

STARTERS

SOUP DE JOUR

Warm bread and butter.
Ask your server for today's
choice & calorie information

7

GRILLED TIGER PRAWNS

Chilli & garlic butter 982 kcal

18

WILD MUSHROOM AND ROSEMARY GNOCCHI (v)

Parmesan 457 kcal

10

WARM SMOKED DUCK SALAD

Charred chicory,
orange compote 322 kcal

12

CHICKEN SATAY

Peanut satay sauce 257 kcal

9

VEGETABLE SAMOSAS (v)

Mint & coriander yoghurt
308 kcal

7

AUBERGINE, FETA CHEESE & WALNUT SALAD (v)

Pomegranate & frisée lettuce 280 kcal

10

VEGETABLE SPRING ROLLS (v)

Sweet chilli sauce 195 kcal

7

THE FORTYFIVE SALAD

Baby gem, palm hearts, asparagus,
artichoke, avocado, cherry tomatoes,
dressing (v) 555 kcal

12

Add grilled chicken breast 207 kcal

5

Or king prawns 154 kcal

10

KING PRAWN TEMPURA

Sweet chilli dipping sauce
& fresh lime 272 kcal

9

HUMMUS

Chickpea puree, tahina paste,
lemon juice, extra virgin olive oil,
pitta bread (v) 502 kcal

7

SESAME CRUSTED FALAFEL

Minced chickpeas, spices,
sesame seed, tahina (v) 300 kcal

9

KIBBEH

Croquettes of lamb, bulgur,
onion & spices

549 kcal

9

FROM THE GRILL

All grill dishes served with Arabic salad, rice, garlic sauce, pitta breads

FAROUJ MASHWI

Grilled baby chicken, Sumac
salad, grilled tomato, charred
lemon & garlic mayo 891 kcal

16

PRIME LAMB CHOPS

Portobello mushroom,
grilled plum tomato, watercress,
chunky chips, peppercorn sauce

879 kcal

34

SHISH TAUOK

Grilled garlic, lemon & tomato
marinated chicken

876 kcal

17

LAMB KOFTA

Minced lamb, parsley,
onion, spices, fresh chilli

1399 kcal

17

ARABIC MIXED GRILL

Spicy lamb kebabs, marinated
chicken & prime lamb chops

2053 kcal

32

28 DAY AGED GRASS-FED STEAKS

Served with Portobello mushroom,
grilled tomato & fat chips

FILLET

(220G)
796 KCAL

36

RIB EYE

(220G)
876 KCAL

30

SAUCES 2

Peppercorn 139 kcal
Mushroom 163 kcal
Garlic & chilli 790 kcal
Blue cheese 241 kcal
Red wine 186 kcal

MAIN COURSES

THE KENSINGTON BURGER

Angus beef burger, lettuce, red onion, gherkins,
aged cheddar, house burger sauce. Served with fries

1734 kcal

17

SAFFRON & ASPARAGUS RISOTTO (v)

Parmesan 872 kcal

16

SRI LANKAN STYLE BRAISED LAMB SHANK

Biryani rice, pickles & yoghurt 723 kcal

28

ROAST SEA BASS FILLET

Coconut, green chilli, ginger & clam broth 1011 kcal

28

PAN FRIED BREAST OF CHICKEN

Butter beans, wild mushrooms &
a tarragon cream sauce 883 kcal

19

SPICED AUBERGINE & PAPPARDELLE PASTA (v)

Pepper Ragout 616 kcal

16

THE FORTYFIVE BIRYANI

An aromatic dish of mixed spices
and stir-fried with Basmati rice & Raita.
served with Basmati rice, poppadoms & pickles

CHICKEN 772 kcal 18

KING PRAWN 732 kcal 26

VEGETABLE 596 kcal 16

SIDES

SEASONAL VEGETABLES

Selection of in season vegetables
Ask you server for today's selection
& calories information

7

FORTY FIVE SALAD 253 kcal

8

BUTTERED MASHED POTATOES 524 kcal

5

BABY ROAST POTATOES 171 kcal

5

FAT CHIPS 342 kcal

6

FRENCH FRIES 632 kcal

5

BASMATI RICE 138 kcal

5



FORTYFIVE
KENSINGTON