Mouna's Kitchen - SYRIAN AND MIDDLE EASTERN CATERING -

8 Duchess drive, E13 8FE, London www.mounaskitchen.com contact@mounaskitchen.com 07502047569



As a dinner substitute, we recommend at least 10-12 canapés per person, and for a reception around 5 canapés per person per hour. We have a minimum order per canapé type of 25 pieces and an overall order minimum of £350.

Canapés

Filo dip cups - £2

Little filo cups (G) filled with:

Muhammara: Red pepper and walnut dip with pomegranate molasses (VG, N).

Mutabbal: Smokey aubergine with tahini, garlic and lemon juice (VG, S).

Shawandar: Beetroot, tahini, lemon juice and garlic dip (VG, S) Hummus: A chickpea, tahini, lemon and garlic dip (VG, S).

Spínach fatayer - £2

Little parcels of pastry filled with pomegranate tangy spinach (VG, G).

Aubergines rolls - £2.20

Rolls of aubergines filled with a red pepper and tahini mix and walnuts (VG, GF, N).

Batata hara croquettes - £2

Potato croquette bite with coriander, garlic and paprika served with chilli sauce (V, G, E, D).

Arnabeet ejjeh - £2

The Syrian egg frittata with cauliflower and a mix of herbs, onions and a cumin yogurt sauce. (V, E, D).

Cheese borek - £2

Squares of soft dough layered with a mix of cheeses and parsley (V, G, E, D).

Chicken tarator pockets - £2.20

Little pita pockets filled with shredded chicken in a tahini, lemon juice and garlic sauce (G, N, S).

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Labneh crostini rolls - £2

Za'atar rolls topped with labneh, slow-roasted za'atar tomato and mint (V, G, D, S, N).

Kibbeh mtajaneh - £2.20

Bulgur and minced meat patties sauteed in a mix of peppers and onions (G).

Agras samak - £2.20

Mini fish cakes with coriander and Syrian spices (G, E).

Kibbeh ya'teen - £2.20

Bulgur and butternut squash squares layered with a tangy spinach, onion and pomegranate mix (VG, G).

Sujuk beef sausage rolls - £2.20

Puff pastry tolls filled with a delicious spicy blend of beef (G).

Mini bowls

Larger than canapés but small enough to be held in the palm of your hand, these bowl food options are great on their own or mix and match them with canapés.

Hera' Esba'o - £3.50

A tantalising mix of lentils cooked in tamarind, pomegranate molasses, onions, garlic and coriander and topped with crispy onions, pomegranate seeds, coriander and toasted pita squares (G).

Kefta bi tahini - £4

Delicately spiced beef meat balls in a delicious nutty tahini sauce (S).

Eric's tabbouleh - £3.50

A green couscous salad with an abundance of herbs, tomatoes and pickled onions (G).

Eech - £3.50

A light bulgur salad with tomatoes, red peppers and parsley flavoured with lemon juice and pomegranate molasses (G).

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Freekeh salad - £3.50

Smoky freekeh with refreshing vegetables, tart apples and pomegranate seeds (G).

Batata harra - £3.50

Means 'spicy potatoes' and is made of potatoes tossed in garlic, coriander, chillies and a hint of lemon.

Aubergine fatteh* - £3.50

Layers of toasted pitta bread topped with a tahini yogurt sauce, aubergines cooked in a tangy tomato sauce, parsley and pine nuts (V,G,D,N). *Needs to be eaten relatively quickly after being assembled.

Kibbeh mtajaneh - £4

Bulgur and minced beef patties sautéed in a mix of peppers and onions (G).

Sweet bites

Baklava fingers - £2

Rich filo pastry filled with walnuts and pistachios with a sweet fragrant syrup (can be vegan) (V, G, N).

Chocolate tahini brownie - £2

Chocolate brownies marbled with tahini and halva (V, G, N, E, D).

Knafeh nests - £2

Kataifi pastry topped with a Syrian clotted cream, fruit and nuts with orange blossom syrup (V, G, N, D).

Orange blossom polenta and almond cakes - £2

A light and moist almond polenta cake (V, GF, N, E, D).

Basbousa truffles - £2

Little balls of delight with hints of coconut, orange blossom and pistachios. (V, G, N, E, D).

Cherry baklawa - £2

Layers of flaky pastry filled with the cherries from which Aleppo is famous for. (V, G, D, N).