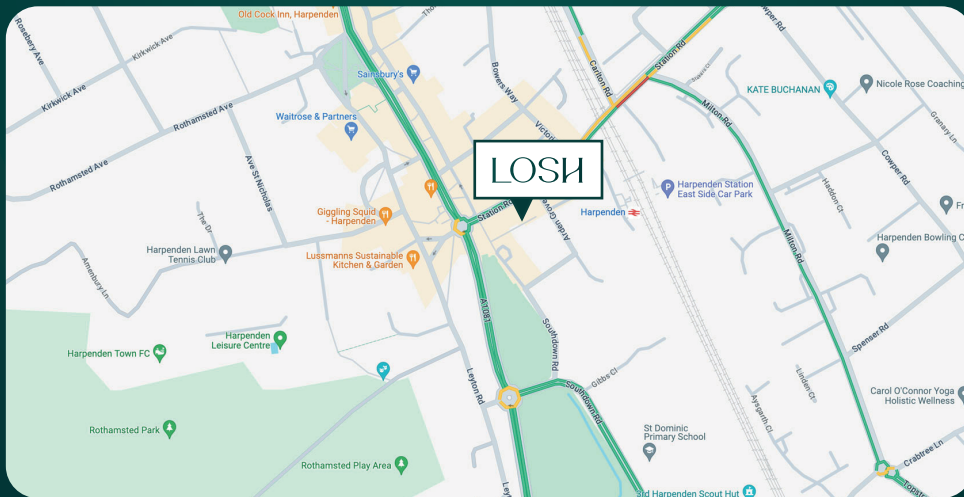


loshbargrill.co.uk  
info@loshbargrill.co.uk  
@losh\_uk

Did you know that at Losh, we always use the highest quality ingredients to make our dishes exceptional?

We source our meat directly from Smithfield Market in Farringdon and our vegetables from Spitalfields Market in East London. We also offer catering services for private events and parties, ranging from casual garden BBQs and intimate gatherings to elegant weddings.

No event is too big or too small for us.  
For more details, email us at [info@loshbargrill.co.uk](mailto:info@loshbargrill.co.uk)



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9 Station Road, Harpenden,  
England, AL5 4AA

## Takeaway Menu

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To make a reservation or to order online for collection please visit our website [www.loshbargrill.co.uk](http://www.loshbargrill.co.uk)

For delivery orders we are on



## Small Meze Plates

Served with seasoned bread

<b>Padron Peppers</b>	2.45	<b>Grilled Onions</b> <b>VG GF DF</b> Charcoal grilled onions with pomegranate molasses	5.00
<b>Mixed Olives</b>	2.45	<b>Halloumi</b> <b>V GF</b> Char-grilled Halloumi cheese	6.95
<b>Houmous</b> <b>VG DF GF</b> Creamy chickpeas, tahini, olive oil, hint of garlic & lemon juice	5.50	<b>Homemade Falafel</b> <b>VG DF</b> Lightly fried chickpeas, parsley, onion, garlic & coriander. Served with houmous	6.00
<b>Tzatziki</b> <b>V GF</b> Cucumber, dill, fresh mint & garlic mixed in creamy yoghurt sauce	5.50	<b>Cigar Borek</b> <b>V</b> Deep fried rolled filo pastry, mozzarella with feta cheese, parsley, a hint of fresh mint & dill	5.95
<b>Baba Ganoush</b> <b>V GF</b> Char-grilled aubergines mixed with creamy yoghurt & garlic	5.50	<b>Creamy Garlic Mushrooms</b> <b>V GF</b> Creamy pan fried mushrooms & a hint of garlic topped up with mozzarella cheese	6.95
<b>Beets Tarator</b> <b>V GF</b> Beetroots, yoghurt, garlic & olive oil	5.50	<b>Houmous Kavurma</b> <b>GF DF</b> Houmous with sautéed lamb topped up with sizzling butter	6.95
<b>Sweet Chilli Wings</b> <b>DF GF</b> Char-grilled sweet chilli chicken wings (contains sesame)	5.95	<b>Pan Fried Prawns</b> <b>GF</b> Fresh prawns fried with spring onions, garlic, peppers & tomato sauce topped with spring onion	8.00
<b>Sujuk</b> <b>DF GF</b> Char-grilled turkish beef sausage	5.95	<b>Sizzling Garlic Prawns</b> Tiger prawns cooked in butter & garlic	11.00
<b>Calamari</b> Deep fried squid served with homemade tartare sauce	6.00	<b>White Bait</b> <b>DF</b> Pan fried white bait with a hint of chilli & lemon	7.00
<b>Grilled Mushroom</b> <b>V DF GF</b> Char-grilled mushroom	6.00		
<b>Grilled Octopus</b> <b>DF GF</b> Char-grilled Octopus with a hint of garlic & lemon	11.00		

### Cold Mixed Meze

**Houmous, Tzatziki,  
Baba Ganoush, Beets Tarator**

13.95

## Sea Food

<b>Fillet of Seabass</b> <b>DF GF</b> Grilled fillets of seabass with a hint of rosemary, garlic & lemon, served with baby potatoes & mixed vegetables	19.00
<b>Fillet of Salmon</b> <b>DF GF</b> Charcoal grilled salmon in our house special sauce, served with baby potatoes & mixed vegetables	19.00
<b>Mediterranean Prawns</b> <b>DF GF</b> Pan fried king prawns with mixed peppers, garlic butter and fresh tomato, served with rice	19.00
<b>Grilled Tiger Prawns</b> <b>DF GF</b> 🌶️ Char-grilled spicy tiger prawns with a hint of lemon, served with baby potatoes & mixed vegetables	21.00
<b>Sword Fish</b> <b>DF GF</b> Char-grilled sword fish steak, served with baby potatoes & mixed vegetables	20.00
<b>Sizzling Garlic Prawns</b> Tiger prawns cooked in butter & garlic served with rice	20.00
<b>Grilled Octopus</b> Grilled Octopus with a hint of garlic & lemon, served with baby potatoes & mixed vegetables	20.00

## Mains

<b>Adana Kofte</b> <b>DF GF</b> Charcoal grilled mince lamb on skewer, served with rice	18.00	<b>Lamb Cutlets</b> <b>DF GF</b> Charcoal grilled succulent lamb cutlets on skewer, served with rice	24.00
<b>Lamb Shish</b> <b>DF GF</b> Charcoal grilled cubes of lamb on skewer, served with rice	21.00	<b>Chicken Shish</b> <b>DF GF</b> Charcoal grilled cubes of chicken on skewer, served with rice	18.00
<b>Lamb Ribs</b> <b>DF GF</b> Charcoal grilled lamb ribs on skewer, served with rice	18.00	<b>Chicken Wings</b> <b>DF GF</b> Charcoal grilled chicken wings on skewer, served with rice	15.00
<b>Kleftiko</b> <b>GF</b> Slowly oven cooked lamb shank in our special sauce with celery, carrots, peppers, onion & garlic. Served with baby potatoes.	19.00	<b>Shepherd's Fry Up</b> <b>GF</b> Pan fried lamb pieces with fresh tomatoes, onions, mixed peppers & herbs., served with rice	21.00
<b>Creamy Chicken</b> <b>GF</b> Diced chicken breast cooked with creamy mushrooms, served with rice	17.00	<b>Mixed Grill</b> <b>DF GF</b> (Feeds one person) (Adana kofte, lamb shish & chicken shish) Charcoal grilled mixed grill, served with rice	23.00

### LOSH Platter For Two

**DF GF**  
Mixture of Adana kofte, lamb shish, lamb ribs, chicken shish & chicken wings  
Served with rice & salad

39.95

### LOSH Family Platter

(Feeds 3-4 people) **DF GF**  
Mixture of Adana kofte, lamb shish, lamb ribs, chicken shish & chicken wings  
Served with rice & salad

69.95

### Penne Arrabbiata

**VG**  
Pasta with tomato sauce, basil & hint of garlic

11.95

### Creamy Mushroom Pasta

**V**  
Penne pasta with a creamy sauce & mushrooms

11.95

### Seafood Linguine

Mixed seafood linguine cooked with white wine

16.95

### Veggie Moussaka

**V**  
Aubergine slices filled with mixed peppers, tomato, potatoes, courgettes & onions all cooked in the oven with tomato sauce & bechamel sauce. Topped up with cheese.

14.00

### Home Made Falafel

**VG DF GF**  
Lightly fried chickpeas, celery, carrot, mixed peppers, parsley, onion garlic & coriander.

14.00

## Steaks

We exclusively use premium, grass-fed, and dry-aged steaks, cooked on a charcoal grill and served with peppercorn sauce and fries

**Sirloin** **Rib Eye**

24.00 25.00

## Salads

<b>Green Salad</b> <b>VG DF GF</b> Lettuce, cucumber, red cabbage & carrot topped up with pomegranate molasses	3.50
<b>Feta Salad</b> <b>V GF</b> Diced cucumber, onions, parsley, tomatoes with feta cheese	4.00
<b>Rocket Salad</b> <b>DF GF VG</b> Fresh wild rockets, onions & tomato	3.50
<b>Chicken Salad</b> <b>GF</b> Diced chicken breast with parmesan cheese on a bed of green salad with yoghurt sauce	13.00

## Sides

<b>Fries</b> <b>VG DF GF</b>	3.50
<b>Rice</b> <b>V GF</b>	3.50
<b>Grilled Asparagus</b> <b>VG DF GF</b>	4.30
<b>Sweet Potato Fries</b> <b>VG DF GF</b>	4.30
<b>Mixed Veg &amp; Baby Potatoes</b>	4.50
<b>Tenderstem Broccoli</b> <b>VG GF</b>	4.50

Please let us know if you have any allergies!

**VG** VEGAN

**NUTS** CONTAIN NUTS

**V** VEGETARIAN

**GF** GLUTEN FREE

**DF** DAIRY FREE

🌶️ **SPICY**