umi

HOW WE MAKE THE BEST FALAFEL

WE MAKE ALL OUR SAUCES FRESH DAILY IN-HOUSE!

OUR FALAFEL MIX CONTAINS FOURTEEN MAGIC INGREDIENTS THAT CREATES THE YUMI GOODNESS

WE CHOP AND PREPARE ALL OUR SALADS FRESH THROUGHOUT THE DAY

GOOD THINGS COME TO PEOPLE WHO WAIT. . . WE ONLY COOK YOUR FALAFEL TO ORDER

OUR FALAFEL MIX IS PREPARED FOR YOU EVERY MORNING SEVEN DAYS A WEEK

WE ONLY USE RAPESEED OIL TO COOK OUR FALAFEL. IT CONTAINS THE LOWEST SATURATED FAT OF ANY TYPE OF OIL

WE MAKE ENOUGH UMI FALAFEL EVERY WEEK THAT IF THEY WERE ALL LAID SIDE TO SIDE THEY WOULD STRETCH FROM HERE TO RATHMINES!

visit **umifalafel.ie** or find us **here**

UMI TO GO

SANDWICHES

The Palestinian Falafel V
Palestinian bread: Pocket full of hummus, tomato, cucumber pickles, fried aubergine, flat parsley and chilli & tahini sauce. 5

The Lebanese Falafel V
Lebanese bread: Wrap full of tomato, cucumber pickles, flat parsley and tahini sauce. 5

Falafel your way V
With your choice of bread: (pocket or wrap) 4 toppings (hummus, tomato, fresh cucumber, cucumber pickles, aubergine, red onion, pickled turnips or lettuce) and a sauce 6

The Hummus Sandwich V
Lebanese bread: hummus and 4 toppings (tomato, fresh cucumber, cucumber pickles, aubergine, red onion, pickled turnips or lettuce) 5

The Grilled Haloumi cheese sandwich
Wrap full of grilled haloumi cheese with tomato and basil pesto 5

SALADS

Fatoush Salad V
A Lebanese favourite, tomatoes, peppers, cucumber, parsley, dry mint, rocket, scallion on a bed of lettuce with lemon juice and olive oil topped with toasted bread and pomegranate molasses 4.5

Tabouleh V
The most popular Arabic salad, bulgur wheat, finely chopped parsley, tomato, mint, cucumber, and a lemon and olive oil dressing 4.5

Morrocan Quinoa Salad V GF
Quinoa with red kidney beans, sweet corn, olives, red onion, fresh mint, coriander, Ras al Hanout spices, lemon juice topped with almonds 4.5

Falafel Salad GF
4 falafels topped on red and white cabbage with garlic mayo and a tomato and coriander salsa 4.5

Giant couscous and roasted vegetables Salad
Giant couscous, roasted mixed vegetables and crumbled feta cheese 5

Lentil Salad V GF
Green lentils, chickpeas, sundried tomatoes, roasted peppers and a cumin dressing 5

FRESHLY SQUEEZED JUICE

Orange	3	**Jazar Surprise** Carrot, apple and ginger	3.5
Carrot	3	**Citrus C** Orange, grapefruit and lime	3.5
Apple	3	**Zingy Booster** Orange, apple and ginger	3.5
Minted lemonade	3		

SOFT DRINKS

Coke, Diet Coke, Sprite, Diet Sprite, Fanta, still water, sparkling water 1.5

LUNCH MEALS

Served until 17.00

MEAL ONE
Palestinian or Lebanese falafel sandwich with Batata Hara & soft drink
7.5

MEAL TWO
Palestinian or Lebanese falafel sandwich with lentil soup & soft drink
8.5

MEAL THREE
Any sandwich & soft drink
6

MEZZE

Hummus V GF	4	Cheese and spinach filo rolls	5
Roasted red pepper hummus V GF	4.5	Cheese and a hint of thyme filo rolls	5
Baba Ghanoush Grilled aubergine puree, tahini, lemon juice V GF	4	Breaded haloumi cheese sticks	5
Stuffed vine leaves V GF	4	Batata Hara V Spiced potato wedges	4
Spinach filo rolls V	5	Sweet potato fries	5

SOUP

Lentil soup V GF 3.5

FALAFEL

served with chilli and tahini dips

6 falafel V GF 4

10 falafel V GF 6

EXTRAS

Bread	1.5	Haloumi added to your sandwich	1.5
Dips: tahini, umi's chilli sauce, tzatziki, garlic sauce	each 1.5	Mixed pickles	2

ADD 3 FALAFELS TO ANY SALAD 2.5

HOT DRINKS

Café latte	2.5	Double espresso	2
Cappuccino	2.5	Green tea	2
Americano	2	Herbal tea	2
Café mocha	2.5	Fresh mint leaves tea	2.5
Hot chocolate	2.75	Regular tea	1.5
Espresso	1.5		

Full list of allergens available on request

V vegan GF gluten free