



MEZE & GRILL

BAAB Meze and Grill has been developed to bring the flavours of the Eastern Mediterranean to Oban. These dishes include flavours and recipes from Greece, Turkey and the Levant. These areas have a rich culinary heritage with foods meant for sharing and bonding over a meal. All of our seafood is fresh, not frozen. We source as much locally as we can.



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N = Nuts
Ve = Vegan
V = Vegetarian

SMALL PLATES

BABA GHANOUSH
Smoky smashed aubergine, garlic, chunky tomatoes with a dash of lemon. (Ve) 4.50

HUMMOUS
Hummous with a BAAB twist - choose with either chickpeas or pine nuts on top. (Ve) 3.50

TABBOULEH
Parsley, bulgar wheat, tomato, onion - bright, fresh flavours in this salad. Try this with the grilled items. (Ve) 3.50

GREEK SALAD
A classic favourite with tomatoes, cucumber, onion, feta cheese and black olives. (V) 4.20

TZATSIKI
Yoghurt, cucumber, mint, garlic - this chunky dip goes well with grilled meats. (V) 3.50

MUHAMMARA
Roasted red pepper, chilli, walnuts in a smooth, zingy paste. (Ve)(N) 4.30

FALAFEL
One of our signature dishes - made fresh, served hot - a staple of the region. (Ve) 3.50

FATTOUSH SALAD
This tomato, radish, lettuce salad has a lemony taste made more tangy with sumac. Topped with crispy fried chips of pita bread. (V) 4.50

TURKISH LENTIL SOUP
Lentils, garlic, cayenne pepper - this soup is warm, yet refreshing at the same time. (V) 3.20

FRIED HALLLOUMI
Lebanese cheese in panko bread crumbs. Dip them in our signature chilli sauce. (V) 5.40

GRILLED LARGER PLATES

CHICKEN SHISH
Chicken breast on skewers brushed with virgin olive oil and chilli - grilled together with apricots. 9.90

ADANA KEBAB
A recipe from the town of Adana in Turkey, made with grass fed Scottish minced beef - the best of both worlds. 10.50

LAMB KEBAB
Marinated in cinnamon and nutmeg - local Scottish lamb cubes grilled to perfection. 13.90

GRILLED WHOLE SEA BREAM
Whole sea bream from the Mediterranean sea, marinated in garlic, chilli and coriander. 16.90

TAMARIND PRAWNS
Zesty tamarind and honey on slightly charred prawns, grilled pink and juicy. Liberally sprinkled with sesame. 13.90

ZATAR SALMON
Fresh Scottish salmon encrusted with panko breadcrumbs and za'atar (a blend of mild herbs including thyme and sesame seeds) served with a spicy tahini sauce. 13.90

If you suffer from a food allergy or intolerance, please let your server know upon placing your order.

OVEN BAKED PLATES

MOUSSAKA
This Greek baked vegetable dish (reminds us of lasagna) is great when it's blowin' a hoolie outside. (Ve) 7.90

STUFFED PEPPERS
Peppers filled with rice, onions, spices and served with our spicy chilli sauce. (Ve) (N) 7.90

CHEF'S SPECIALS
MUSSAKHAN (MOO-SA-KAAN) WITH SHREDDED CHICKEN
Traditional fresh bread with onions slow cooked in virgin olive oil topped with chicken in a Baharat mix - a Levantine variant of a pizza. 10.90 (Vegan option available - 9.20)

Rose Harissa Mussels
These mildly spicy mussels cooked in white wine and chilli with a hint of rose. The mussels are local and brought in daily. 8.90

SIDE DISHES

COURGETTE FRIES
Crispy, spicy courgette fries. (V) 3.50

FRENCH FRIES
Served with our chilli sauce. (Ve) 3.00

PILAF RICE
Mildly spice infused rice. (Ve) 3.00

EASTERN SLAW
Fennel, nigella seeds, dill and a dash of horseradish make this version of coleslaw a refreshing change. (V) 3.50

OLIVES
A variety of olives from the region - they go with everything. (Ve) 2.00

DESSERTS

RICE PUDDING WITH ROSE SYRUP AND PISTACHIO OR DATE COMPOTE
Rice pudding with an Eastern Mediterranean twist - add rose syrup or date compote. (V)(N) 4.90

WALNUT BROWNIE WITH CINNAMON ICE CREAM
An indulgent chocolate brownie paired with our own handmade cinnamon ice cream. (V)(N) 4.50

CHEESECAKE WITH KATAIFI AND ORANGE BLOSSOM
Kataifi pastry is a light crunchy pastry, which gives this orange blossom infused cheesecake a feathery base and topping. (V) 5.90

UMM ALI
Our version of the region's bread and butter pudding - rose and pistachio add Eastern flavour. (V)(N) 4.50

FREEKHA, FIG AND PISTACHIO CAKE
Three flavours from the region combine to make cake that is out of this world. You just have to try it to understand. (V)(N) 4.90

LEMON YOGHURT CAKE
A very moist cake made with lemon zest for fruit lovers. (V) 4.00

