



enjoy nutritious, organic choices for dinner...

Eliane is food to make the soul smile. We believe in using healthy, alkaline whole foods.

Appetisers

Burrata , burnt oranges	6.9
Spiced potato cakes with tamarind and coconut yoghurt	6.9
Tandoori cauliflower and broccoli, harissa	6.9
Raw singapore noodles	6.9
Charred sabich style aubergine	6.9
Spiced crab , lime, edamame , apricot chutney	8.9
Lawar Kachang chicken parcels	8.9
Tandoori bread with tahini , harissa and herb dips	6.9

Mains

Vegetables

Massaman vegetables with lime	10.9
Roasted aubergine, peanut and chilli salsa	10.9
Marinated tofu, aminos and ginger dressing	10.9
Chickpea fritters, coconut sauce	10.9
Organic fresh sprout stir fry with coconut <i>mustard</i>	10.9
Fragrant spinach with paneer	10.9
Celeriac shawarma, tahini , coconut yoghurt, lightly pickled veg	14.9
Vegetable skewers, falafel, coconut tzatziki, mint	14.9

Meat

Twice cooked Afghani chicken, lemon and herbs	14.9
Chicken koftas, cashews , coconut sauce	14.9
Middle Eastern chicken, tomato, chilli	14.9

Fish

Rassam fish with spiced potatoes <i>mustard</i>	15.9
Tiger prawns with coconut and chilli	21.9
Steamed sea bass with broth, garlic, ginger, glass noodles	15.9
Charred prawns with tahini and Thai spices	21.9

Sides

Crushed spiced potatoes	5
Baby carrots with coconut	5
Seasonal greens with hazelnuts and za'atar	5
Oven roasted beetroot, squash and onions	5
Chilla flatbread	3.9
Tandoori bread	3.9
Rice	3.2

Tandoori bread is the only dish element which contains gluten. Please let the team know when you order if you need a gluten free dish, we'll swap out the tandoori bread for a chilla flatbread, no problem. All other allergens are shown in bold.

All our dishes are created to our ethos of nutritious, delicious choice.

All of our dishes are created to our clean, healthy ethos. They are free from refined sugars and there is never any hidden gluten or dairy here. We cook with raw virgin coconut oil, Himalayan pink salt and organic ingredients wherever possible. If you have any dietary requirements, please let a member of our team know.

We care that our food is homemade, fresh, healthy, clean, raw, organic, locally sourced, we are environmentally conscious, we care about biodegradability, we are ethical... Ask our team or find out more at elianesmiles.com