

# IZTUZU



TURKISH &  
MEDITERRANEAN  
CUISINE  
TYNEMOUTH

40 Front Street  
Tynemouth  
NE30 4DZ

RESERVATIONS

0191 429 3900  
www.iztuzu.co.uk



## IZTUZU MENU

### — COLD MEZZES —

**Hummus**   GF 6.95

Chickpeas, tahini, hint of garlic & drizzled with olive oil & lemon juice.

**Cacik**   GF 6.95

Yogurt with chopped cucumber, dried mint, garlic & olive oil.

**Baba Ganoush**    GF 6.95

Smoked aubergine, finely chopped with a hint of garlic blended with creamy yogurt & tahini.

**Yaprak Sarma**   6.95

Vine leaves stuffed with rice, fresh Mediterranean herbs & spices in olive oil.

**Mixed Olives** GF 6.95

Mixed olives in a herb dressing.

**Kisir**    6.95

Crushed walnut, bulgur wheat, finely chopped celery, tomatoes, red bell peppers, onions, coriander, lemon juice & parsley, dressed in virgin olive oil.

**Cold Mezze Platter** 18.95



Hummus, Cacik, Yaprak Sarma, Baba Ganoush & Kisir.


### — HOT MEZZES —

**Hummus with Lamb** GF 8.95

Small pieces of seasoned & cubed lamb served over hummus.

**Mitti Kofte** GF 7.95

Fried lamb meatballs served in a mildly spiced tomato sauce.

**Falafel**   7.45

Chickpeas, dried broad beans, finely chopped red peppers, green peppers, fresh dill, celery, carrot, onion & coriander, deep fried served with hummus.

**Halloumi**   GF 7.95

Grilled Cypriot cheese served with salad.

**Sucuk** 7.95

Grilled slices of Turkish sausage served with salad.

**Muska Boregi**  7.95

A deep fried filo pastry filled with feta cheese, fresh dill, parsley & spinach.

**Sigara Boregi** 7.95

A deep fried filo pastry filled with lamb mince, onions & parsley.

**Garlic Mushroom**   GF 8.45

Fried mushroom, fresh garlic, served with cream sauce & topped with cheese.

**Calamari**  9.95

Fried crispy squid served with homemade tartare sauce.

**Sautéed King Prawns**  9.95

(Cooked in wine)

Seasoned king prawns, pan fried with tomato, cream & garlic in butter sauce and capers.

**Arnavut Cigeri** 9.95

Diced lamb liver, lightly laced with flour, cumin, paprika & fried, served with red onion.

**Hot Mezze Platter**   19.95

Falafel, Sigara Boregi, Muska Boregi, Sucuk, Mitti Kofte & Halloumi.



Please inform us of any allergies or dietary requirements as we are unable to guarantee that dishes will be completely allergen-free.

We do not accept changes to dishes

## - SALADS -

- Shepherd Salad** 🌿 GF 6.95  
Tomato, onion, pepper, cucumber & parsley, dressed in olive oil.
- Feta Salad** 🥛🌿 GF 7.95  
Feta cheese, tomato, onion, pepper, cucumber & parsley, dressed in olive oil.
- Green Salad** 🌿 GF 6.95  
Lettuce, carrot, red cabbage & tomato.
- Chicken Caesar Salad** 🥛 GF 14.95  
Grilled chicken served over lettuce, cherry tomatoes, croutons, caesar dressing & parmesan cheese.

## - VEGETARIAN -

- Vegetarian Moussaka** 🥛 15.95  
Aubergine, potatoes, courgettes, green peppers, tomatoes, onions, carrots, mushrooms, with bechamel sauce, oven baked & served with salad.
- Falafel** 🥛🌿 14.95  
Chickpeas, dried broad beans, finely chopped red peppers, green peppers, fresh dill, celery, carrot, onion & coriander, deep fried served with chips & hummus.
- Halloumi** 🥛 GF 14.95  
Grilled halloumi cheese & mixed peppers served with hummus & salad.
- Vegetable Güvec** 15.95  
Mushrooms, spinach, courgettes, aubergine, onions, peppers in a special tomato sauce & served with rice.

## - SEAFOOD -

(May contain bones)

- Whole Sea Bass** GF 20.95  
Chargrilled sea bass, marinated in lemon, olive & herbs, served with mixed vegetables.
- Salmon Fillet** GF 19.95  
Grilled salmon, marinated in lemon, olive oil & herbs, served with mixed vegetables.
- Sea Bream Fillet** GF 19.95  
Grilled sea bream, marinated in lemon, olive oil & herbs, served with mixed vegetables.
- King Prawn Casserole** (Cooked in wine) 23.95  
King prawns sautéed with onion, peppers, mushrooms in a tomato sauce & served with rice.

- CHARCOAL -  
FAVOURITES

Cooked on a charcoal grill.  
Served with either rice or naan bread & salad

- Chicken Shish** 🥛 17.95  
Char-grilled marinated chicken cubes.
- Lamb Shish** 🥛 19.95  
Char-grilled marinated lamb cubes.
- Mixed Shish** 🥛 18.95  
Char-grilled marinated lamb & chicken cubes.
- Chicken Wings** 15.95  
Char-grilled marinated chicken wings.
- Adana Kofte** 18.95  
Char-grilled specially prepared minced lamb mixed with finely chopped garlic herbs & spices.
- Adana Chicken** 16.95  
Char-grilled specially prepared minced chicken mixed with finely chopped garlic herbs & spices.
- Mixed Adana** 17.95  
Char-grilled specially prepared minced lamb & chicken mixed with finely chopped garlic herbs & spices.
- Iskender Kebab** 🥛 19.95  
Choice of Chicken Shish or Adana Kofte on a layer of chopped bread & topped with yogurt & chef's special tomato sauce drizzled with butter.
- Ali Nazik - Lamb Shish** 🥛 21.95  
Served on a smoked aubergine puree & yogurt sauce, drizzled with butter.
- Ali Nazik - Chicken Shish** 🥛 19.95  
Served on a smoked aubergine puree & yogurt sauce, drizzled with butter.
- Lamb Ribs** 🥛 16.95  
Char-grilled seasoned tender lamb ribs.
- Lamb Chops** 🥛 21.95  
Char-grilled seasoned tender lamb chops.
- Iztuzu Mixed Grill** 🥛 23.95  
Char-grilled Lamb Shish, Chicken Shish, Adana Kofte & Lamb Chop.

## — IZTUZU SHARING — PLATTERS

Cooked on a charcoal grill, served with rice,  
naan bread & salad

(We do not accept changes to the platters)

For 2 persons  44.95  
For 4 persons  88.95

A selection of marinated cubes of chicken & lamb,  
chicken wings, lamb ribs, lamb chops, adana lamb &  
chicken.

## — SPECIALITIES —

**Izmir Kofte** 18.95

Lamb meatballs cooked in Turkish special tomato  
sauce, with potatoes, peppers, herbs & served with rice.

**Lamb Shank** (Kleftiko)  20.95

Slow cooked lamb shank with mashed potatoes  
& demi-glace sauce.

**Guvec Lamb** 21.95

Cooked in a clay dish, with mushroom, aubergine,  
courgette, onion, tomato, peppers, garlic & herbs in our  
special tomato sauce & served with rice.

**Guvec Chicken** 19.95

Cooked in a clay dish, with mushroom, aubergine,  
courgette, onion, tomato, peppers, garlic & herbs in our  
special tomato sauce & served with rice.

**Musakka**  19.95

Layers of minced lamb, aubergine, potatoes, bechamel  
sauce, topped with cheddar cheese in a special tomato  
sauce & served with salad.

**Tavuk Dolma**  19.95

Chicken breast filled with cheddar, onions, peppers  
& mushroom in a creamy sauce with spinach, char-  
grilled & served with rice.

**Creamy Garlic Chicken**  18.95

Pan fried chicken with mushrooms, onion, spinach,  
garlic, cream sauce & served with rice.

## — KIDS —

Served with chips & salad

Chicken Nuggets 9.95

Fish Fingers 9.95

Chicken Shish 9.95

Chicken Wings 9.95

Meatballs 9.95

## — SIDES —

Rice (Pilav) 3.95

Chips 3.95

Turkish Bread 2.95

Naan Bread 2.95

Plain Yogurt  3.95

Mashed Potatoes  4.95

Sautéed Potatoes  GF 5.95

Sautéed Mixed Vegetables GF 5.95

Potato Skins 5.95

Sweet Potato 6.95

Chilli Sauce GF 1.95

Garlic Sauce  GF 1.95



Vegetarian



Contains  
Nuts



Contains  
Dairy

GF

Gluten-free

Please inform us of any allergies or dietary  
requirements as we are unable to guarantee  
that dishes will be completely allergen-free.

We do not accept changes to dishes



# IZTUZU



TURKISH &  
MEDITERRANEAN  
CUISINE  
TYNEMOUTH







40 Front Street  
Tynemouth  
NE30 4DZ

RESERVATIONS

0191 429 3900

www.iztuzu.co.uk

## — DESSERTS —

|  |             |
|--|-------------|
| <b>Baklava</b>   | <b>7.95</b> |
| Traditional sweet Turkish pastry made of layers of filo dough with pistachio nuts.   |             |
| <b>Kazandibi</b>    | <b>6.95</b> |
| Turkish dessert made of caramelized milk pudding.  |             |
| <b>Sticky Toffee Pudding</b>   | <b>7.95</b> |
| Toffee flavoured sponge served with a sticky toffee sauce (hot).   |             |
| <b>Ice Cream</b> (two scoop's)    | <b>4.95</b> |
| Choice of Strawberry, Vanilla or Chocolate.  |             |
| <b>Cakes</b>     | <b>7.95</b> |
| Please ask for today's selection of cakes.   |             |



We do not accept changes to dishes

## — HOT DRINKS —

### Coffee

|                |             |
|----------------|-------------|
| Espresso       | <b>3.50</b> |
| Cappuccino     | <b>4.25</b> |
| Americano      | <b>3.95</b> |
| Cafe Latte     | <b>4.25</b> |
| Turkish Coffee | <b>3.50</b> |
| Liqueur Coffee | <b>6.95</b> |

(flavoured syrup for any of the above add 75p)

### Tea

|             |             |
|-------------|-------------|
| Turkish Tea | <b>3.50</b> |
| English Tea | <b>3.95</b> |
| Herbal Tea  | <b>3.95</b> |

### Other Hot Drinks

|               |             |
|---------------|-------------|
| Hot Chocolate | <b>4.50</b> |
|---------------|-------------|