

EST 2004

# SAHARA

GRILL

MENU



## WELCOME TO SAHARA GRILL

Sahara Grill is a well known, established chain of restaurants, specialising in providing classic and original grilled dishes. With a passion for bringing inspired dining to the heart of today's flourishing grill culture, reputation for unique grill cuisine and fine food preparation quickly spread far and wide. Gourmet and good food lovers have long made Sahara Grill renowned as their dining destination of choice.

The Sahara Grill experience offers an intriguing combination of time-honoured methods of food preparation and fresh ingredients with surprising recipes to create exquisite mouthwatering dishes of sheer grilled delight, often with a contemporary twist. Complete with a warm welcome from friendly, discreet staff who set a naturally relaxed and laidback tone, you are assured of a different and uplifting dining-out experience.

At Sahara Grill we do not pre-cook any of our food, all of our food is cooked to order. Waiting times can reach 20-30 minutes at peak times.

We strictly do not allow food or drink purchased from outside to be consumed on our premises.

Sahara Grill stop serving for 10 minutes, during prayer times. Last orders for eating in are 30 minutes before prayer time. Last orders for takeaway are 15 minutes before prayer time. Prayer times are available from staff at request.

There is a 10% + VAT Room charge for family rooms (Leyton branch only)

Thank you for visiting us,  
Enjoy your meal.



## APPETISERS

### Sahara Lamb Chops **HOT**

Tender lamb chops marinated in Sahara Grill signature spices and flamed grilled to your liking, slightly on the hot side but will leave you wanting more.

10.95

### Sahara Wings **HOT**

Tender chicken wings in a spicy, hot and tangy sauce. Served with sour cream (5 in a portion)

8.95

### Chicken Tenders

strips of prime chicken breast lightly seasoned, battered and deep-fried until golden brown. Served with BBQ sauce (5 in a portion)

6.95

### Corn on the Cob

Char-grilled and served with butter on the side (when available)

2.95

### Scampi Light

Breaded wholetail scampi, deep-fried served with tartar sauce

6.95

### King Prawns

Fresh water king prawns grilled and served with a Mediterranean sauce

10.95

### Hummus

Strips of toasted pitta served with hummus

3.95

### Taramasalata

Strips of toasted pitta served with taramasalata

3.95

### Olives

Mixed marinated olives

3.95

### Mixed Dip Platter

Hummus, taramasalata and marinated olives with toasted pitta

10.95

## SALADS

### Greek Salad

Tomatoes, onions, olives, cucumber and feta cheese with a dash of olive oil dressing

5.95

### Mediterranean Salad Supreme

Mediterranean salad served with a prime chicken fillet marinated and flame-grilled

9.95

### Greek Salad Supreme

Greek Salad served with a prime chicken fillet marinated and flame-grilled

10.95



## BURGERS

### XXL CHICKEN BURGERS

Prime chicken fillets marinated, flame-grilled and topped with melted cheddar cheese, lettuce, tomato and onions finished off with mayonnaise in a toasted sesame seed bun.

**7oz**      **14oz**

**Sahara XXL** - Marinated in Sahara Grill spices **HOT**  
Recommended with BBQ Sauce

6.95      12.95

**Cajun XXL** - Marinated in Cajun spices  
Recommended with Relish

6.95      12.95

### BEEF BURGERS

100% pure beef burgers of the highest quality, individually made and hand pressed by Sahara Grill. Flame-grilled to your liking and served on a sesame seed bun, lettuce, melted cheddar cheese, tomatoes and onions.

**5oz**      **10oz**

**Classic Burger** - Topped with tomato relish

5.95      9.95

**Mex Border Burger** - Topped with guacamole and salsa

5.95      9.95

**BBQ Cheese Burger** - Topped with BBQ sauce

5.95      9.95

### VEGETARIAN BURGERS

100% pure vegetable burgers of the highest quality, individually made and hand pressed by Sahara Grill. Flame-grilled to your liking and served on a sesame seed bun, lettuce, melted cheddar cheese, tomatoes and onions.

**5oz**

**Classic Veg Burger** - Topped with tomato relish

4.95

**Mex Border Veg Burger** - Topped with guacamole and salsa

4.95

**BBQ Cheese Veg Burger** - Topped with BBQ sauce

4.95

### BURGERS EXTRAS

Gherkins

0.55

Extra Cheese

1.05

Pineapple

1.05

Jalapeno peppers

0.55

### SAHARA KIDS

Chicken Tenders and Chips

4.25

Fish Fingers and Chips

4.25

Chicken Steak and Chips

5.95

Beef Rump Steak and Chips

7.95

## SAHARA FLAME-GRILLED CHICKEN

Marinated in our signature Sahara Grill spices and flame-grilled to order (sides served on the same plate) **HOT**

	On its own	With 2 reg. sides
Quarter Chicken	3.75	6.85
Half Chicken	6.95	9.65
Whole Chicken	12.95	

## SIDE ORDERS

	Regular	Large
Chips	2.45	3.95
Seasoned Rice	2.95	4.45
Mediterranean Salad	2.75	4.25
Made in-house Coleslaw	2.75	4.25

## SAUTE

Seasoned rump or chicken steak cut into strips or prawns sautéed with picante gravy, onions and peppers, sheer content

Chicken	Beef	Prawns
8.95	10.95	11.95

## FAJITAS

Grilled rump or chicken steak, cut into strips and served with pico de gallo, fresh guacamole, sour cream and hot tortillas.

10.95	12.95	13.95
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## MIN FRITE

Prawns, seasoned rump or chicken steak cut into strips stir-fried with noodles or rice, with carrots and cabbage.

Beef	11.20
Chicken	10.15
Prawns	11.95
Special	15.95
Vegetarian	9.15

## EXTRAS

Picante Gravy Sauce	1.50
Sour Cream & Chives	1.50
Sahara Wing Sauce	1.95
Toasted Pitta Bread	0.95
Baguette	0.95
Tortilla	0.95
Feta Cheese	2.99
Mash Potatoes	3.95



# STEAKS

## CHICKEN STEAKS

### Sahara Chicken Steak **H&T**

Marinated in Sahara Grill spices and flame-grilled to order  
Served with coleslaw and chips

11.95

### Cajun Chicken Steak

Marinated in Cajun spices and flame-grilled to order. Served with coleslaw and chips

11.95

### The Original Pepper Chicken Steak

Marinated in a blend of pepper spices and flame-grilled to order. Served with coleslaw and chips

11.95

## BEEF STEAKS

**8oz    16oz**

### Beef Rump Steak

Seasoned Rump steak, flame-grilled to your liking. Served with caramelized onions, picante gravy, salad and chips

15.95    25.95

### Beef T-Bone Steak **H&T**

T-Bone steak marinated in Sahara spices and flame-grilled to your liking. Served with caramelized onions, picante gravy salad and chips

18.95

## LAMB STEAKS

**8oz    16oz**

### Sahara Lamb Fillet Steak **H&T**

Seasoned lamb fillet steak marinated in Sahara spices and flame-grilled to your liking. Served with caramelized onions, picante gravy, salad and chips

19.95    31.95

### Sahara Lamb Sirloin Steak **H&T**

Seasoned lamb sirloin steak marinated in Sahara spices and flame-grilled to your liking. Served with caramelized onions, picante gravy, salad and chips

16.95    26.95

## STEAK EXTRAS

Cheese

1.05

Mushroom Sauce

3.50

Fried Egg

1.55

Prawns

4.95

Mash Potatoes Instead of Chips add

1.75



### **Ocean Delight**

Char-grilled salmon fillet, lightly seasoned and topped with a creamy mushroom sauce, spectacular in flavour. Served with salad and bread

10.95

### **Tilapia with Voloute Sauce**

Boneless fillet of Tilapia lightly seasoned and pan fried in olive oil, served with mash potatoes and vegetable

11.95

### **Traditional Fish & Chips**

Battered Haddock served with chips and peas

9.95

### **Scampi**

Breaded wholetail scampi, deep fried served with steak chips and tartar sauce

10.95

### **Fish Burger**

Deep fried cod fillet in crisp breadcrumb coating. Served in a sesame seed bun with in house tartar sauce

4.95

## **PLATTERS TO SHARE**

### **Sahara Platter HOT**

Whole Sahara flame-grilled chicken. Served with a large portion of Mediterranean salad and steak chips or seasoned rice

19.95

### **Beef Sauté Platter**

Prepared from three rump steaks, cut into strips and sautéed with picante gravy, onions and peppers. Served with a large portion of chips or seasoned rice

34.95

### **Chicken Sauté Platter**

Prepared from three chicken steaks, cut into strips and sautéed with picante gravy, onions and peppers. Served with a large portion of chips or seasoned rice

27.95

### **Sauté Combo**

Prepared from two rump and two chicken steaks, cut into strips and sautéed with picante gravy, onions and peppers. Served with a large portion of chips or seasoned rice

39.95



## DRINKS

### JUICES

<b>Freshly Squeezed Orange Juice</b>	2.95
<b>Apple Juice</b>	2.95

### FRAPPES

<b>Mocha Frappe</b> Delicious mocha flavoured ice cold drink	2.95
<b>Mango Frappe</b> Seriously chilled mango with a hint of vanilla for serious refreshment	2.95
<b>Vanilla Frappe</b> Ice cold vanilla flavoured drink	2.95

### SMOOTHIES FRESHLY MADE TO ORDER

<b>The Classic</b> Banana & Strawberry	4.25
<b>Mango Dream</b> Strawberry & Mango	4.25
<b>Pineapple Sunset</b> Strawberry & Pineapple	4.25
<b>The Tropical</b> Melon, Pineapple & Kiwi	4.25
<b>Coconut Crush</b> Pineapple and Coconut Milk	4.50
<b>Berry Burst Blueberry</b> Blackberry, Blackcurrant & Banana	4.50
<b>Jungle Juice</b> Acai, Strawberry, Blueberry and Mango	4.50
<b>Powergranate</b> Pomegranate, Strawberry, Blackcurrant and Apple	4.50

### SOFT DRINKS

<b>Evoca Cola</b>	1.50
<b>Coke</b>	1.50
<b>7up</b>	1.50
<b>Diet Coke</b>	1.50
<b>Tango</b>	1.50
<b>Dr. Pepper</b>	1.50
<b>Barbican 100% Non-alcoholic Beer</b>	2.95
<b>Barbican (Strawberry) 100% Non-alcoholic Beer</b>	2.95
<b>Barbican (Apple) 100% Non-alcoholic Beer</b>	2.95
<b>Mineral Water</b>	1.50
<b>Sparkling Water</b>	1.50





## DESSERTS



### Chocolate Banoffe Pie

Fresh slices of banana on a biscuit base, covered with caramel, topped with chocolate cream and decorated with white chocolate flakes 5.95

Add a scoop of ice cream for 1.50

### Banoffe Pie

Fresh slices of banana on a biscuit base, covered with caramel, fresh cream and decorated with chocolate flakes 5.95

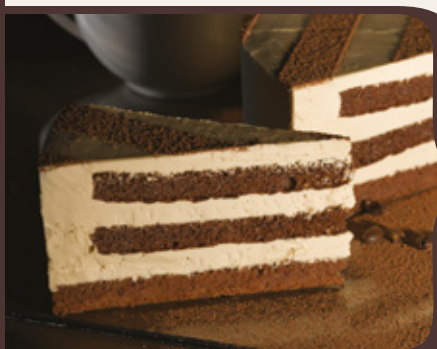
Add a scoop of ice cream for 1.50



### Torta Cappucino

Layers of chocolate sponge soaked with espresso coffee and smooth coffee cream, decorated with layers of cocoa powder 5.95

Add a scoop of ice cream for 1.50



### Torta Della Nonna

Layers of shortcrust pastry filled with lemon flavoured patisserie cream and decorated with pine nuts, dusted with icing sugar 5.95

Add a scoop of ice cream for 1.50



### Semifreddo Profiteroles with Chocolate Sauce

Soft choux pastry filled with soft vanilla ice cream with a chocolate sauce garnish 5.50





### Mango

Mango sorbet and coconut ice cream with a heart of meringue decorated with a raspberry, kiwi fruit and lychee 6.85

### Coppa Cocco e Ananas

Coconut ice cream served with pineapple pieces and sprinkled with chocolate shavings 7.25



### Coppa Cioccolato e Nocciola

Hazelnut ice cream and dark chocolate ice cream, swirled with chocolate syrup 6.95

### Coppa Stracciatella

A vanilla ice cream with chocolate swirls topped with caramelised hazelnuts and cocoa powder 7.95



### Coppa Fiordilatte, Fragole e Caramello

Dairy ice cream with almond crunch, semi candied strawberries, caramel and flaked almond topping 7.95



### **Sticky Toffee Apple Crumble with Custard**

Individual portions of baked apple filling topped with crunchy crumble, a rich toffee sauce and custard 5.95

### **Treacle Sponge Pudding with Custard**

A light sponge covered with Syrup and custard 5.95



### **Sticky Toffee Pudding with Custard**

A light chocolate sponge topped with a rich toffee sauce and custard 5.95

### **Sticky Chocolate Pudding with Custard**

A light chocolate sponge with chocolate flavoured chips, topped with a rich sticky chocolate sauce and custard 5.95



## Branches

### Ilford

406-408 Cranbrook Road  
Ilford, IG2 6HW  
TEL: 020 8554 0707

### Leyton

427-437 High Road Leyton  
Leyton, E10 5EL  
TEL: 020 8558 6444

### Whitechapel

49-53 New Road  
Whitechapel  
London, E1 1HH  
TEL: 020 7247 7803



## Opening Hours

Monday to Thursday  
12pm - 11:30pm

Friday  
2pm - 12am

Saturday & Sunday  
12pm - 12am

