



TAS RESTAURANT | BOROUGH
72 Borough High St, London, SE1 1XF
Tel: 020 7403 7200 / 020 7403 7277
borough@tasrestaurants.co.uk

TAS RESTAURANT | BLOOMSBURY
22 Bloomsbury Street, London, WC1B 3QJ
Tel: 020 7637 4555 / 020 76371333
bloomsbury@tasrestaurants.co.uk

TAS RESTAURANT | THE CUT
33 The Cut, London, SE1 8LF
Tel: 020 7928 2111 / 020 79281444
thecut@tasrestaurants.co.uk

TAS PIDE
22 New Globe Walk, London, SE1 9DR
Tel: 020 7928 3300 / 020 7633 9777
pide@tasrestaurants.co.uk

EV
RESTAURANT | BAR | CAFE
The Arches 97-99 Isabella Str,
London, SE1 8DD
Tel: 020 7620 6191 / 020 7620 6192
ev@tasrestaurants.co.uk

HAZEV
RESTAURANT | BAR | CAFE
Discovery Dock West 2 South Quay Square
Canary Wharf, London, E14 9RT
Tel: 020 7515 9467 / 020 7515 9468
info@hazev.com

AMORA GUSTO
TAPAS | BAR
94-95 Isabella St
London, SE1 8DD
Tel: 020 7620 2220
info@amoragusto.com

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www.tasrestaurants.co.uk



TAS Group is proud to be the founder of Docklands Academy London, a non-profit organisation dedicated to Higher Education and English learning.
www.docklandsacademy.co.uk



The Limehouse Library Hotel London, a proud member of TAS Group, invites you to experience its uniquely themed rooms alongside its soothing Spa & Hammam treatments for a memorable stay.
www.limehousehotel.com



GREAT ORMOND STREET HOSPITAL CHARITY
TAS Group is proud to support Great Ormond Street Hospital Children's Charity



Dear Guest,

Tas is our traditional Anatolian cooking pot, used to prepare casseroles and serves at your table.

All our dishes are prepared daily, using only the freshest of ingredients, many of which are organic and only the purest of extra virgin olive oil makes the grade.

Should you have any special dietary requirements, please do not hesitate to inform our staff.


Afiyet olsun. (Enjoy your meal)

Onder Sahan

Starters


All starters are served with homemade Anatolian bread


Soup

MERCIMEK CORBASI  7.95
Anatolian red lentil soup


Cold Meze


HUMUS (Houmous)  7.95
Pureed chickpeas with tahini, garlic, olive oil and lemon juice



MAYDANOZ SALATASI (Tabbouleh)  7.95
Finely chopped parsley and mint tossed with tomatoes, onions, bulgur, olive oil and lemon juice


CACIK (Tzatziki)  7.95
Anatolian village style strained yogurt with cucumber and pureed garlic



ISPANAKLI YOGURT  7.95
Thick and creamy yogurt blended with spinach and garlic

ACILI EZME  8.50
Finely chopped tomatoes, cucumber, chilli peppers and onion salad

PATLICAN EZME (Baba Ganoush)  8.50
Grilled aubergines pureed with tahini, garlic, olive oil and yogurt


KISIR   8.95
Anatolian traditional fine bulgur wheat salad with spring onions, celery, tomato sauce, dill, herbs, crushed walnuts and hazelnuts


ZEYTINYAGLI PATLICAN  8.95
Aubergine cooked in olive oil with tomatoes, garlic, peppers and chickpeas

DOLMA   8.95
Vine leaves stuffed with rice and toasted walnuts, freshly made and hand rolled every day


Hot Meze


HUMUS KAVURMA 9.50
Houmous topped with sauteed lamb and paprika


FALAFEL  9.00
Mediterranean style chickpea and broad bean patties, tossed in spices, deep fried, served with houmous


BOREK  9.25
Filo pastry triangles stuffed with feta cheese and spinach

SUCUK 9.25
Charcoal grilled beef garlic sausage, served with salad

HELLIM  9.25
Charcoal grilled halloumi cheese, served with salad

MANTAR  9.25
Sauteed mushrooms in garlic, onions, peppers, leeks and tomatoes, topped with cheddar cheese

MUCVER  9.25
Deep fried crispy and tender courgette fritters with feta cheese, spring onion, carrots, dill and parsley, served with garlic sauce

PATLICAN BIBER KIZARTMA  9.25
Deep fried aubergines and peppers served with slow-cooked tomato sauce and yogurt

KALAMAR 9.50
Lightly battered squid rings, served with a rose infused sweet-sour sauce

KARIDES 9.50
Prawns cooked with double cream, tomatoes, leeks, garlic, ginger and coriander

DOMATESLI KOFTE 9.50
Lamb meatballs cooked with leeks, parsley, peppers and tomatoes

KARIDES TAVA 9.50
Deep fried king prawns, served with garlic sauce

SOMON TAVA 9.50
Fried salmon cubes on skewer, served with a rose infused sweet-sour sauce

Main Dishes

Charcoal Grill

TAVUK SIS 19.50
Skewer of marinated chicken cubes, served with couscous

PILIC KULBASTI 20.50
Fillet of marinated chicken thigh, served with couscous

KOFTE 19.95
Skewer of tender lamb mince, blended with special seasoning and Anatolian herbs, served with couscous

PATLICAN EZMELI KOFTE 20.95
Lamb kofte on a bed of grilled aubergine sauce, served with couscous


KUZU SIS 22.50
Skewer of marinated tender lamb cubes, served with couscous

KARISIK IZGARA (Mixed Grill) 24.50
Mixed grill of chicken cubes, lamb cubes and kofte, served with couscous

TAS ISKENDER 24.95
Popular since 1999, Tas classic mixed grilled meats on a bed of cubed homemade bread, rich tomato sauce and creamy yogurt

Casseroles & Oven Dishes

TAVUK GUYEC 19.50
Chicken casserole with mushrooms, onions, tomatoes, ginger and fresh coriander

BADEMLI TAVUK  19.95
Chicken casserole with almonds, green peppers, bay leaves and tomatoes

COBAN KAVURMA 20.50
Anatolian village style lamb casserole with tomatoes, onions, mushrooms and peppers

DOMATES SOSLU KOFTE 20.50
Lamb meatballs cooked with fresh tomatoes, potatoes, parsley, leeks, onions and peppers


TAS SPECIAL 22.95
Slow-cooked lamb cubes with potatoes, onions, peppers and tomatoes, seasoned oregano


MUSAKKA 22.95
Classic TAS style Mediterranean layered bake of aubergine, lamb mince and potatoes, topped with bechamel sauce

HUNKAR BEGENDI 23.50
From the Sultan's kitchen to TAS. A classic slow cooked lamb stew on a bed of creamy smoked aubergine sauce blended with cheddar cheese



INCIK 24.95
Slow cooked lamb shank with tomatoes, mashed potatoes and bay leaves

Salads

AVOKADOLU YESIL SALATA  7.95
Daily fresh green salad with avocado

COBAN SALATA  6.50
Anatolian shepherd's salad with parsley, tomatoes, red onion and cucumber

BEYAZ PEYNIRLI SALATA  7.50
Mixed salad topped with feta cheese

CEVIZLI DOMATESLI SALATA   8.50
Salad of crushed walnuts, peppers, onions, parsley, coriander and tomatoes with Tas pomegranate molasses and olive oil

Fish & Seafood Dishes

KALAMAR TAVA 18.50
A main portion of our popular lightly battered squid rings, served with rose infused sweet-sour sauce and salad

KARIDES GUYEC 20.50
Prawn casserole with tomatoes, coriander, mushrooms, double cream and garlic in white wine sauce

SOMON YAHNI 21.95
Salmon cooked with potatoes, tomatoes, leeks, coriander, double cream and white wine sauce

SOMON IZGARA 23.50
Grilled salmon fillet, served with baby potatoes and salad

LEVREK 23.50
Sea bass, pan-fried or grilled, served with baby potatoes and salad

Pasta Dishes


SEBZELI MAKARNA  17.50
Penne pasta with mixed vegetables in tomato sauce


KREMALI TAVUKLU MAKARNA 17.95
Penne pasta with chicken, mushroom and double cream


KARIDESLI MAKARNA 18.50
Penne pasta with prawns, fresh tomatoes and double cream


SOMONLU MAKARNA 18.50
Penne pasta tossed with sauteed salmon, tomatoes and sliced spring onions with double cream


Vegetarian Dishes


PATLICANLI  18.50
Grilled aubergine cooked with tomatoes and peppers, served with couscous and yogurt


PIRASALI  18.50
Leeks cooked with chickpeas, sun-dried tomatoes, peppers, red onions, green lentils, served with couscous and yogurt

KABAK  18.50
Sauteed courgettes, potatoes, onions, chickpeas, sun-dried tomatoes and garlic, served with couscous and yogurt







HELLIMLI BROKOLI  18.50
Broccoli sauteed with grilled halloumi cheese, mushrooms, sun-dried tomatoes, leeks and onions

SEBZELI KOFTE (Falafel)  18.50
Ground chickpeas and broad beans tossed in spices, deep fried, with houmous and mixed salad

TURLU  18.95
Anatolian village style stew of potatoes, aubergines, courgettes, mushrooms, peppers, carrots, tomatoes, served with couscous and yogurt

VEGETARIAN MUSAKKA  19.95
Layers of aubergines, potatoes, courgettes, mushrooms, onions and tomatoes, topped with bechamel sauce

Sides

FRENCH FRIES  4.50
SWEET POTATO FRIES  6.50
SPICED NEW POTATOES  4.75
STEAMED BROCCOLI WITH SUN-DRIED TOMATOES  4.75
SPINACH WITH TOMATO SAUCE  6.50
SEASONAL VEGETABLES SAUTEE  7.50

Set Menus





Renk Meze Menu 23.50
per person

(minimum of 2 people)

SET MEZE TO SHARE

served with homemade Anatolian bread

HUMUS KAVURMA • **KISIR**   • **BOREK** 
MAYDANOZ SALATASI (Tabbouleh)  • **FALAFEL** 
ISPANAKLI YOGURT  • **KARIDES TAVA** • **KALAMAR**
ZEYTINYAGLI PATLICAN  • **CACIK** (Tzatziki) 

A vegetarian option is available with HUMUS , DOLMA   and MANTAR  as replacements

Vegan Meze Menu 21.50
per person

SELECTION OF VEGAN MEZE

served with homemade Anatolian bread

HUMUS (Houmous) • **FALAFEL** • **MIXED OLIVES**





MAYDANOZ SALATASI (Tabbouleh) • **KISIR** 
ZEYTINYAGLI PATLICAN • **MANTAR SOTE** • **DOLMA** 

Sahan Menu 23.50
per person

2 Course Menu

CHOICE OF STARTER

served with homemade Anatolian bread







MERCIMEK CORBASI (Red Lentil Soup) 
HUMUS (Houmous) 
ISPANAKLI YOGURT (Spinach with yogurt) 
MAYDANOZ SALATASI (Tabbouleh) 
BEYAZ PEYNIRLI SALATA (Feta Cheese Salad) 

CHOICE OF MAIN COURSE

TAVUK GUYEC (Chicken Casserole), served with couscous
TAVUK SIS (Grilled Chicken Shish), served with couscous
KOFTE (Grilled Lamb Kofte), served with couscous
DOMATESLI KOFTE (Lamb Meatballs in Tomato Sauce), served with couscous
VEGETARIAN MUSAKKA 

Any Choice of PASTA DISHES

Rice

SADE PILAV  4.50
Basmati rice
COUSCOUS  4.50
Fine bulgur wheat mixed with tomatoes, onions, red peppers
MANTARLI PILAV  4.95
Basmati rice with mushroom
PIRASALI PILAV  4.95
Basmati rice with leeks
BADEMLI PILAV   5.25
Basmati rice with almond

 Suitable for Vegetarians  Contains Nuts

All our food is prepared in a kitchen where nuts, gluten and other allergens may be present and our menu descriptions do not include all ingredients. Please inform your server if you have any allergies or special dietary requirements. All prices in pound sterling. A discretionary service charge of 13.5% will be added to your bill. VAT included.