MEY
MEDITERRANEAN
BAR & GRILL

COLD MEZZE

Hummus GL, D, N, V, VE **£6.90**
A classic favourite made from pureed chickpeas, tahini paste, lemon juice, olive oil and garlic.

Cacik GL, N, V **£6.50**
A light and refreshing yogurt based dish with finely chopped cucumber, mint, dill, confit of garlic and olive oil.

Mixed Olives GL, N, D, V, VE **£5.90**
With dill and oregano. Served with sun dried tomatoes.

Grilled Aubergine (Saksuka) GL, N, D, V, VE **£7.40**
Grilled aubergine mixed with fried onions, courgette, potato & mixed herbs with peppers & tomatoes in a tasty yet delicately balanced sauce giving this popular dish it's unique flavour.

Baba Ganoush GL, N, D, V, VE **£7.40**
Grilled aubergine, tahini paste, red peppers,confit of garlic, salt and touch of white pepper.

Spicy Ezme V, GL, VE **£7.40**
Finely chopped onions, tomatoes, peppers with tomato paste, herbs, olive oil and spicy pepper topped with a splash of pomegranate sauce.

Kisir V, VE **£7.40**
Bulgur wheat with onion, peppers, celery, pepper paste, mint, parsley, olive oil, fresh lemon juice, tomato paste and topped with pomegranate sauce.

Cold mezze selection **£17.50**
Chefs selection of various cold mezze dishes

HOT MEZZE

Sigara Borek N, V **£8.30**
Turkish feta cheese mixed with sweet paprika, spinach, rolled in delicate pastry, fresh oregano served with special sauce.

Meys Borek N, V NEW **£10.00**
Light filo pastery rolls filled with mince meat, onion, spices and mozzarella cheese. Served with our special sauce.

Felafel V **£7.40**
Homemade chickpea fritters made with leek, onion, carrot, dill, red and green pepper, sesame seeds, mixed herbs & a touch of cumin served on bed of hummus topped with sweet chilli jam.

Grilled Halloumi Cheese GL, N, V **£7.50**
Slices of chargrilled traditional Cypriot cheese topped with parmesan cheese served with sweet chilli sauce.

Goats Cheese and Beetroot GL, N, V **£8.50**
Grilled Goats cheese presented with touch of honey on beetroot & crispy salad bed drizzled with homemade dressing.

Spicy Turkish Sausage (Sucuk) N **£8.50**
Turkish sausage chargrilled served with crispy salad and our own special sauce.

Garlic Tiger King Prawns GL, N **£10.00**
Fresh grilled prawns infused with fresh garlic butter, wine and lemon juice, lightly fried with onions and peppers seasoned with Turkish spices.

Calamari (Kalamar) N **£8.50**
Crispy calamari fried in butter mix , infused with mixed herbs, served with tartare sauce, crispy salad and lemon wedge.

Mushrooms Arancini N, V **£8.50**
Arancini balls with melted mozzarella centre served with pea puree and parmesan cheese.

Lambs Liver (Ciger Saute) N **£8.40**
Pan fried Liver served with fresh onions, fresh tomatoes, mixed peppers and mixed herbs.

Whitebait N **£8.40**
Crispy, breaded whitebait served with tartare sauce & lemon wedge.

Brie Wedges N, V **£7.90**
Brie cheese coated in breadcrumbs, deep fried, served with chilli jam.

Creamy Garlic Mussels N **£10.90**
Mussels cooked with a creamy white wine sauce, fresh garlic & mixed herbs served with bread. Topped with Parmesan cheese.

Mixed Hot Mezze **£17.90**
Chefs selection of 4 hot mezze dishes:
Sigara borek, Falafel served on bed of hummus & served with crispy mixed salad and our special sauce, Sucuk, Halloumi.

Grilled Halloumi & Turkish sausage mix NEW **£9.50**
Served with our own special sauce.

Creamy Mushroom saute NEW **£9.50**
Onion, mushrooms and peppers fried with garlic, topped with cheese.

GRILLED SECTION

Chicken Shish N **£18.50**
Large chunks of soft, succulent chicken breast in mildly spiced marinade with garlic cooked on skewer over chargrill, served with rice & salad.

Lamb Shish N **£20.50**
Tender Lamb cubes cooked over a chargrill, served with kiwi, rice & salad.

Adana Kebab N **£17.50**
Mince lamb with red pepper, mixed Turkish spices cooked over chargrill served with rice & salad.

Chicken Adana N **£17.50**
Mince chicken with red pepper, garlic and mixed Turkish spices cooked over chargrill served with rice & salad.

Adana and Chicken Kofte mix NEW **£17.50**
Served with rice and fresh salad

Chicken Wings (Kanat) N **£16.90**
Marinated chicken wings cooked on hot chargrill, garlic, served with rice & salad.

Lamb Ribs (Kuzu Kaburga) N **£22.50**
Ribs coated in BBQ glaze & garlic served with rice & salad.

Lamb Chops (Pirzola) N **£23.50**
Glazed chops accompanied served with rice & salad.

Beyti Sarma N **£19.90**
Minced lamb with red pepper rolled up in flatbread with cheese, sliced into pinwheels served on bed of garlic yogurt & topped with Chef's special tomato sauce and touch of butter. Served with rice & salad.

Chicken Sarma N **£18.90**
Grilled marinated chicken with garlic and cheese rolled up in flatbread sliced into pinwheels served on bed of garlic yogurt and topped with Our special Chef's sauce and touch of butter. Served with rice & salad.

Chicken or Kofte yogurt kebab (iskender) N **£19.90**
Beautiful Turkish dish that consist of chosen grilled meat, topped with hot tomato special sauce over pieces of freshly baked Turkish bread, generously slathered with melted butter & garlic yogurt. Served with rice & salad.

Mix Shish (Lamb and chicken) N **£19.90**
Mix of chicken & lamb cubes grilled & served with rice & salad.

Mixed Grill N **£25.90**
Mix of grilled chicken, lamb, Adana, chicken wings and lamb ribs served with rice & salad.

Grill Special NEW **£20.00**
Adana Kofte meat filled with delicious special effects created with melted cheese inside ! Served with rice & salad.

LUNCH MENU

Available Monday - Friday 12.00 4.00pm

1 COURSE £11.99
2 COURSES £12.99
3 COURSES £13.99

STARTERS
Choose one of our amazing mezzes

Sigara borek — Hummus
Halloumi — Cacik
Sucuk — Saksuka
Felafel — Baba Ganoush

MAINS
Chicken Shish
Chicken Wings
Adana kofte
Vegetarian Moussaka
Chicken Casserole
Any Wrap from our Main Menu served with fries and salad

DESSERTS
Turkish Home Made Baklava

CHEFS SPECIALS

Chicken Casserole GL, N **£17.80**
Delectable Chunks of chicken with fresh tomatoes, red and green peppers, butter, mixed herbs, onion and fresh garlic served in sizzling skillet and rice and salad.

Lamb Casserole (Et Sote) GL, N **£18.80**
Lamb cubes and mixed vegetables oven cooked in cooked with onions, peppers, fresh tomatoes and mixed peppers, served with rice and salad.

Ali Nazik GL, N **£18.80**
Garlic yogurt & grilled aubergine base topped with lamb, fried with onion, tomato and peppers drizzled with butter and topped with parsley served with rice.
Chicken, Adana lamb and Adana chicken option available.

Lamb Moussaka N **£17.80**
Traditional Mediterranean dish made with layers of minced lamb, aubergine, courgettes , potato, onions, peppers, tomato. Served with delicious bechamel sauce and our own tomato sauce topped with cheese and presented with rice and crispy salad

Lamb Shank (incik) GL, N **£23.80**
Tender lamb shanks cooked with potato, carrots, onions and fresh herbs, served with mashed potato and drizzled with the Chef's special sauce.

Tudor's Special Chicken **£19.80**
Tender chicken pieces in sweet creamy sauce created with blend of apricots, nuts, cream, honey, butter, raisins and currants served with rice.

Mey's Special **£20.50**
Juicy chicken pieces fried with mixed herbs, wild mushrooms mix, onions and peppers cooked with fresh tomatoes, served with rice and salad.

Sac Kavurma GL NEW **£18.80**
Lamb cubes fried with mixed vegetables, garlic, butter served with rice and crispy salad .

SEAFOOD AND FISH SELECTION

Sea Bass Fillet N **£22.00**
Butterflied Sea Bass, pan fried in olive oil, fresh lemon juice, fresh garlic, mixed herbs and wine seasoned with sea salt and black pepper, served with sauteed potatoes crispy salad and vegetables.

Whole Sea Bass N NEW **£24.95**
Whole sea bass, grilled, marinated with fresh garlic, lemon and our own seasoning mix, served with fried baby potatoes and crispy salad.

Prawn Guvec GL, N **£22.90**
King Prawns fried with garlic, butter, peppers, tomatoes, onions & spices, wine and fresh lemon juice served with rice and salad .

Grilled Salmon GL, N **£23.90**
Served with sauteed potatoes crispy salad & vegetables.

Pomegranate Salmon GL, N **£23.95**
Pomegranate glazed salmon served with pomegranate seeds served with sauteed potatoes crispy salad & vegetables.

Seafood Mixed Grill GL, N **£25.95**
King Prawns, mussels, seabass fillet, and grilled salmon served with sauteed potatoes crispy salad and vegetables.

Calamari N **£20.90**
Main Portion of Breaded Calamari served with chips, lemon wedge and tartare sauce.

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PASTAS AND RISOTTOS

NEW

Seafood Paella **£19.99**

Calamari, Mussels and King Prawns fried with red and green peppers, peas, onions, garlic, pinch of saffron and and a splash of Turkish white wine mixed with special homemade rice.

Mushroom Risotto GL, V **£15.00**

Perfectly balanced creamy mushroom risotto.
Add Chicken, Salmon, Lamb Kofte or Grilled Veg for 8.00

Creamy Chicken Harissa Pasta **£16.00**

Beautiful Comfort dish created with Penne Pasta, chicken, onions, butter, garlic, tomatoes, cream and harissa paste topped with parmesan cheese and fresh parsley.

Seafood Risotto **£19.50**

Delicious creamy risotto with mixed herbs, lemon juice, fresh garlic and white wine served with Calamari, Mussels, Garlic Prawns, Mushrooms, finished off with Whole Garlic Infused Tiger prawn.

VEGETERIAN DISHES

Vegetarian Moussaka N, V **£17.20**

A vegetarian version of traditional Mediterranean dish made with layers of roasted aubergine, potato, courgettes, carrots, onions, peppers and tomatoes all served with delicious bechamel sauce and our own tomato sauce topped with cheese. Presented with vegetable couscous rice and salad.

Vegetarian Kebab Grilled GL, N, V, VE **£17.20**

Char-grilled Vegetables served with vegetable couscous rice and salad. Topped with Parmesan cheese.

Imam Bayildi N, V **£17.20**

Buttery chickpeas, onions, peppers, tomatoes served on bed of grilled aubergine mixed with fresh garlic and yogurt. Served with vegetable couscous rice and salad. Topped with Parmesan cheese.

Felafel Meal N, VE **£17.20**

Chickpeas, onions, carrots, celery, dill, leek and sesame fritters served on bed of hummus topped with sweet chilli jam, presented with Turkish rice and fresh salad.

Vegetable Guvec GL, N, V, VE NEW **£17.95**

Chargrilled Vegetables cooked with our own Special tomato sauce, served with mediterranean couscous.

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TURKISH STYLE WRAPS **£16.90**

Grilled Chicken Wrap N
(Buckingham award winning dish)
Tortilla wrap filled with grilled chicken, tomatoes, peppers,fried onions, cucumber, lettuce & cheese, grilled and presented with chips and fresh salad.

Chicken Adana wrap N NEW
Mince chicken grilled wrapped in tortilla bread with tomato, cucumber, lettuce, peppers, cheese & fried onion served with chips and salad.

Crispy Buttered Fish Wrap N
Tortilla wrap filled with buttered and breaded cod with tartare sauce, tomatoes, cucumbers, lettuce, peppers,fried onion and cheese, grilled and served with chips and salad.

Kofte Wrap N
Mince Lamb grilled wrapped in tortilla bread with tomato, cucumber, lettuce, peppers, cheese & fried onion served with chips and salad.

Felafel and Halloumi Wrap N, V NEW
Grilled Tortilla bread filled with grilled halloumi cheese, chickpea, sesame and chickpea fritters made with onion, carrots, leek, dill, peppers, sesame wrapped together with hummus, peppers, tomatoes, cheese, fried onions, cucumber, lettuce, served with chips, fresh salad and sweet chilli jam.

Turkish Sausage Wrap N
Grilled tortilla wrap filled with Turkish sausage, lettuce, tomato, peppers, cucumber, fried onions and cheese.

SAUCE CHOICES

Tomato, Garlic Mayo, Mayo, Sweet Chilli Jam, Hummus, BBQ, Spicy Sauce

SALADS

Chicken Caesar Salad **£16.90**
Chargrilled chicken breast, iceberg lettuce, croutons, parmesan cheese drizzled with Caesar dressing.

Felafel and Halloumi Salad N, V **£16.90**
Grilled halloumi cheese, chickpea, sesame and chickpea fritters made with onion, carrots, leek, dill, peppers, sesame wrapped together with hummus, peppers, tomatoes, cheese, fried onions, cucumber, lettuce, served with chips, fresh salad and sweet chilli jam.

Goats Cheese Salad GL, N, V **£16.90**
Sliced, Grilled & honey glazed Goats cheese served on bed of mixed crunchy salad topped with beetroot, pomegranate seeds and homemade pomegranate dressing.

Grilled Salmon Salad GL, N, D, V **£16.90**
Pomegranate glazed pan fried salmon served on bed of crispy mixed salad.

Feta Greek Style Salad GL, N, V NEW **£16.90**
Fresh tomatoes, cucumber, red onion, olives & peppers mixed with crispy salad and drizzled with homemade dressing.

36 High St, Buckingham, MK18 1NU
01280 852310

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www.meybargrill.co.uk

BURGERS

Beef Burger N **£17.90**
8 oz Pattie, burger relish, lettuce, tomato, fried onions served with chips and salad.

Chicken Fillet Burger N **£17.50**
Chicken burger with garlic mayo, tomato, fried onions and lettuce served with chips and salad

Halloumi Burger N, V **£17.50**
Grilled halloumi with sweet chilli jam, lettuce, tomato, fried onions served with chips and salad.

KIDS MENU £8.95

STARTERS

Garlic Bread
Cheesy Garlic Bread
Cheesy Pastry Wraps
Hummus

MAINS

Chicken Shish
Chicken Wings
Beef burger or Cheeseburger NEW
Fish Fingers
Chicken Nuggets

DESSERTS

Ice cream
Brownie

SIDE ORDERS £4.20

1. Side Salad
2. Olives
3. Chips
4. Sweet Potato Chips
5. Vegetarian Couscous Rice
6. Sautéed Potatoes
7. Grilled Vegetables
8. Rice

ALLERGENS

(V) Vegetarian friendly, (VE) Vegan friendly'
(N) Nut free, (GL) Gluten free, (D) Dairy free

Please inform us of any allergies and dietary requirements as dishes could contain some amount of common allergens.

Your server will be more than happy to assist you with any requests You might have.

Some of our dishes contain wine, please ask if you want this removed. All of our dishes are freshly made for larger groups the dishes might not come out at the exact same time, also at busy times there could be longer delays for food to be served.