

Oasis Pita- Contains Gluten

Flour, Water

Oasis Hommus – Vegan, Dairy free, Gluten free (may contain nuts and seeds)

Chickpeas, Tahini, Garlic, Citric Acid & Olive Oil

Baba Ghanoush – Vegan, Dairy Free, Gluten free (may contain nuts and seeds)

Eggplant, Garlic, Lemon juice, Tahini paste (sesame seeds) & Olive oil

Vegetarian Kibbeh with Mint Labneh – Contains Gluten, Dairy (may contain nuts and seeds)

Potato, Pumpkin, Onion, Mixed Spice, Burghal (wheat), Flour (wheat), Chickpeas, Sweet, Paprika, Yogurt & Mint

Chicken sticks – Gluten free

Chicken breast, Garlic, Citric Acid, Vegetable oil, Turmeric & Moroccan spice

Roasted Root vegetables – Gluten free, Vegan, Dairy free (may contain nuts and seeds)

Potato, Pumpkin, Carrots, Zucchini, Olive oil & Zaatar

Sides

Oasis Signature Spice – Gluten free, Dairy free, contains Nuts

Rice, Almonds, Vegetable oil, Salt & Mixed Spice

Tabouli – Contains Gluten, Vegan, Dairy free (may contain nuts and seeds)

Parsley, Burghal (Wheat), Tomatoes, Mixed Spice, Salt, Olive oil & Lemon Juice

Pumpkin and Falafel Salad – Contains Nuts, Contains Dairy, Contains Seeds

Pumpkin, Sunflower seeds, Walnuts, Falafel (Chickpeas, Fava Beans, Onion, Parsley, Coriander, Cumin, Salt, Mix spice), Fetta, Baby Spinach, Olive oil, Lemon juice, Pomegranate & Salt

Potato Gratin – Contains Dairy

Potato, Onion, Garlic, Cream, Salt, Mozzarella & Zaatar

Olive oil mash with house made Dukha – Contains Dairy

Potato, Cream, Olive oil, Butter, Salt & Dukha

Meals

Orange and cumin glazed Roast chicken, - Gluten free, Dairy free (may contain nuts and seeds)

Chicken, Olive oil, Orange, Cumin, Maras Chilli Salt & Moroccan seasoning

18 hour Roasted pomegranate beef, - Gluten free, Dairy free (may contain nuts and seeds)

Beef, Pomegranate molasses, Red wine, Onions, Carrots, Salt & Pepper

Eggplant lasagne - Contains Gluten, Contains Dairy, Contain nuts and seeds
Vegetarian Butter, Milk, Flour, Eggplant, Tomatoes, Mixed Spice, Pistachio, Capsicum, Garlic,
Chilli, Sunflower seeds/ oil & Cashews

Desserts

Roast fig Tart – Contains Gluten, Contain nuts and Contains Eggs, Butter, Flour, Sugar,
Almonds, Figs, Rosewater, Vanilla & Eggs

Kaneffa – Contains Gluten, Contains Dairy (may contain nuts and seeds)
Butter, Cornflakes, Milk, Semolina, Sugar & Rosewater

Sticky Date Pudding – Contains Gluten, Contains Eggs, Contains Dairy
Dates, Bi Carb Soda, Butter, Brown Sugar, Vanilla, Eggs, Self-Raising Flour, White/ Caramel
chocolate, Corn & Sugar