



# 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 Fasolia
- 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, Tzatziki, Houmous, Tabbouleh, Mixed Salad, Olives, Feta Cheese and Pita Bread
- Spanakotyropitakia, Halloumi, Courgette Rissoles, Falafel, Vegetable Dolmathes
- For 2: Vegetable Moussaka or  
For 1: Vegetable Kebabs, 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

## DIPS

**HOUMOUS**..... £5.00

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

**TARAMOSLATA**..... £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

**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**..... £5.00

Greek Style Lamb Meatballs, in an Aromatic Tomato Sauce

**KOFTA KEBAB** (1 skewer) ..... £6.50

Spicy Mince Lamb Kebab, served with tzatziki & salad garnish

**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)

**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

**LOUKANIKA** (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

**KALAMARAKIA TIGANITA**..... £7.00

Deep Fried Baby Squid

**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

**WHITEBAIT**..... £7.00

Crispy fried whitebait served with a lemon wedge and mayonnaise.

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

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

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Please ask our staff if you have any specific allergies or questions.

## 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

**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 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

**FASOLIA YIAHNI (v) (G)**..... £10.50  
Cannellini Beans Casseroled with Carrots Celery, Onions, Garlic, Tomatoes, Fresh Herbs and Olive Oil

## FISH & SEAFOOD DISHES

**LAVRAKI (G)**..... £15.00  
Fresh Whole Sea-Bass, Charcoal Grilled

**LAVRAKI-FILETO**..... £15.00  
Sea-Bass Fillets, Shallow Fried

**THALASSINA SOUVLAKIA (G)**..... £17.00  
Seafood Medley Kebabs, with Jumbo Prawns

**SOLOMOS** ..... £15.00  
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

## CHARCOAL GRILLED MAIN COURSES

**MIXED GRILLED SHARING PLATTER** ..... £40.00  
2 Lamb chops, 2 Chicken kebabs, 2 Cypriot sausages, 2 Kofta kebabs, served with rice, chips, salad and tzatziki or hummus and pita bread (minimum of 2 sharing)

**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** ..... £13.00  
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

## MISCELLANEOUS & SIDES

Marinated Olives (black, green or mixed)..... £3.00

Greek Feta Cheese..... £4.50

Greek Feta Cheese and Olives..... £4.50

Sauteed Mushrooms..... £3.00

Sauteed Courgettes..... £3.00

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](http://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

[www.kosmos-taverna.co.uk](http://www.kosmos-taverna.co.uk) | [info@kosmos-taverna.co.uk](mailto:info@kosmos-taverna.co.uk) | [facebook.com/KosmosTaverna](https://www.facebook.com/KosmosTaverna) | [twitter.com/KosmosTaverna](https://twitter.com/KosmosTaverna) | [youtube.com/KosmosTavernaTV](https://www.youtube.com/KosmosTavernaTV)