

BITES

HOUSE PICKELS (ve)

A selection of pickled vegetables.

£4

FALAFEL SCOTCH EGG (v)

Free-range soft-boiled egg, wrapped in our delicious falafel,
served with a herb mayo. **£5**

LAMB KOFTA

Ditchling free-range lamb kofta, served with mint yoghurt,
pomegranate, zaatar oil, parsley & chilli sauce.

£7

OPEN WRAPS/SALAD BOX

EGYPTIAN FALAFEL (ve)

British grown fava bean falafels, with Lettuce, pickled
cabbage, pomegranate, dill, verde, tahini & chilli sauce.

£10

CHICKEN SHAWARMA

Outdoor raised British chicken thighs marinated in yoghurt, garlic & spices, with lettuce, pickled cabbage, gherkins, garlic mayo, tahini, chilli sauce & dill.

£12

SLOW ROAST LAMB

Free range Ditchling lamb, with lettuce, pickled cabbage, pomegranate, dill, verde, tahini & chilli sauce.

£14

FRIES

ZAATAR (ve)

Skin on potato fries with cumin salt & pepper seasoning, tahini, zaatar & parsley.

£4.50

SMOKED PAPRIKA (v)

Skin on potato fries with smoked paprika seasoning, garlic mayo & parsley .

£4.50

ve – vegan v-vegetarian



A hearty warm welcome to Cairovan Contemporary Egyptian food with Sussex roots

My name is Monem, I am a true Brightonian-Cariene mix.
The foods I serve through the hatches of my Cairovan
camper are traditional Egyptian recipes passed down
through family from generation to generation.

Our cooking methods are simple! **COOK SLOW, COOK LOW
& GARLIC, GARLIC, GARLIC.**

I offer a simple menu, beautifully balanced and deliciously
flavoured using the best of UK produce.

I am passionate about using sustainable products, so all of
the ingredients are British, many of which are local, free
range and organic.

The very best example of this is with the lamb used in our
signature wraps. It is sourced on my doorstep from Stoneywish,
our family farm in Ditchling, where we firmly believe that a
happy lamb makes a tasty lamb and ours are free range and
free roaming – the proof is in the eating!

www.cairovan.com