



# enjoy nutritious, organic choices for dinner...

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

## Appetisers

<b>Mozarella</b> , honey glazed oranges, avocado	6.9
Spiced potato cakes with tamarind & coconut yoghurt	6.9
Tandoori cauliflower & broccoli with harissa	6.9
Raw singapore noodles	6.9
Charred sabich style aubergine	6.9
Chila flat bread with <b>tahini</b> , harissa & herb dips	6.9
Thai spiced fish cakes with apricot chutney	8.9
Spiced <b>crab</b> , lime, <b>edamame</b>	8.9
Mu Shu chicken	8.9

## Mains

### Vegetables

Massaman vegetables with lime & tofu	10.9
Roasted aubergine, <b>peanut</b> & chilli salsa	10.9
Middle eastern tagine with aubergine, thyme & tomato	10.9
Chickpea & spinach curry	10.9
Vegetable biryani with almond & lemon labneh	10.9
Banana & <b>paneer</b> kofta, tomato sauce	10.9
Roasted sweet potato with Mohammra	10.9
Coconut spiced dahl	10.9

### Meat

Twice cooked Afghani chicken, lemon & herbs	15.5
Indonesian style chicken, coconut & lime	15.5
Chicken in a black peppercorn sauce	15.5
Trio of chicken, fattoush, tzatziki & herbs	17.9

### Fish

Rassam fish with spiced potatoes <b>mustard</b>	16.9
Tiger prawns with coconut & chilli	22.9
Steamed sea bass with broth, glass noodles, garlic & ginger,	16.9
Stir fried prawns with basil, tomato & kafir	22.9

### Sides

Crushed spiced potatoes	5
Spiced cauliflower with <b>almonds</b>	5
Seasonal greens with <b>hazelnuts</b> & <b>za'atar</b>	5
Oven roasted beetroot, squash & onions	5
Oriental style broccoli stir fry with ginger & garlic	5
Chila flatbread	3.9
Rice	3.2

All allergens are shown in bold. Please let the team know of any other allergens before placing your order.

### 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](http://elianesmiles.com)