

BARB

MEZE & GRILL



BAAB Meze and Grill has been developed to bring the flavours of the Eastern Mediterranean to Oban. These dishes include flavours and recipes from Greece, Turkey and the Levant. These areas have a rich culinary heritage with foods meant for sharing and bonding over a meal.

Instagram Facebook WWW.BAABGRILL.CO.UK

n = Nuts v = Vegan vg = Vegetarian

SMALL PLATES

BABA GHANOUSH

Smokey smashed aubergine, garlic, lemon garnished with chunky tomatoes, pomegranate seeds and parsley. (v) 6.50

HUMMOUS

Hummous with a BAAB twist - choose with either chickpeas or pine nuts on top. (v) 6.50

TABBOULEH

Parsley, bulgar wheat, tomato, onion - bright, fresh flavours in this salad. Try this with the grilled items. (v) 5.50

GREEK SALAD

A classic favourite with tomatoes, cucumber, onion, feta cheese and black olives. (vg) 5.50

TZATSIKI

Yoghurt, cucumber, mint, garlic - this chunky dip goes well with grilled meats. (vg) 5.50

MUHAMMARA

Roasted red pepper, chilli, walnuts, pomegranate in a smooth, zingy paste. (vg) (n) 6.50

FALAFEL

One of our signature dishes - made fresh, served hot - a staple of the region. (v) 4.50

FATOUSH SALAD

This tomato, radish, lettuce salad has a lemony taste made more tangy with sumac. Topped with crispy fried chips of pita bread. (vg) 5.50

TURKISH LENTIL SOUP

Lentils, garlic, cayenne pepper - this soup is warm, yet refreshing at the same time. (vg) 5.50

FRIED HALLOUMI

Lebanese cheese in panko bread crumbs. Dip them in our signature chilli sauce. (vg) 6.95

GRILLED LARGER PLATES

CHICKEN SHISH

Chickenbreast marinated in yoghurt, sweet paprika garlic and grilled with apricots. 14.95

ADANA KEBAB

A recipe from Adana in Turkey and made with Scottish minced beef, chilli, coriander, onion garlic and served with a yoghurt dip. 14.95

LAMB KEBAB

Marinated in cinnamon, nutmeg and yoghurt - local Scottish lamb cubes grilled to perfection. 17.50

MONKFISH SKEWER

Chargrilled monkfish, onions and peppers. Served with sumac yoghurt dip. 16.50

TAMARIND PRAWNS

Zesty tamarind and honey on slightly charred grilled prawns with a homemade Oban crabcake liberally sprinkled with sesame. 17.50

ZAATAR SALMON

Fresh Scottish salmon encrusted with panko breadcrumbs and za'atar (a blend of mild herbs including thyme and sesame seeds) served with a spicy tahini sauce. 22.50

OVEN BAKED PLATES

BAKED AUBERGINE

Roasted aubergine with cauliflower rice, topped with feta and served with a leafy salad. (vg) 12.50

STUFFED PEPPERS

Peppers filled with rice, sultanas, onions, sweet spices and served with our spicy chilli sauce. (v) (n) 12.50

CHEF'S SPECIAL

MUSSAKHAN (MOO-SA-KAAN) WITH SHREDDED CHICKEN

Traditional fresh bread with onions slow cooked in virgin olive oil topped with chicken in a Baharat mix a Levantine-variant of a pizza. 15.95

ROSE HARISSA MUSSELS

These mildly spicy mussels cooked in white wine and chilli with a hint of rose. The mussels are local and brought in daily. 15.95

TOFU SKEWERS

Grilled tofu, marinated in Middle Eastern spices and charred until crispy. Served with Turkish Bazlama. (v) 13.50

DAILY SPECIALS.

Ask your server for details.

SIDE DISHES

COURGETTE FRIES

Crispy, spicy courgette fries. (vg) 5.00

FRENCH FRIES

Served with our chilli sauce. (v) 4.50

PILAF RICE

Mildly spice infused rice. (v) 5.25

EASTERN SLAW

Fennel, black sesame seeds, dill and a dash of horseradish make this version of coleslaw a refreshing change. (vg) 5.50

OLIVES

A variety of olives dressed in garlic and lemon juice they go with everything. (v) 3.50

DESSERTS

RICE PUDDING WITH ROSE SYRUP AND PISTACHIO OR DATE COMPOTE

Rice pudding with an Eastern Mediterranean twist - add rose syrup or date compote. (vg) (n) 6.50

WALNUT BROWNIE WITH CINNAMON ICE CREAM

An indulgent chocolate brownie paired with our own handmade cinnamon ice cream. (vg) (n) 8.50

CHEESECAKE WITH KATAIFI AND ORANGE BLOSSOM

Kataifi pastry is a light crunchy pastry, which gives this orange blossom infused cheesecake a feathery base and topping. (vg) 8.95

UMM ALI

Our version of the region's bread and butter pudding - rose and pistachio add Eastern flavour. (vg)(n) 7.50

FREEKEH, FIG AND PISTACHIO CAKE

Three flavours from the region combine to make cake that is out of this world. You just have to try it to understand. (vg) (n) 7.50

LEMON YOGHURT CAKE

A very moist cake made with lemon zest for fruit lovers. (vg) 7.50



If you suffer from a food allergy or intolerance, please let your server know upon placing your order.

A discretionary optional service charge of 10% will be added to your bill.