

## ABOUT US

Hi, we're Megan's! Our ingredients are high quality & locally sourced.  
Bread: 7 seeded organic sourdough. Our eggs: free range.

Please let us know any feedback from your visit. We are an independent neighbourhood restaurant & rely on your comments to improve & be your favourite local spot! We have some new measures in place so please bear with us & thank you for your understanding! You can find information about our safety measures here:  
<https://megans.co.uk/news/megans-corona-safety-measures-london/>

Please ensure everyone on your table logs in to our wifi, 'Megan's Guest', for track & trace. Our wifi is GDPR-compliant & is a quick way for us to get in touch with you if we need to! Plus, if you tick that you'd like to receive our marketing emails (we only send fortnightly), we give you a bottle of Prosecco on your birthday! 😊

## OUR OFFERS

### EARLY BIRD MENU

selected mains 9.5

mon & tues: all evening | wed - fri: 5-7pm

### HAPPY HOUR

selected drinks 5 | monday - friday 5-7pm

### BOTTOMLESS BUBBLES

20pp for 90 mins bottomless prosecco on saturdays, sundays & bank holidays until 6.30pm (last sitting 5pm)

### DELI BAR

to reduce waste, enjoy 50% off our deli bar for the last hour of deli monday - friday 4-5pm

N = nuts | V = vegetarian | VG = vegan | GF = gluten free | GF-AV = gluten free available

We do a lot of cooking so can't guarantee our kitchen is totally nut/gluten-free. If you have any allergies, please tell a team member & ask for allergen guide. List prices inclusive of VAT | A discretionary 12.5% service charge will be added to your bill for the team.



# THE EARLY BIRD MENU

megan's

Mon & Tues: All evening

Wed - Fri: 5-7pm

all 9.5

## OPEN 'POSH' KEBAB

*on a flatbread w/ harissa hummus, pickled veg & aubergine & tomato smoked aubergine*

HALLOUMI w/ pomegranate V

CHICKEN w/ peanut dukkah N

## SHAKSHOUKA KEBAB

*in a spiced tomato shakshouka w/ flatbread*

CHILLI CHICKEN w/ chilli sauce & garlic yoghurt GF-AV

QUINOA FALAFEL & CAULIFLOWER w/ pistachio & coconut yoghurt VG N

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### double up your kebab?

*+4 lamb/halloumi/falafel/chicken/vegan chorizo/sucuk | +5 plant based 'chkn' | +3 cauliflower*

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## BOWLS +4 vegan chorizo VG | +3.5 halloumi V | +4 grilled chicken

VEGAN EARTH BOWL VG GF

*smashed avo, kale, chilli, fresh spinach, harissa hummus, quinoa & pomegranate molasses*

HUMMUS BOWL VG

*harissa hummus, crispy kale, mixed pickled veggies, crispy onions, beetroot & flatbread*

## GRILLS

CHICKEN w/ mixed leaf salad & choice of tabbouleh or fries

GRILLED HALLOUMI w/ mixed leaf salad & choice of tabbouleh or fries V

## SIDES

*za'atar potatoes w/ turmeric, red wine dressing & parsley / 4*

*feta & lamb fries 6.5 (+1 sweet potato fries)*

*fries V / 4 (+0.5 sweet potato fries V)*

*garlic spinach V / 4*

*sourdough slice / 1*

*heritage tomato salad / 4.5*

*tabbouleh / 4.5*

*sweet potato & feta w/ pomegranate / 4.5*

*super greens w/ tenderstem broccoli, mangetout, omega seeds & tahini / 4.5*

*mixed leaf, avo, fennel & radish / 4.5*

*coleslaw w/ mint parsley & pomegranate / 4*

*turkish chopped salad v / 4.5*

*The early bird catches the worm. But the second mouse gets the cheese.*

# HAPPY HOUR

megan's

Monday - Friday: 5-7pm

Nibbles 4 | drinks 5

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## NIBBLES

CHEESE FONDUE CROQUETTES w/ honey

MARINATED OLIVES VG GF

PIRI PIRI ROASTED CAULIFLOWER 'WINGS' VG GF

HARISSA HUMMUS w/ flatbread VG

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## COCKTAILS

ESPRESSO MARTINI vodka, tia maria, espresso & vanilla

APEROL SPRITZ aperol, prosecco & soda water

PIMMS & LEMONADE

## GIN BAR / 25ml

TANQUERAY & TONIC Tanqueray London Dry & Franklin & Sons tonic

## BUBBLES

PROSECCO valdobbiadene, Italy

BELLINI passion fruit w/ prosecco

MIMOSA prosecco & orange juice

## WINES / 250ml

### RED

ALTO BAJO MERLOT, CHILE juicy plum, blackberry & damson w/ coffee & chocolate

### WHITE

LEGATO INZOLIA, SICILY a classic Sicilian w/ green apple, citrus & flowers

## BEER

ESTRELLA GALICIA 330ml

MEANTIME LONDON pale ale 330ml

## TO ENJOY AT HOME & IN THE PARK

PICNIC BOXES: PROSECCO 33, CHAMPAGNE 63 OR LEMONADE 23

2 mains, 2 salads, 2 brownies or cookies & choice of drink

BAKE AT HOME COOKIE DOUGH N / 6.5

PROSECCO & PLASTIC FLUTES / 12

*Why limit happy to an hour?*