

“ Welcome to Kosmos.
Manchester’s Legendary
Greek Taverna.

“ We provide lovingly
prepared fresh Greek
food made with the
finest ingredients.



A LA CARTE MENU

All our food is sourced locally where possible and can be complemented by our reasonably priced Greek and Mediterranean Wines and Beers.

KOSMOS MEZETHES

A banquet style meal, served in 3 stages.
All our Mezethes can vary from time to time and serve
a minimum of 2 people. (Except for the Vegetarian option)

MEAT MEZETHES

£20.00
Per Person

- Houmous, Tzatziki, Taramosalata, Tabbouleh, Mixed Salad, Olives, Feta Cheese and Pita Bread
- Spanakotyropitakia, Dolmathes, Kieftethes, Haloumi, Loukanika, Stefado, and Revithia
- Lamb Kebabs with Kosmos Rice

SEAFOOD MEZETHES

£20.00
Per Person

- Taramosalata, Houmous, Tzatziki, Tabbouleh, Mixed Salad, Olives, Feta Cheese and Pita Bread
- Spanakotyropitakia, Kalamari, Whitebait, Jumbo Prawns, Salmon, Fasolia
- Seafood Kebabs with Kosmos Rice

VEGETARIAN MEZETHES (v)

£18.00
Per Person

- Kosmos Spicy Dip, Melintzanosalata, Houmous, Tabbouleh, Mixed Salad, Olives, Feta Cheese and Pita Bread
- Spanakotyropitakia, Halloumi, Courgette Rissoles, Falafel, Revithia and Stuffed Vegetables
- For 2: Vegetable Moussaka or
For 1: Briam - Roasted Seasonal Vegetables, Cracked Wheat Pilaf

SOUPS

All Soups and Dips are served with Pita Bread.

HORTOSOUPA..... £5.00

A Greek Country Soup of Seasonal Pureed Vegetables

FASOULATHA..... £5.00

The National Dish of Greece, with Cannellini Beans, Celery, Carrots and Tomatoes

REVITHIA..... £5.00

Chickpeas with Spinach in a Spicy and Aromatic Tomato Sauce

DIPS

HOUMOUS..... £5.00

A well Known Dip of Middle Eastern Origin, Made with Chick Peas, Tahini, Garlic, Olive Oil and Lemon Juice

TAMOSLATA..... £5.00

A Puree of Smoked Cod Roe, Vegetable Oil, Onion, Bread and Lemon Juice

TZATZIKI..... £5.00

A Refreshing Dip of Greek Yoghurt, Shredded Cucumber, Garlic, Mint, Olive Oil and Lemon Juice

MELINTZANOSALATA..... £5.00

Charcoal Smoked Aubergines, chopped with Onions, Tahini, Olive Oil and Balsamic Vinegar

KOSMOS DIP..... £5.00

A Spicy Tomato Salsa with Fresh Chillies, Sweet Peppers, Garlic, Olive Oil and Fresh Coriander

STARTERS

MINI MEZE (Serves 2 People)..... £16.00

Dips, Falafel, Dolmathes (Meat or Veg), Spanakotyropitakia, Tabbouleh Salad, Olives, Feta and Pita Bread

MELINTZANES TYGANITES (v)..... £5.00

Aubergine Slices in Batter served with Tzatziki

KIEFTETHES..... £5.50

Greek Style Lamb Meatballs, in an Aromatic Tomato Sauce

DOLMATHES (G)..... £5.50

Vine Leaves Stuffed with Minced Lamb, Rice and Herbs. (Vegetarian Dolmathes (v) Stuffed with Pine Kernels, Currants and Fresh Mixed Herbs)

YEMISTA (v) (G)..... £5.50

Tomatoes, Sweet Peppers or Courgettes, Stuffed with Rice, Pumpkin Seeds, Currants and Herbs

SPANAKOTYROPITAKIA (v)..... £6.00

Spinach and Feta Cheese Fillo Pastry Parcels

FALAFEL (v)..... £5.50

Chickpea and Broad Bean Fritters

MANITARIA SKORTHATA (v)..... £5.50

Crispy Breadcrumbed Mushrooms with Garlic Butter

TYRI MEH SESAME (v)..... £6.50

Feta or Halloumi in Sesame Seeds, served with Honey

HALLOUMI (v) (G)..... £6.50

Grilled Cyprus Ewes Milk Cheese

SAGANAKI (v)..... £6.50

Halloumi or Feta Cheese Deep Fried in Batter

FETA SE HARTI (v) (G)..... £6.00

Baked Feta Cheese with Chilli Flakes in Foil Served with Pita Bread

LOUKANIKI (G)..... £6.50

Greek Style Spicy Pork Sausages, Flavoured with Red Wine, Coriander Seeds and Black Cracked Pepper

KOLOKITHI KIEFTETHES (v)..... £5.50

Courgette, Feta Cheese and Herb Fritters

SIKOTAKIA ME AVGA (G)..... £6.00

Chopped Chicken Livers, Pan Fried with Onion, Garlic and Scrambled Eggs

IMAM BAYILDI (v) (G)..... £6.00

Aubergine Stuffed with Tomatoes, Sweet Peppers and Garlic

KALAMARAKIA TIGANITA..... £7.00

Deep Fried Baby Squid

KALAMARAKIA SKARA (G)..... £7.00

Charcoal Grilled Squid with a Chilli Dressing

GHARRITHES SKORTHATES (G)..... £8.50

Char-grilled Shell-on Jumbo Prawns with Garlic Butter

GARITHES ME FETA (G)..... £9.00

Jumbo Prawns in an Aromatic Tomato Sauce with Feta Cheese, Served in a Pot with Pita Bread

GARITHES ME KREMA (G)..... £9.00

Jumbo Prawns Pan-Fried with Onion, Garlic, White Wine and Fresh Cream, Served with Pita Bread

i (v) = Vegetarian. (G) = Gluten Free.
Please ask our staff if you have any specific allergies or questions.

Thank you for visiting our restaurant.

Every effort is made to ensure your visit is enjoyable with memorable food. We also welcome party bookings, so please contact us at the restaurant to discuss your requirements on 0161 225 9106
www.kosmos-taverna.co.uk | info@kosmos-taverna.co.uk | facebook.com/KosmosTaverna | twitter.com/KosmosTaverna | youtube.com/KosmosTavernaTV



Ala Carte

All of the Main Courses (Except for Moussaka) are served with either Rice (Contains Gluten), Cracked Wheat Pilaf (Contains Gluten), Roast or Jacket Potatoes, Chips, Baked Vegetables or Salad.

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TRADITIONAL GREEK DISHES

- KLEFTIKO (g)**..... £15.00
Leg of Lamb Steaks, "Cooked Bandit Style" Slowly in the Oven with Tomatoes, Onions, Garlic, Herbs and Wine. Traditionally Served with Roast Potatoes
- ROSTO (g)**..... £15.00
Lamb Shank, Slowly Baked with Onions, Garlic and Cinnamon in a Rich Red Wine and Tomato Sauce.
- ARNAKI ME SPANAHI (g)**..... £14.00
Boneless Cubes of Lamb, Casseroled in White Wine, Tomatoes, Garlic, Cinnamon and Fresh Spinach
- STEFADO VOTHINO**..... £15.00
A Rich Stew of Rump Steak with Lots Of Sliced Onions, Red Wine, Wine Vinegar, Garlic and Herbs
- AFELIA**..... £12.50
A Speciality of Cyprus, Casseroled Cubes of Pork in Red Wine, Wine Vinegar, Crushed Coriander Seeds and Cumin. Best Served with Cracked Wheat Pilaf.
- KIEFTETHES ME SALSA**..... £12.50
Greek Crispy Herbed Lamb Meatballs Served with an Aromatic Tomato Sauce
- KOTTOPOULO ME ZAMBO**..... £14.00
(Greek style Saltimbocca) Chicken Breast wrapped in Cured Ham then Pan-Fried in a Butter and White Wine Sauce
- KOTTOPOULO METHISMENO (g)**..... £14.00
(Drunken Chicken) A Speciality from the Island of Hydra. Chicken Breast Cooked in Brandy, White Wine and Fresh Cream Sauce
- KOTTOPOULO ME FETA (g)**..... £14.50
A Chicken Breast Stuffed with Feta Cheese and Mushrooms. Cooked in a Brandy White Wine and Fresh Cream Sauce
- KOTTOPOULO ME FETA KOKKINISTO (g)**.. £14.50
(Reddened) A Chicken Breast Stuffed with Feta Cheese and Mushrooms. Cooked in a Garlic, White Wine and Tomato Sauce
- MEAT MOUSAKA**..... £13.00
Layers of Aubergines, Potato, Sweet Peppers and Minced Lamb. Topped with Béchamel Sauce and Parmesan Cheese. Served in its own individual dish
- PASTITSIO**..... £12.00
(Greek Style Lasagne) Macaroni Layered with Minced Lamb and Topped With Béchamel Sauce and Parmesan Cheese Traditionally Served with a Salad

VEGETARIAN DISHES

- VEGETABLE MOUSSAKA (v)**..... £11.50
A layered dish of Aubergines, Potato, Sweet Peppers, Mushrooms and Courgettes, topped with Béchamel Sauce and Parmesan Cheese. Served in its own Individual pot
- KOLOKITHI KIEFTETHES (v)**..... £10.50
Grated Courgette, Feta Cheese and Herb Fritters Served with Kosmos Tomato Dip
- FALAFEL (v)**..... £10.50
A Middle Eastern dish of Chick pea and Broad Bean Fritters. Served with Houmous and Pita Bread
- DOLMATHES YIARLANTZI (v) (g)**..... £10.50
Vine Leaves Stuffed with Rice, Pine Kernels, Currants and Fresh Mixed Herbs. Served with Tzatziki
- YEMISTA (v) (g)**..... £10.50
Tomatoes, Sweet Peppers or Courgettes, Stuffed with Rice, Pumpkin Seeds, Currants and Herbs
- FASOLIA YIAHNI (v) (g)**..... £10.50
Cannellini Beans Casseroled with Carrots Celery, Onions, Garlic, Tomatoes, Fresh Herbs and Olive Oil
- REVITHIA (v) (g)**..... £10.50
Chick Peas with Spinach in a Spicy Tomato, Cumin, Coriander and Chilli Sauce
- BRIAM (v) (g)**..... £10.50
Baked Seasonal Vegetables, Potatoes, Garlic, Oregano, Parsley and Olive Oil
- FISH & SEAFOOD DISHES**
- LAVRAKI (g)**..... £15.00
Fresh Whole Sea-Bass, Charcoal Grilled
- LAVRAKI-FILETO**..... £14.00
Sea-Bass Fillets, Shallow Fried
- XSIFIA (g)**..... £14.00
Swordfish Steak, Charcoal Grilled and Topped with Garlic Butter
- THALASSINA SOUVLAKIA (g)**..... £17.00
Seafood Medley Kebabs, with Jumbo Prawns
- SOLOMOS**..... £12.50
Salmon Fillet, Poached in the oven or Charcoal Grilled with Lemon Slices
- GARITHES ME FETA (g)**..... £18.50
Jumbo Prawns Baked in a White Wine and Tomato Sauce, Topped with Feta Cheese, Served with Pita Bread
- GARITHES ME KREMA (g)**..... £18.50
Jumbo Prawns Pan-Fried with Spring Onion and Garlic in a White Wine & Cream Sauce, Served with Pita Bread
- GARITHES STI SKARA (g)**..... £17.50
Char-grilled Shell-on Jumbo Prawns with Garlic Butter, Served with Pita Bread

CHARCOAL GRILLED MAIN COURSES

- SOUVLAKIA ARNISIA (g)**..... £14.00
Lamb Kebabs Marinated in Olive Oil, Lemon Juice and Oregano
- KOTTOPOULO SOUVLAKIA (g)**..... £13.00
Chicken Breast Kebabs, Marinated in Olive Oil, Lemon juice Oregano and Turmeric
- MIXED SOUVLAKIA (g)**..... £14.00
Lamb and Chicken Kebab (one Skewer of each)
- SOUVLAKIA PIKANTIKA**..... £12.50
Minced Lamb Kebab flavoured with Fresh Chillies Garlic Herbs and Spices
- KOTTOPOULO RICANATO/PIKANTIKO**... £12.50
Chicken Breast Cooked over the Charcoal and Season with Oregano or Spicy with Chilli (Ideal for Slimmers)
- KOSMOS MIXED GRILL (g)**..... £17.00
Chicken kebabs, Spicy Minced Lamb Kebab, Mini Fillet Steak and Lamb Chop with Mushrooms
- BYTHAKIA ARNISIA (g)**..... £15.00
Marinated Char-Grilled Lamb Chops
- SIRLOIN STEAK (g)**..... £18.00
Aged Sirloin Steak Cooked to Your Liking and Served with Garlic Butter
- STEAK AU POIVRE (g)**..... £19.50
Aged Sirloin Steak Cooked to Your Liking, In a Crushed Pepper, White Wine, Brandy and Fresh Cream Sauce
- STEAK DIANNE (g)**..... £19.50
Aged Sirloin Steak Cooked to Your Liking, in a Mushroom, Red Wine, Brandy, Mustard and Fresh Cream Sauce
- SALADS (v)**
- HORIATIKI (v)**..... £5.50
Village Style Greek Salad with Feta Cheese and Kalamata Olives
- FETA SALAD (v)**..... £5.50
Mixed Salad with Greek Feta Cheese
- HALOUMI SALAD (v)**..... £5.50
Mixed Salad with Cubes of Deep Fried Halloumi Cheese
- SALATA (v)**..... £4.50
Mixed Fresh Salad
- TABBOULEH SALAD (v)**..... £5.00
A Lebanese Mountain Salad with Cracked Wheat, Finely Chopped Sweet Peppers, Cucumber, Onion, Mint, lots of Parsley, Olive Oil and Lemon Juice
- ANGOURODOMATA (v)**..... £4.50
Cucumber and Tomato salad with Red Onions
- MISCELLANEOUS & SIDES**
- Marinated Olives (black, green or mixed)..... £3.00
Greek Feta Cheese..... £4.50
Greek Feta Cheese and Olives..... £4.50
Sautéed Mushrooms..... £3.00
Sautéed Courgettes..... £3.00
Baked Seasonal Vegetables..... £3.50
Roast, or Jacket Potato..... £3.00
Chips..... £3.00
Rice or Cracked Wheat Pilaf (Contains Gluten)... £3.00
Garlic Pita Bread..... £1.50
Pita Bread..... 50p

ABOUT THE KOSMOS



Established 31st August 1981 The Kosmos is a family run restaurant. The owner and head chef Loulla Astin, along with her three sons, grandchildren and extended family are all involved in creating the traditional Cypriot and Greek home-made dishes, including our famous Dolmathes (Lamb and Vegetarian), Lamb Meatballs, and Kosmos Dip.

You can visit our website to see more about The Kosmos and Loulla Astin's history and achievements including several TV appearances: www.kosmos-taverna.co.uk

Thank you for visiting our restaurant.

Every effort is made to ensure your visit is enjoyable with memorable food. We also welcome party bookings, so please contact us at the restaurant to discuss your requirements on 0161 225 9106

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