

BOWLS

REGULAR 10.9
EXTRA LARGE 12.9

VEGAN

Besh ^{2,4}

Plov-rice, Besh sauce (eggplant, peppers, potatoes), mix salad, hummus.

Kofta ^{2,3,4}

Plov-rice, green lentil cutlets, tomatoe sauce, mix salad, hummus.

Beef Style ^{3,4}

Plov-rice, beef-style soy protein chunks, mix salad, tamarind sauce, hummus.

Orange-Tofu Salad ^{1,3,4}

Mixed greens, oranges, tofu, cherries, cucumbers, peanut sauce, hummus.

VEGETARIAN

Paneer ^{1,6}

Plov-rice, paneer sauce (paneer, cashews, tomatoes, curry), mix salad.

Falafel-Halloumi ^{2,4,6} (extra large).....13.5

Plov-rice, homemade falafel, fried halloumi, mix salad, hummus, tzatziki.



Falafel ^{2,4}

Plov-rice, crispy homemade falafel, mix salad, hummus.

Chicken Style ^{1,3,4}

Plov-rice, chicken-style soy protein chunks, mix salad, hummus, curry sauce.

Peanut-Tofu ^{1,3,4}

Plov-rice, baked tofu cubes, mix salad, peanut sauce, hummus.

My Bowl *

Create your own bowl.
* - extra large portion only.

Halloumi ^{4,6}

Plov-rice, fried halloumi cheese, mix salad, hummus, tzatziki.

SANDWICHES & WRAPS

SANDWICH 6.9
WRAP 7.9

VEGAN

Falafel Sandwich ^{2,4,5}

Homemade falafel, potatoes, mix salad and hummus in pita bread.

Chicken-style Wrap ^{3,4,5}

Chicken-style soy protein, mix salad, hummus and curry sauce in lavash bread.

Kofta Wrap ^{2,3,4,5}

Green lentil cutlets, mix salad and hummus in lavash bread.

Kofta Sandwich ^{2,3,4,5}

Green lentil cutlets, potatoes, mix salad and hummus in pita bread.

Beef-style Wrap ^{3,4,5}

Beef-style soy protein, mix salad, hummus and tamarind sauce in lavash bread.

VEGETARIAN

Halloumi Sandwich ^{4,5,6}

Fried halloumi, potatoes, mix salad, tzatziki, hummus in pita bread.

Falafel Halloumi Sandwich ^{2,4,5,6}7.9

Falafel, halloumi, potatoes, mix salad, tzatziki, hummus in pita bread.

Halloumi Wrap ^{4,5,6}

Fried halloumi, mix salad, tzatziki and hummus in lavash bread.



DESSERTS & EXTRAS

DESSERTS

Namura ^{1,5}3.0
Vegan semolina cake soaked in sweet syrup, topped with pistachios.

Baklava ^{1,5,6}2.5
Rich, sweet dessert made of layered filo pastry, pistachios, and syrup.

Brownie ¹3.5
Vegan gluten-free brownies from dried dates with no added sugar.

Napoleon ^{5,6}3.8
Multilayered flaky puff pastry cake with cream.

Maamoul ⁵1.5
Cookies filled with ground dried dates.

Cake of the Day2.5

EXTRAS

Falafel ^{2,4}1.0

Halloumi ^{4,6}1.0

Beef-style protein ³3.5

Chicken-style protein ³3.5

Baked Tofu ³3.5

Vegan Kofta ³3.5

Hummus Plate ⁴5.9

Five Sauces ^{1,6}5.0
Dates & Cream, Tzatziki, Curry, Tomarind, Peanut)

ALLERGENS:

- 1 - Nuts
- 2 - Celery
- 3 - Soy
- 4 - Sesame
- 5 - Gluten
- 6 - Dairy



Balanced
Ethical
Sattvic
Healthy

DRINKS



4⁰⁰

Lemon & Mint Tea



4⁰⁰

Orange & Mint Tea



4⁵⁰

Chai Latte ⁶



4⁵⁰

Matcha Latte



4⁵⁰

Berries Lemonade



4⁵⁰

Mint Lemonade



4⁵⁰

Orange Fresh



4⁵⁰

Rayhon Sherbet



BESH - High Five for a Healthy Life!

Welcome to BESH, your cozy plant-based restaurant in Berlin Mitte, where we serve homemade vegetarian and vegan dishes inspired by authentic Central Asian flavors. Our plant-based menu offers healthy and wholesome options, crafted with fresh ingredients to bring you the best of the Great Silk Road.



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