

# 0208 418 9926

- 112 120 High Road, Connaught House, Loughton IG10 4HJ
- $\square$
- info@milaloughton.co.uk
- milaloughton.co.uk
- f milaloughtongrillbar
- ilaloughtongrillbar

## COLD MEZZES

MIXED OLIVES / 5.5 VG Marinated green and black olives served with a pitta

HUMMUS/6.5 VG Chickpeas puree with tahini, lemon juice, olive oil and garlic

TABULE / 6.5 VG Chopped parsley, spring onions, red pepper, tomatoes, cracked wheat, lemin and pomegranate

## HOT MEZZES

### **VEGETARIAN**

LENTIL SOUP / 6.5 VG Freshly prepared wholesome soup served with bread

GARLIC MUSHROOM / 7.9 V Mixed vegetables with creamy white wine sauce. Topped with melted cheese

HALLOUMI / 7.5 V Chargrilled, served with tomato and cucumber

MUSHROOM & HALLOUMI / 7.9 V Lightly pan fried mushrooms and original Cypriot halloumi cheese cooked with garlic and Turkish spices

MUCVER / 7.5 V Courgette, feta cheese, mozzarella, dill flour, spring onions, parsley, carrot & egg. Served with voghurt & molasses sauce

FALAFEL / 6.9 VG Deep fried ground chickpeas, broad beans, onions, celery, green pepper and spices. Served with hummus

SIGARA BOREGI / 7.5 V Home-made deep fried pastry cigars filled with herbs, cheese, parsley and dill

SMOKED AUBERGINE DIP / 6.5 V Grilled aubergine mixed with yoghurt, tahini, garlic and olive oil

DOLMADES / 6.9 VG Vine leaves stuffed with rice, onions, pine kernals, blackcurrant and cinnamon. Cooked with olive oil and lemon

MEAT

SUCUK / 6.9

and pine kernels

Grilled spicy Turkish beef sausages

SUCUK & HALLOUMI / 8.5

HUMMUS KAVURMA / 8.5

with tomato and cucumber

CHICKEN WINGS / 6.9

BEETROOT (Pembe Sultan) / 6.5 V Roasted beetroot yoghurt, garlic with walnuts

### **SEAFOOD**

ATOM / 6.5 V

TZATZIKI / 6.5 V

TARAMASALATA / 6.5

Roasted red chillis mixed in yoghurt and garlic

Chopped cucumber and mint in a plain

yoghurt dressing with garlic and dill

Cod roe with olive oil and lemon juice

**TEMPURA PRAWNS / 8.9** Light and crispy battered prawns with sweet chilli sauce

CALAMARI / 7.9 Served with mixed leaves and tartar sauce

PAN FRIED TIGER PRAWNS / 8.9 Sautéed in garlic, white winne and spicy tomato sauce

GRILLED OCTOPUS / 9.5 Marinated grilled octopus leg, served with tomato sauce, fresh lemon and balsamic glaze

LAMB'S LIVER / 7.9 Pan-fried diced lamb liver sautéed with cumin

Your choice of Turkish style BBQ or buffalo hot sauce.

Grilled spicy Turkish sausage and halloumi served

Freshly made hummus with fried diced lamb

SMALL ADANA KOFTE / 9.5 Skewered blend of minced lamb with onion

SMALL CHICKEN BEYTI / 9.5 Spicy minced chicken seasoned with garlic

### MIXED COLD PLATTER Small / 12.5 Large / 19.9

Hummus, Tzatziki, Beetroot and Smoked Aubergine, Atom

MIXED HOT PLATTER Small / 16 Large / 23.25

Falafel, Halloumi, Sucuk, Sigara Boregi, Calamari

### **VEGETARIAN**

#### HOMEMADE VEGETARIAN MOUSSAKA / 15 V

Layers of aubergine, carrot, potatoes, courgette, peas, peppers, mushroom, onion, garlic & bechemel sauce topped with mozzarella cheese & homemade tomato sauce, served with salad

STUFFED MUSHROOM / 15.9 V Stuffed flat portabello mushroom with onion, garlic, pepper, halloumi, topped with melted mozzarella cheese and served with tomato sauce and fries

VEGETABLE BEYTL / 15.9 V Roasted mixed vegetables with halloumi, falafel, tomato sauce and yoghurt wrapped in a tortilla

IMAM BAYILDI / 15.9 Add cheese for /1.5 VG Oven baked aubergine with stuffing of green peppers, tomatoes, onions, pine kernels, raisins and parsley. Served with rice and salad

#### DOLMADES / 14.9

Vine leaves stuffed with a mixture of rice, onions and herbs. Cooked with olive oil, salad and yoghurt (without yoghurt VG)

#### ALLERGIES & INTOLERANCES

Please check with your server as our foods may contain 14 allergens: gluten, crustaceans, egg, fish, soya beans, milk, peanuts, celery (and celeriac) nuts, mustard, sesame, sulpher dioxide, molluscs and lupin

TAKEAWAY AVAILABLE

With 10% discount except set menus A discretionary 10% service charge will be added to your bill

MENEMEN (SHAKSHUKA) / 14.5 V A sizzling mix of tomatoes, pepper, onion, herbs and eggs. Served with pita (Vegan option available without eggs and cheese)

Marinated feta cheese, mixwed cherry tomatoes, cucumbers, red onion, olives, mixed pepper and herbs

Cajun marinated grilled chicken, baby gem lettuce, parmesan cheese, croutons and caesar dressing

Marinated leaves, cherry tomatoes, peppers, pomegranate dressing

AVOCADO & HALLOUMI SALAD / 12.9 Crispy mixed leaves, tomato, cucumber, halloumi, avocado and dressing

### MILA GRILLS All our dishes are cooked on hot charcoal

MIXED SHISH / 19.9 Chargrilled lamb shish and chicken shish served with rice and salad

MIXED KOFTE / 18.5 Grilled minced lamb and minced chicken served with home-made chilli sauce, chips and salad

MIXED GRILL / 25.9 Adana, lamb shish & chicken shish, lamb chops and wings. Served with rice and salad

CHICKEN COMBO / 18.9 Chicken shish, chicken beyti and chicken thigh Served with rice and salad

CHICKEN SHISH / 18.9 Tenderised lean chunks of chicken. Served with rice and salad

LAMB FILLET SHISH / 21 Lean tenderised and marinated chunks of lamb. Served with rice and salad

CHICKEN BEYTL/17.5

CHICKEN WINGS / 15.9

rice and salad

on the side

**ISKENDER / 18.5** 

and tomato sauce

With Lamb Shish / 19.9

### **STEAKS / BURGERS**

**RIB EYE STEAK / 28** 28 day aged rib eye, served with chips and mixed vegetables. Choose from peppercorn or creamy mushroom sauce

T-BONE STEAK / 31 28 day aged T-bone, served with chips and mixed vegetables. Choose from peppercorn or creamy mushroom sauce

**GRILLED CHICKEN BURGER / 14.5** Marinated grilled chicken breast, tomato, mushroom, gherkin, sliced lettuce & signature melted cheddar cheese

WAGYU BEEF BURGER / 16 Our 8oz Wagyu beef burger served with lettuce, tomato, caramlised onion, gherkin & signature melted cheddar cheese

### PASTA

**SPAGHETTI BOLOGNESE / 15.5** Aged beef mince, homemade tomato sauce, parmesan cheese

PENNE ARRABIATA / 14.9 V Homemade spicy tomato sauce,, parmesan cheese, butter and Mexican peppers (add chicken for £3)

**SPAGHETTI CARBONARA / 15.5** Pancetta, Pecorino Romano cheese, egg yolk, parmesan cheese, garlic and butter

CHICKEN & MUSHROOM PENNE / 15.9 With creamy sauce

SEAFOOD SPAGHETTI / 18.5 Calamari, prawns, mussels, salmon, napolitana sauce and olive oil

LASAGNA / 15.5 Layers of soft pasta and red wine beef bolognese, made with minced beef, onions, mushroom & tomatoes, with a crunchy Parmesan topping

**SIDES** 

RICE / BULGUR / 3.9 MIXED SAUTEED BABY VEG / 4 MIXED SALAD / 4.5 YOGHURT / 4.9 ASPARAGUS / 4

Substitute rice and salad for chips with any main course - extra £1.5

SALADS

GREEK SALAD / 10.9 V

CHICKEN CAESAR SALAD / 14.9

**GRILLED SALMON SALAD / 18.5** 

Spicy minced chicken seasoned with garlic. Served with

#### **BONELESS CHICKEN THIGH / 17.9** Boneless chicken thigh marinated in olive oil, lemon, oregano. Served with chips and salad

Served with homemade chilli sauce with rice and salad

Choice of minced lamb or chicken shish or chicken beyti on a bed of bread and yoghurt with melted butter

#### ADANA / 18.5

Skewered blend of minced lamb with onion, parsley and paprika. Served with rice and salad

#### LAMB CHOPS/ 21

Best end cutlet. Served with rice and salad

### LAMB RIBS (KABURGA) / 19.9

Marinated lamb ribs. Served with rice and salad

#### WRAPPED LAMB ADANA / 20.9

Marinated minced prime lamb wrapped in thin bread covered with traditional homemade strained yoghurt and homemade tomato sauce flavoured with cheese, garlic & butter sauce

#### WRAPPED CHICKEN BEYTI / 19.9

Marinated minced prime chicken wrapped in thin bread covered with traditional homemade strained yoghurt and homemade tomato sauce flavoured with cheese, garlic & butter sauce

## **SEAFOOD**

#### SEABASS FILLETS / 19.9

Pan fried sea bass seasoned and marinated with crystal sea salt, olive oil and lemon. Served with mashed potatoes and mixed baby vegetables

#### **GRILLED SALMON / 20**

Seasoned and marinated salmon grilled over charcoal. Served with mashed potatoes and mixed baby vegetables

#### **GRILLED OCOTPUS / 21.5**

Marinated octopus legs, seasoned with oregano, olive oil and dressed with lemon. Served with mashed potatoes and mixed baby vegetables

#### MIXED FISH GRILL / 22.5

Skewered marinated king prawns, salmon & sea bass served with chips and baby vegetables

#### SEAFOOD CASSEROLE / 20.5

Calamari, prawns, mussels, salmon, mushrooms, mixed peppers, onion, garlic and wine topped with home made tomato sauce, served with rice

## **SPECIALS**

#### CHICKEN CASSEROLE / 17.5

Chicken with mixed peppers, onions, mushroom, garlic, homemade tomato sauce & served with rice

#### CHICKEN PARMIGIANA / 18.9

Pan fried chicken breast, parmesan cheese, mozzrella cheese, house mariana sauce served with fries & rocket tomato salad

#### LAMB (STIFADO) / 19.5

Slow stewed lamb cooked in a red wine and shallot sauce. Served with bulgur rice

#### CREAMY CHICKEN / 18.5

Chicken breast served in a creamy white wine, mushroom and garlic sauce. Served with vegetables and mashed potatoes

#### CHICKEN SCHNITZEL / 17.50

Served with chips and salad

MASHED POTATO / 3.9 THICK CUT CHIPS / 3.9 CURLY FRIES / 4.50

GARLIC BREAD / 3.5 GLUTEN-FREE BREAD / 1.5 each **BREAD BASKET / 2.5**