

EST 2004

SAHARA

GRILL

MENU



WELCOME TO SAHARA GRILL

Sahara Grill is a well known, established chain of restaurants, specialising in providing classic and original grilled dishes. With a passion for bringing inspired dining to the heart of today's flourishing grill culture, reputation for unique grill cuisine and fine food preparation quickly spread far and wide. Gourmet and good food lovers have long made Sahara Grill renowned as their dining destination of choice.

The Sahara Grill experience offers an intriguing combination of time-honoured methods of food preparation and fresh ingredients with surprising recipes to create exquisite mouthwatering dishes of sheer grilled delight, often with a contemporary twist. Complete with a warm welcome from friendly, discreet staff who set a naturally relaxed and laidback tone, you are assured of a different and uplifting dining-out experience.

At Sahara Grill we do not pre-cook any of our food, all of our food is cooked to order. Waiting times can reach 20-30 minutes at peak times.

We strictly do not allow food or drink purchased from outside to be consumed on our premises.

Sahara Grill stop serving for 10 minutes, during prayer times. Last orders for eating in are 30 minutes before prayer time. Last orders for takeaway are 15 minutes before prayer time. Prayer times are available from staff at request.

There is a 10% + VAT Room charge for family rooms (Leyton branch only)

Allergy Awareness

Some of our dishes may contain nuts or dairy products. If you suffer from any allergies or intolerances, please speak to a member of staff before ordering.

Thank you for visiting us,
Enjoy your meal.



APPETISERS

Sahara Lamb Chops **HOT**

Tender lamb chops marinated in Sahara Grill signature spices and flamed grilled to your liking, slightly on the hot side but will leave you wanting more.

13.95

Sahara Wings **HOT**

Fresh tender chicken wings in a spicy, hot and tangy sauce. Served with sour cream and chives

9.95

Chicken Tenders

Strips of prime fresh chicken breast lightly seasoned, hand battered and deep-fried until golden brown. Served with BBQ sauce

6.95

Sahara Shrimps

Battered shrimp, coated with our signature sauce

10.95

Prawn Croquettes

Served with a sweet red chilly dip

8.95

Corn on the Cob

Char-grilled and served with butter on the side

3.95

Scampi Light

Breaded wholetail scampi, deep-fried served with tartar sauce

6.95

King Prawns

Fresh water king prawns, served with our Mediterranean sauce

12.95

Fish Bites

Haddock strips, battered, deep-fried and served with a sweet red chilly sauce

7.95

Hummus

Hummus served with strips of toasted pitta

4.95

Labneh

Levantine style creamy yogurt dip served with strips of toasted pitta

3.95

Olives

Mixed marinated olives

4.95

Halloumi cheese

Grilled halloumi cheese

4.95

Mixed Dip Platter

A variety of Mediterranean mezzes served with toasted pitta

12.95

SALADS

Greek Salad

Tomatoes, onions, olives, cucumber and feta cheese with a dash of olive oil dressing

6.95

Mediterranean Salad Supreme

Mediterranean salad served with a prime chicken fillet marinated and flame-grilled

13.95

Greek Salad Supreme

Greek Salad served with a prime chicken fillet marinated and flame-grilled

14.95



BURGERS

XXL CHICKEN BURGERS

Prime chicken fillets marinated, flame-grilled and topped with melted cheddar cheese, lettuce, tomato and onions finished off with mayonnaise in a toasted sesame seed bun.

Sahara XXL - Marinated in Sahara Grill spices **HOT**

Single Double

7.95 12.95

Cajun XXL - Marinated in Cajun spices

7.95 12.95

BEEF BURGERS

100% pure beef burgers of the highest quality, individually made and hand pressed by Sahara Grill. Flame-grilled to your liking topped with melted cheddar cheese, lettuce, tomatoes and onions finished off with mayonnaise in a toasted sesame seed bun.

Single Double

Classic Burger - Topped with tomato relish

7.45 11.45

Mex Border Burger - Topped with guacamole and salsa

7.45 11.45

BBQ Cheese Burger - Topped with BBQ sauce

7.45 11.45

Red Hot Burger - Topped with Sahara Chilli Sauce **HOT**

7.45 11.45

VEGETARIAN BURGERS

100% pure vegetable burgers of the highest quality, topped with melted cheddar cheese, lettuce, tomatoes and onions finished off with mayonnaise in a toasted sesame seed bun.

6.95

A choice of 3 toppings:

Tomato relish, Guacamole and Salsa or BBQ sauce

BURGERS EXTRAS

Gherkins 0.55 | Extra Cheese 1.05 | Pineapple 1.05 | Jalapeno peppers 0.55

S-FORCE KIDS MEAL

Mini Beef Burger and Curly Fries

Flame-grilled, hand pressed beef patties.

Choose your toppings from, Cheese, Mayonnaise, Ketchup, Lettuce, Tomatoes or Caramelised onions

5.95

Mini Chicken Burger and Curly Fries

Tender chicken breast pieces topped with melted cheese.

Choose your toppings from Mayonnaise, Ketchup, Lettuce, Tomatoes or Caramelised onions

5.95

Fish Fingers and Curly Fries

5.95

Chicken Tenders and Curly Fries

5.95

Scampi and Curly Fries

6.95

Chicken Steak and Curly Fries

6.25

Add cheese on fries 1.00

Kids Ribena Blackcurrant or Strawberry

1.50

Kids Fresh Orange Juice

1.95

Kids Fresh Apple Juice

1.95



SAHARA FLAME-GRILLED CHICKEN

Chicken on the bone marinated in our signature Sahara Grill **HOT** spices and flame-grilled to order (sides served on the same plate)

	On its own	With 2 reg. sides
Quarter Chicken	4.45	8.95
Half Chicken	7.95	12.45
Whole Chicken	13.95	

REGULAR SIDES

Regular Chips 2.95 | **Seasoned Rice** 2.95 | **Mediterranean Salad** 2.95
Coleslaw (Made in house) 3.45

ADDITIONAL SIDES

Cheesy Chips 3.95 | **Curly Fries** 3.95 | **Seasoned Chips** 3.95 | **Mash Potato** 3.95

To exchange the regular sides for the additional sides +£1.50 each

SAUTÉ

Seasoned rump or chicken steak cut into strips or prawns sautéed with picante gravy, onions and peppers. Served with chips or seasoned rice

Chicken **Beef** **Prawns**

10.95 12.95 14.95

FAJITAS

Grilled rump or chicken steak, cut into strips and served with pico de gallo, fresh guacamole, sour cream and hot tortillas.

Chicken **Beef** **Prawns**

12.95 14.95 14.95

MIN FRITE

Prawns, seasoned rump or chicken steak cut into strips stir-fried with noodles, Chinese veg, carrots and cabbage

Beef **Chicken** **Prawns** **Special** **Veg**

12.45 10.95 14.75 15.95 10.95

RIZ FRITE

Prawns, seasoned rump or chicken steak cut into strips stir-fried with rice, Chinese veg, carrots and cabbage.

Beef **Chicken** **Prawns** **Special** **Veg**

12.45 10.95 14.75 15.95 10.95

EXTRAS

Picante Gravy Sauce	1.50
Sour Cream & Chives	1.50
Sahara Wing Sauce	1.95
Toasted Pitta Bread	0.95
Baguette	0.95
Tortilla	0.95
Feta Cheese	2.99



STEAKS

CHICKEN STEAKS

Sahara Chicken Steak **HOT**

Marinated in Sahara Grill spices and flame-grilled to order. Served with coleslaw and chips

14.45

Cajun Chicken Steak

Marinated in Cajun spices and flame-grilled to order. Served with coleslaw and chips

14.45

The Original Pepper Chicken Steak

Mildly marinated and topped with pepper corn sauce and flame-grilled to order. Served with coleslaw and chips

14.95

BEEF STEAKS

Beef Rump Steak

Seasoned Rump steak, flame-grilled to your liking. Served with caramelised onions, picante gravy and chips

Single Double

15.95 26.95

Beef T-Bone Steak **HOT**

T-Bone steak marinated in Sahara spices and flame-grilled to your liking. Served with caramelised onions, picante gravy and chips

20.95

Porterhouse Steak **HOT**

Porterhouse steak marinated in Sahara spices and flame-grilled to your liking. Served with caramelised onions, picante gravy and chips.

24.95

Rib-Eye Steak **HOT**

Rib-Eye steak marinated in Sahara spices and flame-grilled to your liking. Served with caramelised onions, picante gravy and chips

20.95

LAMB STEAKS

Sahara Lamb Fillet Steak **HOT**

Seasoned lamb fillet steak marinated in Sahara spices and flame-grilled to your liking. Served with caramelised onions, picante gravy and chips

Single Double

19.95 34.95

Sahara Lamb Leg Sirloin Steak **HOT**

Seasoned lamb sirloin steak marinated in Sahara spices and flame-grilled to your liking. Served with caramelised onions, picante gravy and chips

16.95 26.95

STEAK EXTRAS

Cheese

1.05

Mushroom Sauce

3.50

Pepper Corn Sauce

2.95

Fried Egg

1.55

Prawns

5.95

Mash Potatoes Instead of Chips (additional)

1.50



Ocean Delight

Char-grilled salmon fillet, lightly seasoned and topped with a creamy mushroom sauce, spectacular in flavour. Served with salad and bread

13.95

Tilapia with Creamy Parsley Sauce

Boneless fillet of Tilapia lightly seasoned and pan fried, served with mash potatoes and vegetables

11.95

Traditional Fish & Chips

Battered Haddock served with chips and mushy peas

10.95

Scampi

Breaded wholetail scampi, deep fried served with steak chips and tartar sauce

10.95

Fish Burger

Deep fried cod fillet in crisp breadcrumb coating. Served in a sesame seed bun with in house tartar sauce

6.95

PLATTERS TO SHARE

Sahara Platter **HOT**

Whole Sahara flame-grilled chicken. Served with a large portion of Mediterranean salad and steak chips or seasoned rice

21.95

Beef Sauté Platter

Prepared from three rump steaks, cut into strips and sautéed with picante gravy, onions and peppers. Served with a large portion of chips or seasoned rice

34.95

Chicken Sauté Platter

Prepared from three chicken steaks, cut into strips and sautéed with picante gravy, onions and peppers. Served with a large portion of chips or seasoned rice

27.95

Sauté Combo

Prepared from two rump and two chicken steaks, cut into strips and sautéed with picante gravy, onions and peppers. Served with a large portion of chips or seasoned rice

39.95



DRINKS

JUICES

Freshly Squeezed Orange Juice	4.45
Fresh Apple Juice	3.45

MOCKTAILS

Sahara Mint Crush A blend of fresh mint, lemon and apple crushed in ice	4.95
Sahara Passion A blend of fresh mint & passion fruit crushed in ice	4.95

FRAPPES

Mocha Frappe Delicious mocha flavoured ice cold drink	3.95
Mango Frappe Seriously chilled mango with a hint of vanilla for serious refreshment	3.95
Vanilla Frappe Ice cold vanilla flavoured drink	3.95

SMOOTHIES FRESHLY MADE TO ORDER

Mango Dream Strawberry & Mango	4.95
Pineapple Sunset Strawberry & Pineapple	4.95
Coconut Crush Pineapple and Coconut Milk	4.95
Berry Burst Blueberry Blackberry, Blackcurrant & Banana	4.95
Jungle Juice Acai, Strawberry, Blueberry and Mango	4.95

SOFT DRINKS

Coke	1.95
7up	1.95
Diet Coke	1.95
Tango	1.95
Dr. Pepper	1.95
Barbican Malt	2.95
Barbican (Strawberry)	2.95
Barbican (Apple)	2.95
Mineral Water	1.75
Sparkling Water	1.75



DESSERTS



Chocolate Brownie with Ice Cream

Warm and fudgy Italian baked chocolate dessert, topped with chocolate chips and a single scoop of ice cream, covered in chocolate sauce 5.95

Chocolate Temptation

Chocolate cake made from Ecuador's cocoa seeds, filled with chocolate and hazelnut cream and hazelnut crunch covered with chocolate glaze 5.95

Add a scoop of ice cream for 1.50



New York Cheesecake

The smoothest, creamiest New York Cheesecake with delicious cream cheese and crust 5.95

Add a scoop of ice cream for 1.50



Gelato Cioccolato

Rich and dark with a real chocolate flavour (2 scoops) 4.50



Gelato Vaniglia

A classic vanilla gelato with vanilla pod seeds (2 scoops) 4.50



Semifreddo Profiteroles with Chocolate Sauce

Soft choux pastry filled with soft vanilla ice cream with a chocolate sauce garnish 5.50



Coppa Cioccolato e Nocciola

Hazelnut ice cream and dark chocolate ice cream, swirled with chocolate syrup 6.95



Coppa Stracciatella

A vanilla ice cream with chocolate swirls topped with caramelised hazelnuts and cocoa powder 7.95



Coppa Fiordilatte, Fragole e Caramello

Dairy ice cream with almond crunch, semi candied strawberries, caramel and flaked almond topping 7.95

Treacle Sponge Pudding with Custard

A light sponge covered with Syrup and custard 5.95



Toffee Apple Crumble with Custard

Individual portions of baked apple filling topped with crunchy crumble, a rich toffee sauce and custard 5.95



Chocolate Pudding with Custard

A light chocolate sponge with chocolate flavoured chips, topped with a rich sticky chocolate sauce and custard 5.95



Toffee Pudding with Custard

A light chocolate sponge topped with a rich toffee sauce and custard 5.95



Branches

Ilford

406-408 Cranbrook Road
Ilford, IG2 6HW
TEL: 020 8554 0707

Leyton

427-437 High Road Leyton
Leyton, E10 5EL
TEL: 020 8558 6444

Whitechapel

49-53 New Road
Whitechapel
London, E1 1HH
TEL: 020 7247 7803

Hounslow

101-105 High Street
Hounslow, TW3 1QT
TEL: 020 3026 1111



Opening Hours

Monday to Thursday
12pm - 11:30pm

Friday
2pm - 12am

Saturday & Sunday
12pm - 12am



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