



QBARANDKITCHEN

WWW.QBARANDKITCHEN.COM



WE ARE Q BAR AND KITCHEN

AT Q BAR AND KITCHEN, WE PRIDE OURSELVES IN PROVIDING FRESH INGREDIENTS, AUTHENTIC COOKING AND A RELAXED BUT FUN MEDITERRANEAN DINING EXPERIENCE. THE FIRST AND ONLY PLACE IN BECKENHAM TO FIND HANDCRAFTED COCKTAILS.

WE HAVE GROWN UP WITH A MIX OF TRADITIONAL FOOD FROM THE MIDDLE EAST AND ITS EUROPEAN NEIGHBOURS, AND AT Q BAR AND KITCHEN, WE AIM TO BRING THIS DELIGHTFUL FUSION TO BECKENHAM.

THE EAST OF THE MED IS HOME TO SOME OF THE WORLD'S BEST DISHES, SUITED TO A RANGE OF APPETITES AND DIETARY NEEDS. MANY OF OUR DISHES ARE NATURALLY VEGETARIAN AND VEGAN, WE HAVE A VARIETY OF FISH, SALAD, PASTA, AUTHENTIC STEWS, & GLUTEN FREE OPTIONS AND WE ARE ALSO A HAVEN FOR GRILLED MEAT LOVERS.

WE ARE AN INDEPENDENT, FAMILY-OWNED RESTAURANT WITH OUR CUSTOMERS AT HEART.

PLEASE NOTE THAT A DISCRETIONARY SERVICE CHARGE OF 10% WILL BE ADDED TO YOUR BILL.

PLEASE NOTIFY YOUR WAITER OF ANY FOOD ALLERGIES OR INTOLERANCES WHEN ORDERING.

PLEASE CONSIDER WHEN ORDERING THAT WHILST THE FOOD LISTED ON THIS MENU IS GLUTEN FREE, IT IS PREPARED IN A KITCHEN WHERE GLUTEN IS PRESENT, CONSEQUENTLY WE CAN NEVER GUARANTEE THAT IT IS 100% GLUTEN FREE. DUE TO THE PRESENCE OF NUTS IN SOME OF OUR DISHES WE CANNOT GUARANTEE ABSENCE OF NUT TRACES IN OUR DISHES.

APPETISERS

OLIVE OIL AND BALSAMIC VINEGAR WITH
TOASTED BREAD (VE) (GFO) 2.95

SMOKEHOUSE MIXED NUTS (V) 2.95

TZATZIKI WITH TOASTED BREAD (V) (GFO) 4.50

Q HUMMUS WITH TOASTED BREAD (V) (GFO) 4.95

STARTERS

KIBBEH 5.50

FLAVOURFUL LEVANTINE DISH MADE OF CRACKED WHEAT, MINCED LAMB, ONIONS AND PARSLEY

BRUSCHETTA WITH PLUM TOMATOES & BASIL OIL (V) (GFO) 5.95

GRILLED BREAD, CHOPPED TOMATOES, ONION AND FRESH BASIL OIL

BEEF SUJUK (GF) 6.95

SPICY SAUSAGE FROM THE BALKANS TO CENTRAL ASIA, WITH GARLIC, RED PEPPER FLAKES, TOMATOES, MUSHROOMS, PEPPERS

MEZE TRIO DIPS (V) (GFO) 5.95

Q HUMMUS, TZATZIKI, SAKSUKA WITH TOASTED BREAD

DEEP FRIED CALAMARI 6.95

MIXED LEAVES AND TARTAR SAUCE

COLDWATER PRAWNS & AVOCADO (GF) 7.95

BABY PRAWNS DRESSED IN SEAFOOD SAUCE WITH AVOCADO

GRILLED HALLOUMI SALAD (V) (GF) 6.50

GRILLED PEPPERS, COURGETTES, SECRET ZESTY SAUCE

CRAB MAYONNAISE (GFO) 8.50

CRAB MAYONNAISE WITH AVOCADO AND TOASTED BREAD

STEAMED MUSSELS (GFO) 6.95

STEAMED MUSSELS, CREAMY WHITE WINE, GARLIC AND HERB SAUCE, TOASTED BREAD

CREAMY BUFFALO MOZZARELLA & AVOCADO (V) (GF) 6.95

CHERRY TOMATOES AND FRESH BASIL DRESSING

WHITEBAIT 6.50

DUSTED IN SEASONED FLOUR, DEEP FRIED, SERVED WITH TABBOULEH AND TARTAR SAUCE

HOT BUTTERFLIED TIGER PRAWNS (GFO) 8.95

SAUTÉED PRAWNS, MILD SPICES, GARLIC BUTTER, TOASTED BREAD

PARMA HAM AND HONEYDEW MELON (GF) 6.95

CLASSIC PARMA HAM THINLY SLICED WITH FRESH MELON

SPINACH & FETA FILO PARCELS (V) 5.95

HOMEMADE DEEP FRIED FILO PARCELS WITH Q HUMMUS



COMBO QUATRO COLD MEZE

(IDEAL FOR TWO) 12.95



TASTEFUL COMBINATION OF HUMMUS, TZATZIKI, TARAMASALATA & SAKSUKA



COMBO QUATRO HOT MEZE

(IDEAL FOR TWO) 15.95

DEEP FRIED CALAMARI, FETA FILO PARCELS, KIBBEH AND GRILLED HALLOUMI



Q KITCHEN'S FISH DISHES

FRESH SALMON FILLET (GFO) 14.95

MARINATED IN OLIVE OIL, FRESH ROSEMARY AND LEMON JUICE WITH MASHED POTATO, TABBOULEH, BASIL OIL, FONDUE SAUCE ON THE SIDE

FRESH SEA BASS FILLET (GFO) 15.95

MARINATED IN OLIVE OIL, FRESH ROSEMARY AND LEMON JUICE WITH MASHED POTATO, TABBOULEH, BASIL OIL

Q KITCHEN FISH DUO (GFO) 18.95

COMBINATION OF SEA BASS AND SALMON FILLET SERVED WITH MASHED POTATO, TABBOULEH AND BASIL OIL

DEEP FRIED CALAMARI 12.95

MIXED LEAVES, TARTAR SAUCE, CHIPS

STEAMED MUSSELS (GFO) 12.95

STEAMED MUSSELS, CREAMY WHITE WINE, GARLIC AND HERB SAUCE, TOASTED BREAD

SALADS

GRILLED CHICKEN (GF) 13.95

MIXED SALAD, SWEETCORN, CHERRY TOMATOES, CUCUMBER, ONION, OLIVES, AVOCADO, MIXED PEPPERS, DRESSING ON THE SIDE

GRILLED KING PRAWNS (GF) 14.95

MIXED SALAD, SWEETCORN, CHERRY TOMATOES, CUCUMBER, ONION, OLIVES, AVOCADO, MIXED PEPPERS, DRESSING ON THE SIDE

GRILLED HALLOUMI (V) (GF) 12.95

MIXED SALAD, SWEETCORN, CHERRY TOMATOES, CUCUMBER, ONION, OLIVES, AVOCADO, MIXED PEPPERS, DRESSING ON THE SIDE

ADD GRILLED CHICKEN TO YOUR SALADS FOR 3.95

PASTA

PENNE WITH PRAWNS, CHILLI, GARLIC & TOMATO 15.95

KING PRAWNS PAN-FRIED IN OLIVE OIL, CHILLI, GARLIC, HOMEMADE TOMATO SAUCE

CHICKEN ARRABBIATA 13.95

PENNE PASTA, LIGHTLY GRILLED CHICKEN, HOMEMADE TOMATO SAUCE WITH A HINT OF SPICES

BEEF RAGU 13.95

TENDER BEEF RAGU BOLOGNESE WITH HERBS & PENNE

PENNE WITH TOMATOES & MOZZARELLA (V) 12.95

CHERRY TOMATOES, FRESH BASIL, HOMEMADE TOMATO SAUCE, TORN MOZZARELLA

Q KITCHEN'S CHARCOAL GRILLED MEAT

- PRIME MCKENNA FARM SIRLOIN STEAK (10oz) (GFO) 22.95**
OUR 28 DAY AGED BRITISH BEEF, SPECIAL SEASONING, YOUR CHOICE OF PEPPERCORN SAUCE OR GARLIC BUTTER, CHIPS
ADD GARLIC KING PRAWNS TO YOUR STEAK PLUS 6.95
- TENDER LAMB CUTLETS (GFO) 18.95**
4 PIECES OF BEST END LAMB MARINATED IN EASTERN FLAVOURS, CHIPS
- MARINATED ZESTY CHICKEN STEAK (GF) 13.95**
LEMON AND LIME MARINATED CHICKEN BREAST, MASHED POTATO
- MARINATED LAMB STEAK (GFO) 16.95**
MARINATED IN Q KITCHEN'S SECRET INGREDIENTS, CHIPS
- Q KITCHEN'S STEAK DUO (GFO) 19.95**
COMBINATION OF LAMB STEAK AND CHICKEN STEAK, PEPPERCORN SAUCE, CHIPS
- SPICY CHICKEN CHOPS (GFO) 12.95**
PIRI PIRI MARINATED CHICKEN THIGHS, CHIPS

HOMEMADE BURGERS

- BACON CHEESEBURGER 12.95**
GRILLED BURGER, CRISPY BACON, MELTED CHEESE, LETTUCE, TOMATOES, ONIONS, GHERKINS, CHIPS
- HALLOUMI & FALAFEL BURGER (V) 11.95**
CRISPY HOT FALAFEL, GRILLED HALLOUMI, Q HUMMUS, TABBOULEH, CHIPS
- GRILLED ZESTY CHICKEN BURGER 12.95**
GRILLED ZESTY CHICKEN STEAK, LETTUCE, TOMATOES, ONIONS GHERKINS, CHIPS

ADD EXTRA CHEESE OR BACON FOR 1.00

Q KITCHEN'S STEWS & OVEN DISHES

- HOMEMADE CLASSIC MOUSSAKA 14.95**
A WELL-LOVED CLASSIC GREEK DISH, MINCED LAMB, BAKED POTATOES & VEGETABLES, CHEESY BÉCHAMEL & TOMATO SAUCE, WITH RICE
- SPINACH STEW WITH HALLOUMI CHEESE (V) (GFO) 12.95**
FRESH SAUTÉED SPINACH, CHICKPEAS, TOMATOES, GRILLED HALLOUMI, SERVED IN A TRADITIONAL BALKAN CLAY POT WITH RICE
- SPICY FISH POT (GFO) 15.95**
MEDITERRANEAN DISH WITH PRAWNS, SQUID, MUSSELS, SALMON, MIXED VEGETABLES, SPICY TOMATO SAUCE, SERVED IN A TRADITIONAL BALKAN CLAY POT WITH RICE
- FARMER'S FAVOURITE CHICKEN (GFO) 13.95**
PACKED WITH HEAPS OF AUTHENTIC FLAVOUR SERVED IN A TRADITIONAL BALKAN CLAY POT WITH RICE

VEGAN MENU

APPETISERS

MEDITERRANEAN OLIVES (GF) 2.95
OLIVE OIL AND BALSAMIC VINEGAR WITH
TOASTED BREAD (GFO) 2.95

STARTERS

- SAKSUKA (GFO) 4.50**
CHICKPEAS, AUBERGINE, COURGETTE AND GOLDEN SYRUP DIP WITH TOASTED BREAD
- BRUSCHETTA WITH PLUM TOMATOES & BASIL OIL 5.95**
GRILLED BREAD, CHOPPED TOMATOES, ONION AND FRESH BASIL OIL
- HONEYDEW MELON WITH POMEGRANATE SAUCE (GF) 6.50**
MELON WITH POMEGRANATE SAUCE, STRAWBERRIES
- Q HUMMUS (GF) 4.95**
WITH CRUNCHY VEGETABLES

MAINS

- MEDITERRANEAN PENNE 11.95**
PENNE WITH SAUTÉED MIXED VEGETABLES, HOMEMADE TOMATO SAUCE AND BASIL OIL
- AVOCADO SALAD (GF) 9.95**
MIXED SALAD, SWEETCORN, CHERRY TOMATOES, CUCUMBER, ONION, OLIVES, AVOCADO, MIXED PEPPERS, DRESSING ON THE SIDE
- SPINACH & CHICKPEA STEW (GFO) 11.95**
FRESH SAUTÉED SPINACH, CHICKPEAS, TOMATOES, SERVED WITH RICE
- SEASONAL VEGETABLE STEW (GFO) 10.95**
A CROWD-PLEASING CASSEROLE MADE OF COURGETTES, PEAS, CARROTS, POTATOES, TOMATOES, GREEN PEPPERS, ONIONS, WITH RICE
- PENNE WITH TOMATOES, CHILLI & GARLIC 11.95**
CHERRY TOMATOES, CHILLI, GARLIC, FRESH BASIL AND HOMEMADE TOMATO SAUCE

SIDES

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| CHIPS (VE) | 2.95 | FRENCH BEANS (VE) (GF) | 3.50 |
| SWEET POTATO FRIES (VE) | 3.50 | LEAF SPINACH (VE) (GF) | 3.50 |
| MASHED POTATO (V) (GF) | 2.45 | GREEN SALAD (VE) (GF) | 4.50 |
| SEASONAL VEGETABLES (VE) (GF) | 3.95 | MIXED SALAD (VE) (GF) | 4.50 |
| RICE (V) (GFO) | 2.45 | FETA SALAD (GF) | 4.50 |

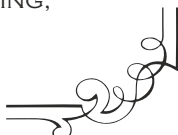



TRADITIONAL SUNDAY ROAST



CHICKEN 12.95 / BEEF 13.95 / LAMB 13.95

SERVED WITH ROAST POTATOES, YORKSHIRE PUDDING,
MIXED VEGETABLES AND HOMEMADE GRAVY
ONLY AVAILABLE ON SUNDAYS, 12 NOON TIL CLOSE



DESSERTS

CHOCOLATE FONDANT (V) 5.95

SERVED WITH VANILLA ICE CREAM

BANOFFEE PIE (V) 5.95

WONDERFUL DESSERT MADE OF BANANAS, MASCARPONE CREAM AND TOFFEE ON A CRUMBLE BISCUIT BASE

CHOCOLATE FUDGE CAKE (V) 5.95

SERVED WITH VANILLA ICE CREAM

STRAWBERRY CHEESECAKE (V) 5.95

SERVED WITH STRAWBERRY SAUCE

ICE CREAM (3 SCOOPS) (V) (GFO) 4.95

CHOICE OF CHOCOLATE, VANILLA, STRAWBERRY OR TOFFEE
SERVED WITH ICE CREAM SAUCE AND A WAFER

COFFEE AND CAKE DEAL 4.95

ANY COFFEE WITH CLASSIC CARROT CAKE (V) (GF)

CHEESE BOARD (V) (GFO) 12.50

(IDEAL FOR TWO)

SELECTION OF FRENCH BRIE, MATURE CHEDDAR,
RED LEICESTER, WENSLEYDALE & CRANBERRY AND
BLUE STILTON



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