



# enjoy nutritious, organic choices for dinner...

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

---

## Appetisers

<b>Mozzarella</b> , honey glazed oranges, avocado	<b>7.9</b>
Crispy shells, potato and chickpea filling, tamarind, coconut yoghurt. <b>Contains gluten</b>	<b>7.9</b>
Tandoori cauliflower and broccoli, harissa	<b>7.9</b>
Raw singapore noodles	<b>7.9</b>
Charred sabich style aubergine	<b>7.9</b>
Chilla flatbread, <b>tahini</b> , harissa and herb dips	<b>7.9</b>
Thai spiced fishcakes, apricot chutney	<b>11.9</b>
Tiger prawns, harissa sauce	<b>11.9</b>
Asian spiced chicken lettuce parcels	<b>10.9</b>

## Mains

### Vegetables

Indonesian style vegetables with lime and tofu	<b>14.9</b>
Middle Eastern tagine with thyme and tomato	<b>14.9</b>
Chickpea and spinach curry	<b>14.9</b>
Vegetable biryani with <b>almond</b> and lemon labneh	<b>14.9</b>
Chickpea koftas, coconut sauce	<b>14.9</b>
Roasted stuffed squash with <b>tahini</b>	<b>14.9</b>
Mushroom stroganoff	<b>14.9</b>
Coconut and cardamom dal	<b>14.9</b>

### Meat

Twice cooked Afghani chicken, lemon and herbs	<b>16.9</b>
Griddled chicken, lemongrass, ginger	<b>16.9</b>
Indonesian style chicken, coconut and lime	<b>16.9</b>
Chicken in a black peppercorn sauce	<b>16.9</b>

### Fish

Rassam fish with spiced potatoes	<b>18.9</b>
Tiger prawns with coconut and chilli	<b>24.9</b>
Steamed sea bass with broth, glass noodles, ginger and garlic	<b>18.9</b>
Stir fried prawns with Thai basil and lemongrass	<b>24.9</b>

### Sides

Crushed spiced potatoes	<b>6.5</b>
Spiced cauliflower with <b>almonds</b>	<b>6.5</b>
Seasonal greens with <b>hazelnuts</b> and <b>za'atar</b>	<b>6.5</b>
Oven roasted beetroot, squash and onions	<b>6.5</b>
Oriental broccoli stir fry with ginger and garlic	<b>6.5</b>
Chilla flatbread	<b>4.9</b>
Rice	<b>3.9</b>

---

### 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)