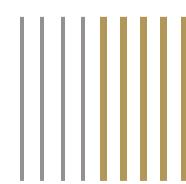


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# MENU



**FORTY FIVE**  
KENSINGTON

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# COLD MEZZE

## HUMMUS (VE) (N)

Chick pea puree, tahini & lemon juice dip

9

## TABBOULEH (VE) (GF)

Chopped parsley, cracked wheat, tomato, shallot, mint in a lemon & olive oil dressing

7

## FATTOUSH SALAD (VE)

Mixed salad with sumac, mint, toasted Lebanese bread with lemon & oil dressing

9

## MOUTABAL (VE)

Char-grilled aubergine blended with tahini & lemon juice topped with pomegranate seeds

10

## LABNEH (V)

White cream cheese dip made from strained yoghurt with dried mint

9

## FETA SALAD (V) (N) (GF)

Salad of cracked wheat, walnuts, pomegranate & feta cheese with a lemon & oil dressing

9

# HOT MEZZE

## FALAFEL (V)

Chick pea spiced croquettes, deep fried, topped with sesame seeds, served with a side of tahina

9

## KALLAJ (V)

Baked Lebanese flat bread topped with halloumi cheese and dry mint

9

## KIBBEH (N)

Lamb & cracked wheat shell filled with marinated minced lamb, onions & pine nuts. Deep fried

12

## ARAYES (N)

Lebanese bread filled with marinated minced lamb, onions, parsley topped with tahina & pine nuts

8

## HALLOUMI (V) (GF)

Grilled Halloumi cheese topped with poppy seeds

10

## CHEESE SAMBOUSEK (V)

Lebanese pastry filled with halloumi & parsley

12

## LENTIL SOUP (V)

8

# ARABIC GRILL

Arabic grills are served on flat bread with garlic sauce, green chilli sauce, pickles & Arabic rice

## FAROUJ MASHWI

Grilled baby chicken, Sumac salad, grilled tomato, charred lemon & garlic mayo

24

## LAMB MESHWI

Grilled lamb Skewers

22

## SEA BASS MASGOUF

Curry spices, lemon juice, olive oil, onion

24

## SHISH TAUOK

Grilled garlic, lemon & tomato marinated chicken

19

## ARABIC MIXED GRILL

Spicy lamb kebabs, marinated chicken & prime lamb chops

35

## BAMIA (VE)

Classic Middle Eastern Okra stew. Fresh tomatoes, tomato paste, Lebanese spices

18

## LAMB KOFTA

Minced lamb, parsley, onion, spices, fresh chilli

20

## PRIME LAMB CUTLETS

30

Add Lamb

6

# STARTERS

## SOUP DE JOUR

Warm bread & butter  
Ask your server for today's choice  
**9**

**GRILLED TIGER PRAWNS (GF)**  
Chilli & garlic butter  
**26**

**WILD MUSHROOM & TRUFFLE RAVIOLI (V)**  
Sage butter sauce  
**15**

## BRESAOLA (GF)

Rocket, sun dried tomatoes, parmesan & a balsamic reduction.  
Thinly sliced cured beef

**14**

**FRESH STEAMED MUSSELS (GF)**  
Coconut, ginger, chilli & lime  
**12**

**VEGETABLE GYOZA (VE)**  
Soy chilli dip

**12**

## DUCK, BEETROOT, CHICORY & WALNUT SALAD (N)

Confit duck leg, roast beetroot, toasted walnuts & chicory, wholegrain mustard & balsamic dressing

**14**

**THE FORTYFIVE SALAD (V)**  
Baby gem, palm hearts, asparagus, artichoke, avocado, cherry tomatoes, dressing

**14**

*Add grilled chicken breast*

**6**

*Add king prawns*  
**10**

# THE GRILL

## FINEST QUALITY GRASS-FED BEEF

Our beef comes from master butcher Block & Cleaver and is dry-aged for 28 days. Served with watercress

**FILLET**  
(220G)

**34**

**RIB EYE**  
(220G)

**30**

**SIRLOIN**  
(280G)

**32**

**SAUCES (GF)**  
Peppercorn  
Red wine  
Mushroom

**3**

**BARNESLEY LAMB CHOP**  
(280G)  
Served with watercress  
**28**

**VEAL CHOP**  
(350G)  
Served with watercress  
**30**

**GRILLED SALMON FILLET**  
(220G)  
Served with watercress  
**25**

**GRILLED FILLET SEA BASS**  
(220G)  
Served with watercress  
**25**

# MAIN COURSES

## TOURNEDOS ROSSINI (GF)

Beef tournedos, pan-fried in butter, sauteed spinach, fresh foie gras & madeira sauce

**42**

## ROAST FILLET OF NORTH ATLANTIC COD

Samphire, panko & garlic crust, garden pea veloute

**28**

## THE FORTY FIVE BIRYANI

An aromatic dish of mixed spices stir-fried with Basmati rice & Raita

*Served with*

**CHICKEN**   **LAMB**   **KING PRAWN**  
**18**   **20**   **24**

**SEAFOOD LINGUINI**  
Clams, mussels, king prawns  
**24**

**DISH OF THE DAY**  
Ask your server for today's special & pricing

# SIDES

**SEASONAL VEGETABLES (GF)**  
Ask your server for today's choice

**8**

## THE FORTY FIVE

### SALAD (V)

Baby gem, palm hearts, asparagus, artichoke, avocado, cherry tomatoes, dressing

**7**

## MASH POTATO (GF)

**6**

## FAT CHIPS (VE)

**7**

## FRENCH FRIES (VE)

**7**

*Add Parmesan & truffle oil*  
**4**



For allergen and calorie information, please scan the QR code or ask for a member of the team for our dish allergen guide.