

TARH bite INRA

MENU

Our menu offers healthy vegan dishes with a modern twist and it's made of natural and fresh ingredients.

We do not use any processed additives or sugars. We aim to be environmentally conscious, which is why we use recyclable packaging for our food.

Bites

Hummus 🌱	1100.-
Baba Ghanouj 🌱	1200.-
Muhammara 🌱🌱	1200.-
Warak Enab (stuffed grape leaves)	1800.-
Fried cauliflower with taratour sauce 🌱	1200.-
Batata Kouzbara (cold potato salad with garlic and coriander)	950.-

Salads

Quinoa Tabbouleh	1900.-
Fattouch (can be served without fried bread) 🌱	1300.-
Purple vitamin bomb	1300.-

Falafel Plates *Golden classic OR spicy*

Falafel with tomatoes, pickles, mint leaves, radish, parsley and taratour sauce 🌱

4 pieces (small)	1250.-
8 pieces (large)	2250.-

Sandwiches

TB Classic (Golden falafel mixed with crunchy vegetables and pickles, drizzled with taratour sauce, wrapped in Lebanese bread) 🌱🌱	1250.-
Green wrap (Golden falafel mixed with crunchy vegetables and pickles, drizzled with taratour sauce, wrapped in lettuce) 🌱	1250.-
GF Falafel Tacos 3 pcs (golden falafel topped with hummus/baba ghanoush/muhammara, served in our homemade gluten free wrap) 🌱🌱	1650.-
CYO Sandwich (bread or lettuce wrap, falafel (spicy or golden classic), 3 toppings, 1 sauce)	1250.-

Bowls

Superfood (Quinoa, golden falafel, Hummus, chickpeas, beets, tomatoes, spring onions, black seeds with taratour sauce) 🌱	2250.-
Spice it up! (1 base, spicy falafel, Muhammara, chilly pickles, tomatoes, cucumber, boiled chickpeas, chili flakes with spicy tahini) 🌱	2250.-
Go Green (Zucchini noodles, golden falafel, Moutabbal, cucumber, chickpeas, radish, carrots, Coconut pesto sauce) 🌱	2250.-
Mediterranean (Salad, golden falafel, Hummus, tomatoes, cucumber, onions, olives, with garlic-lemon-mint dressing) 🌱	2250.-
CYO (1 base, falafel (golden classic or spicy), 5 toppings, 2 crunch, 1 sauce)	2250.-

Base

Rice, Quinoa, Zucchini noodles, Salad mix

TAHINA bite



GLUTEN



SESAME



NUTS

Toppings

Turnip pickles, Chilly pickles, Cucumber, Carrots, Tomatoes, Radish, Chickpeas, Corn, Beets, Onions, Purple cabbage, spring onions, avocado (+300 extra)

Extra toppings: +200.-

Crunch

Chili flakes, Black sesame, Onion Flakes, Nuts, Cilantro, Pumpkin seeds, Olives, Pomegranate seeds (+100.- extra)

Extra crunch: +100.-

Sauces

Classic taratour, Spicy tahini, Coconut pesto, Lemon-Garlic-Mint, Balsamic mustard, Debess tahini

Extra sauce: +300.-

Siders

Extra bread 🍞 300.-

Gluten free bread (3 pcs) 450.-

Sweet potato fries 890.-

Truffle fries 990.-

Smoothies 🍷

Berry blast (seasonal berries, bananas, chia seeds, homemade plant-based milk) 1390.-

Green (banana, spinach, lime, mint, apples, homemade plant-based milk) 1390.-

Tropical (banana, seasonal tropical fruits, homemade plant-based milk) 1390.-

Desserts

Banana bread 🍌🍞 990.-

Chia pudding with seasonal fruits 1090.-

Soft drinks

Coca Cola, Coca Cola Zero 490.-

Sparkling water small 490.-

Sprite 490.-

Ginger Kinley 490.-

Glaceau Smart Water 0.6l 490.-

Glaceau Smart Water 1.1l 750.-

Aquarius Blood orange (Magnesium) 590.-

Aquarius Lemon (Zinc) 590.-

Royal Bliss Ginger beer 790.-

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