

# ousia

*Ousia serves small plates the Greek Cypriot way; when each is ready, straight from the kitchen. No frills, no fuss, no delay. Dip, salad and side, and another two or three, is how it should be.*

## dips

Houmos, Tzatziki, Taramasalata, Tahini, Melintzanosalata £5 (each dip)  
*served with Pitta bread (£2 if ordered separately)*

## salads & sides

Tabouli *cracked wheat and parsley salad* £6  
Greek Salad *mixed leaves, tomato, onion, cucumber, olives, oregano and feta* £7  
Bourgouri *Cypriot bulgar wheat* £5  
Klitharaki *barley pasta in a tomato sauce* £5  
Halloumi Frites *fried halloumi* £6  
Hand cut Greek Fries *sprinkled with oregano* £5

## vegetarian plates

Koukia *broad beans, mint and olive oil dressing* £6  
Louvi *black-eyed peas with charð served with olive oil* £6  
Kefalograviera Saganaki *pan fried cheese with toasted sesame seeds and honey* £6  
Halloumi *charcoal grilled goat's cheese* £6  
Manitaria *charcoal grilled mushrooms with lemon and olive oil dressing* £6  
Spanakopita *spinach and feta cheese wrapped in filo pastry* £6  
Kolokithokeftedes *courgette and feta fritters* £6  
Kolokitha me Tzatziki *pan fried sliced courgettes* £7  
Vegetable Skewer *selection of charcoal grilled vegetables* £7  
Falafel *parcels of chickpeas, coriander and parsley* £7  
Aginares *grilled artichokes drizzled with balsamic vinegar and olive oil* £7

## meat plates

Loucanica *marinated, charcoal grilled pork sausage* £7  
Pastourma *charcoal grilled spicy beef sausage* £7  
Pork Souvlaki *charcoal grilled cubes of pork* £11  
Chicken Souvlaki *free range Banham chicken breast marinated in yoghurt, charcoal grilled* £10  
Lamb Cutlets *two charcoal grilled prime cutlets* £11  
Kleftiko *slow roasted lamb knuckle* £15  
Beef Moussaka *minced beef and vegetables baked in béchamel sauce, allow 25mins to cook* £14  
Stifado *beef cooked in red wine, shallots and herbs* £12  
Afelia *pork cooked in red wine and coriander* £11

## fish plates

Marida *deep fried white bait* £8  
Sardeles *charcoal grilled sardines* £10  
Kalamari *deep fried fresh baby squid* £12  
Octopodi *charcoal grilled octopus* £14  
Garides *two charcoal grilled king prawns* £15