

EST 2004

SAHARA

GRILL

MENU



WELCOME TO SAHARA GRILL

Sahara Grill is a well known, established chain of restaurants, specialising in providing classic and original grilled dishes. With a passion for bringing inspired dining to the heart of today's flourishing grill culture, reputation for unique grill cuisine and fine food preparation quickly spread far and wide. Gourmet and good food lovers have long made Sahara Grill renowned as their dining destination of choice.

The Sahara Grill experience offers an intriguing combination of time-honoured methods of food preparation and fresh ingredients with surprising recipes to create exquisite mouthwatering dishes of sheer grilled delight, often with a contemporary twist. Complete with a warm welcome from friendly, discreet staff who set a naturally relaxed and laidback tone, you are assured of a different and uplifting dining-out experience.

At Sahara Grill we do not pre-cook any of our food, all of our food is cooked to order. Waiting times can reach 20-30 minutes at peak times.

We strictly do not allow food or drink purchased from outside to be consumed on our premises.

Sahara Grill stop serving for 10 minutes, during prayer times.

No alcohol is allowed on these premises.

There is a 10% + VAT Room charge for family rooms (Leyton branch only)

Allergy Awareness

**Some of our dishes may contain nuts or dairy products.
If you suffer from any allergies or intolerances, please speak to
a member of staff before ordering.**

Thank you for visiting us,
Enjoy your meal.

10⁰Z ABERDEEN ANGUS RIB-EYE STEAK



ABERDEEN ANGUS KNOWN AS ONE OF THE MOST PREMIUM BEEF BREEDS IN THE WORLD FOR TENDERNESS, FLAVOUR AND NATURAL MARBLING. GRASS FED, AGED UP TO 28 DAYS. FLAME-GRILLED TO YOUR LIKING AND TOPPED WITH CARAMELISED ONIONS. CHOOSE BETWEEN A CLASSIC SEASONING OR OUR SIGNATURE SAHARA SEASONING FOR A RICH AND SPICY FLAVOUR. SERVED WITH A CHOICE OF A REGULAR SIDE AND COMPLIMENTARY PICANTE GRAVY.

£34.95

Image is for illustration purposes, actual product may differ in appearance.

SAHARA

INTRODUCING ANGUS BEEF SHORT RIB



KNOWN FOR BEING TENDER, MEATY, AND FLAVOURFUL. MARINATED IN A BLEND OF HERBS AND SPICES THEN SLOW COOKED BETWEEN 14-16 HOURS ADDING TO ITS TENDERNESS AND LOCKING IN ALL THE FLAVOURS. FINISHED OFF ON THE GRILL WITH OUR IN-HOUSE BBQ SAUCE. SERVED WITH A REGULAR SIDE OF YOUR CHOOSING.

REGULAR £24.95 LARGE £25.95

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SAHARA

INTRODUCING **SAHARA SHANK**



LAMB SHANK MARINATED IN SAHARA GRILL SIGNATURE SPICES. SLOW COOKED FOR SIXTEEN HOURS TO ALLOW FLAVOURS TO DEVELOP DEEPLY AND GIVE YOU THAT SUCCULENT AND TENDER FALL OFF THE BONE MOUTH-WATERING EXPERIENCE. SERVED WITH IN-HOUSE MASH POTATO AND PICANTE GRAVY.

£22.95

Image is for illustration purposes, actual product may differ in appearance.

SAHARA

INTRODUCING DIRTY CHIPS



STEAK CHIPS LOADED WITH JALAPENO
PEPPERS & MINCED CHICKEN, TOPPED
WITH MELTED CHEESE AND A CHOICE
OF SAHARA OR PICANTE SAUCE
£6.95

Image is for illustration purposes, actual product may differ in appearance.

SAHARA



APPETISERS

Sahara Chops **HOT**

Tender lamb or mutton chops marinated in Sahara Grill signature spices and flamed grilled to your liking, slightly on the hot side but will leave you wanting more.

Mutton

Lamb

15.95

19.95

Buffalo Wings **HOT**

Fresh tender chicken wings in a spicy, hot and tangy sauce. Served with sour cream and chives

11.95

Herbi Wings

Tender wings smothered in a sticky marinade made from Mediterranean herbs and Eastern flavours

11.95

Chicken Tenders

Strips of prime fresh chicken breast lightly seasoned, hand battered and deep-fried until golden brown. Served with BBQ sauce

8.45

Dynamite Shrimps

Battered shrimp, coated with our signature sauce

12.45

Prawn Croquettes

Served with a sweet red chilly dip

10.95

Corn on the Cob

Char-grilled and served with butter on the side

5.45

Scampi Light

Breaded wholetail scampi, deep-fried served with tartar sauce

8.95

King Prawns

Fresh water king prawns marinated in garlic and herbs

13.95

Fish Bites

Chunks of cod, battered and fried, served with a sour cream dip

9.95

Hummus

Hummus served with strips of toasted pitta

6.95

Tzatziki

Cool and tangy greek yoghurt dip with cucumber and garlic, served with toasted pitta bread

6.25

Olives

Mixed marinated olives

6.75

Halloumi cheese

Fried halloumi cheese

6.25

Mixed Dip Platter

A variety of Mediterranean mezzes served with toasted pitta

14.95

SALADS

Greek Salad

Tomatoes, onions, olives, cucumber and feta cheese with a dash of olive oil dressing

8.45

Mediterranean Salad Supreme

Mediterranean salad served with a prime chicken fillet marinated and flame-grilled

14.95

Greek Salad Supreme

Greek Salad served with a prime chicken fillet marinated and flame-grilled

15.95



BURGERS

XXL CHICKEN BURGERS

Prime chicken fillets marinated, flame-grilled and topped with melted cheddar cheese, lettuce, tomato and onions finished off with mayonnaise in a toasted sesame seed bun.

Sahara XXL - Marinated in Sahara Grill spices **HOT**

Cajun XXL - Marinated in Cajun spices

Tropical Heat - Marinated in mild spices, with chilli relish and grilled pineapple chunks

Single	Double
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9.95	15.45
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9.95	15.45
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9.95	15.45
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BEEF BURGERS

100% pure beef burgers of the highest quality, individually made and hand pressed by Sahara Grill. Flame-grilled to your liking topped with melted cheddar cheese, lettuce, tomatoes and onions finished off with mayonnaise in a toasted sesame seed bun.

Classic Burger - Topped with tomato relish

Mex Border Burger - Topped with guacamole and salsa

BBQ Cheese Burger - Topped with BBQ sauce

Red Hot Burger - Topped with Sahara Chilli Sauce **HOT**

Single	Double
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9.45	14.95
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9.45	14.95
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9.45	14.95
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9.45	14.95
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VEGETARIAN BURGERS

100% pure vegetable burgers of the highest quality, topped with melted cheddar cheese, lettuce, tomatoes and onions finished off with mayonnaise in a toasted sesame seed bun.

A choice of 3 toppings:

Tomato relish, Guacamole and Salsa or BBQ sauce

Halloumi Burger - halloumi with a tangy tatziki sauce in a toasted bun with lettuce and tomato

7.95

8.45

BURGERS EXTRAS

Gherkins 0.55 | Extra Cheese 1.05 | Pineapple 1.05 | Jalapeno peppers 0.55

S-FORCE KIDS MEAL

Mini Beef Burger and Curly Fries

Flame-grilled, hand pressed beef patties.

Choose your toppings from, Cheese, Mayonnaise, Ketchup, Lettuce, Tomatoes or Caramelised onions

6.95

Mini Chicken Burger and Curly Fries

Tender chicken breast pieces topped with melted cheese.

Choose your toppings from Mayonnaise, Ketchup, Lettuce, Tomatoes or Caramelised onions

6.95

Chicken Shepherd's Pie

Chicken mince cooked in a lightly flavoured sauce, with sweetcorn and onions. Topped with creamy mashed potatoes.

6.95

Fish Fingers and Curly Fries

6.95

Chicken Tenders and Curly Fries

6.95

Chicken Steak and Curly Fries

6.95

Add cheese on fries 1.00

Kids Ribena Blackcurrant or Strawberry	1.75
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Kids Fresh Orange or Apple Juice	1.95
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SAHARA FLAME-GRILLED CHICKEN

Chicken on the bone marinated in our signature Sahara Grill **HOT** spices and flame-grilled to order (sides served on the same plate)

	On its own	With 2 reg. sides
Quarter Chicken	5.95	10.95
Half Chicken	10.45	15.45
Whole Chicken	16.95	

REGULAR SIDES

Steak Chips 4.45 | Gourmet Chips 4.45 | Seasoned Rice 4.45
Mediterranean Salad 4.25 | Coleslaw (Made in house) 4.95

ADDITIONAL SIDES

Cheesy Chips 5.25 | Curly Fries 4.95 | Seasoned Chips 4.55 | Mash Potato 5.25
Fresh Vegetables 4.95
Steamed carrots & broccoli seasoned with salted butter & herbs

To exchange the regular sides for the additional sides +£1.50 each

SAHARA MED CHICKEN

Succulent bone-in chicken breast, marinated in our signature Sahara spice and infused with rich Mediterranean flavours.
Flame-grilled to order and served with steak chips and coleslaw.

11.95

SAUTÉ

Seasoned rump or chicken steak cut into strips or prawns sautéed with picante gravy, onions and peppers. Served with chips or seasoned rice

Chicken Beef Prawns

12.95 15.95 16.95

FAJITAS

Grilled rump or chicken steak, cut into strips and served with pico de gallo, fresh guacamole, sour cream and hot tortillas.

Chicken Beef Prawns

13.95 15.95 16.95

MIN FRITE

Prawns, seasoned rump or chicken steak cut into strips stir-fried with noodles, Chinese veg, carrots and cabbage

Beef Chicken Prawns Special Veg

14.45 12.95 17.95 18.95 11.95

RIZ FRITE

Prawns, seasoned rump or chicken steak cut into strips stir-fried with rice, Chinese veg, carrots and cabbage.

Beef Chicken Prawns Special Veg

14.45 12.95 17.95 18.95 11.95

EXTRAS

Picante Gravy Sauce 1.75 | Sour Cream & Chives 1.50

Sahara Wing Sauce 1.95 | Toasted Pitta Bread 0.99 | Tortilla 0.99

Feta Cheese 3.25



STEAKS

CHICKEN STEAKS

Sahara Chicken Steak **HOT**

Marinated in Sahara Grill spices and flame-grilled to order. Served with coleslaw and chips

15.95

Cajun Chicken Steak

Marinated in Cajun spices and flame-grilled to order. Served with coleslaw and chips

15.95

The Original Pepper Chicken Steak

Mildly marinated and topped with pepper corn sauce and flame-grilled to order. Served with coleslaw and chips

16.45

BEEF STEAKS

Beef Rump Steak

Seasoned Rump steak, flame-grilled to your liking. Served with caramelised onions, picante gravy and chips

Single **Double**

22.95 36.95

Beef T-Bone Steak **HOT**

T-Bone steak marinated in Sahara spices and flame-grilled to your liking. Served with caramelised onions, picante gravy and chips

Regular **Large**

31.95 36.95

Rib-Eye Steak **HOT**

Rib-Eye steak marinated in Sahara spices and flame-grilled to your liking. Served with caramelised onions, picante gravy and chips

28.95

10oz Aberdeen Angus Rib-Eye Steak

Aberdeen Angus known as one of the most premium beef breeds in the world for tenderness, flavour and natural marbling. Grass fed, aged up to 28 days. Flame-grilled to your liking and topped with caramelised onions. Choose between a classic seasoning or our signature Sahara seasoning for a rich and spicy flavour. Served with a choice of a regular side and complimentary picante gravy.

34.95

Angus Beef Short Rib

Known for being tender, meaty, and flavourful. Marinated in a blend of herbs and spices then slow cooked between 14-16 hours adding to its tenderness and locking in all the flavours. Finished off on the grill with our in-house BBQ sauce. Served with a regular side of your choosing.

Regular **Large**

24.95 25.95

LAMB STEAKS

Sahara Lamb Fillet Steak **HOT**

Seasoned lamb fillet steak marinated in Sahara spices and flame-grilled to your liking. Served with caramelised onions, picante gravy and chips

Single **Double**

24.95 42.95

Sahara Lamb Leg Sirloin Steak **HOT**

Seasoned lamb sirloin steak marinated in Sahara spices and flame-grilled to your liking. Served with caramelised onions, picante gravy and chips

19.95 32.95

Sahara Shank **HOT**

Lamb shank marinated in Sahara Grill signature spices. Slow cooked for sixteen hours to allow flavours to develop deeply and give you that succulent and tender fall off the bone mouth-watering experience. Served with in-house mash potato and picante gravy.

22.95

STEAK EXTRAS

Cheese 1.50 | Mushroom Sauce 3.95 | Pepper Corn Sauce 3.75

Fried Egg 1.95 | Prawns 6.95 | Mash Potatoes Instead of Chips (additional) 1.50



Ocean Delight

Char-grilled salmon fillet, lightly seasoned and topped with a creamy mushroom sauce, spectacular in flavour. Served with rice & salad

16.95

Scampi

Breaded wholetail scampi, deep fried served with steak chips and tartar sauce

12.45

Spicy Fish **HOT**

Delicately steamed haddock, infused with bold chillies and spices, served with rice and Mediterranean sauce

13.95

Traditional Fish and Chips

Haddock fillet, coated in a light, crispy batter, and fried to a golden brown. Served with chips

13.95

Fish Burger

Deep fried cod fillet in crisp breadcrumb coating. Served in a sesame seed bun with in house tartar sauce

7.95

PLATTERS TO SHARE

Sahara Platter **HOT**

Whole Sahara flame-grilled chicken. Served with a large portion of Mediterranean salad and steak chips or seasoned rice

26.95

Sahara Feast

Whole Sahara flame grilled chicken, 4 pieces of chops and Herbi wings, a portion of chicken saute and coleslaw, Served on a bed of seasoned rice.

50.95

Beef Sauté Platter

Prepared from three rump steaks, cut into strips and sautéed with picante gravy, onions and peppers. Served with a large portion of chips or seasoned rice

35.95

Chicken Sauté Platter

Prepared from three chicken steaks, cut into strips and sautéed with picante gravy, onions and peppers. Served with a large portion of chips or seasoned rice

29.95

Sauté Combo

Prepared from two rump and two chicken steaks, cut into strips and sautéed with picante gravy, onions and peppers. Served with a large portion of chips or seasoned rice

39.95

Burger Tray

4 gourmet flame grilled beef burgers, Chicken tenders (4 pieces), 2 portions of chips

44.95



DRINKS

JUICES

Freshly Squeezed Orange Juice

5.95

Fresh Apple Juice

4.95

MOCKTAILS

Sahara Mint Crush

A blend of fresh mint, lemon and apple crushed in ice

7.45

Sahara Passion

A blend of fresh mint & passion fruit flavouring crushed in ice

7.45

Lychee Blast

Lychee flavouring, hint of fresh lemon & crushed ice

7.45

Berry Buzz

Blueberry flavouring with fresh lemon and mint and crushed ice

7.45

FRAPPES

Mocha Frappe

Delicious mocha flavoured ice cold drink

6.45

Mango Frappe

Seriously chilled mango with a hint of vanilla for serious refreshment

6.45

Vanilla Frappe

Ice cold vanilla flavoured drink

6.45

SOFT DRINKS

Green Cola

Zero calories, no sugar, naturally sweetened with Stevia plant

2.95

Salaam Cola

2.95

Diet Salaam Cola

2.95

Evoca Cola

2.95

Evoca Strawberry

2.95

Evoca Mango

2.95

Tango Orange

2.95

R.Whites Lemonade

2.95

Rio Tropical

2.95

Still Water (500ml)

2.50

Still Water (1.5L)

5.50

Karak Chai

3.95



DESSERTS



Chocolate Brownie with Ice Cream

Warm and fudgy Italian baked chocolate dessert, topped with chocolate chips and a single scoop of ice cream, covered in chocolate sauce 6.45

Chocolate Temptation

Chocolate cake made from Ecuador's cocoa seeds, filled with chocolate and hazelnut cream and hazelnut crunch covered with chocolate glaze 6.25

Add a scoop of ice cream for 1.50



New York Cheesecake

The smoothest, creamiest New York Cheesecake with delicious cream cheese and crust 6.25

Add a scoop of ice cream for 1.50

Gelato Cioccolato

Rich and dark with a real chocolate flavour (2 scoops) 4.50



Gelato Vaniglia

A classic vanilla gelato with vanilla pod seeds (2 scoops) 4.50

Semifreddo Profiteroles with Chocolate Sauce

Soft choux pastry filled with soft vanilla ice cream with a chocolate sauce garnish 5.95



Coppa Cioccolato e Nocciola

Hazelnut ice cream and dark chocolate ice cream, swirled with chocolate syrup 6.95



Coppa Stracciatella

A vanilla ice cream with chocolate swirls topped with caramelised hazelnuts and cocoa powder 7.95



Coppa Fiordilatte, Fragole e Caramello

Dairy ice cream with almond crunch, semi candied strawberries, caramel and flaked almond topping 7.95



Treacle Sponge Pudding with Custard

A light sponge covered with Syrup and custard 6.95



Toffee Apple Crumble with Custard

Individual portions of baked apple filling topped with crunchy crumble, a rich toffee sauce and custard 6.95

Chocolate Pudding with Custard

A light chocolate sponge with chocolate flavoured chips, topped with a rich sticky chocolate sauce and custard 6.95



Toffee Pudding with Custard

A light chocolate sponge topped with a rich toffee sauce and custard 6.95

Branches

Ilford

406-408 Cranbrook Road
Ilford, IG2 6HW
TEL: 020 8554 0707

Leyton

427-437 High Road Leyton
Leyton, E10 5EL
TEL: 020 8558 6444

Whitechapel

49-53 New Road
Whitechapel
London, E1 1HH
TEL: 020 7247 7803

Birmingham

72 Alfred Street
Sparkbrook
Birmingham, B12 8JP
TEL: 0121 630 2024



Opening Hours

Monday to Thursday
12pm - 11:30pm

Friday
2pm - 12am

Saturday & Sunday
12pm - 12am



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