



Pilpel

the story

Pilpel falafels are freshly made on the premises every day, from a family recipe created by my grandfather more than 60 years ago. At 84 years old he still loved to make his falafels, even when his family told him to relax and enjoy life, he continued, tirelessly. So, at the age of 29, I had a vision and believed that the only thing that would give Gramps peace of mind was to keep the falafels rolling...and Pilpel was born.

Pilpel means 'chilli pepper' and is the nickname my grandfather bestowed on me as a kid because he thought I had fire in my spirit. Everyone at Pilpel has the 'Pilpel factor.' It's in our hearts, it's in the air and most importantly it's in our food.

So with us serving you fresh healthy food and you enjoying the Pilpel experience we are all helping to keep my grandfather's legacy alive.

This is his legend, we are his legacy

Zion, 05.05.1927 - 16.07.2010



Spitalfields Market
Unit E
Pavilion Building
Old Spitalfields Market
London
E1 6EW
☎ 020 7375 2282

St Paul's
Unit 5
Queens Head Passage
Paternoster Square
London
EC4M 7DZ
☎ 020 7248 9281

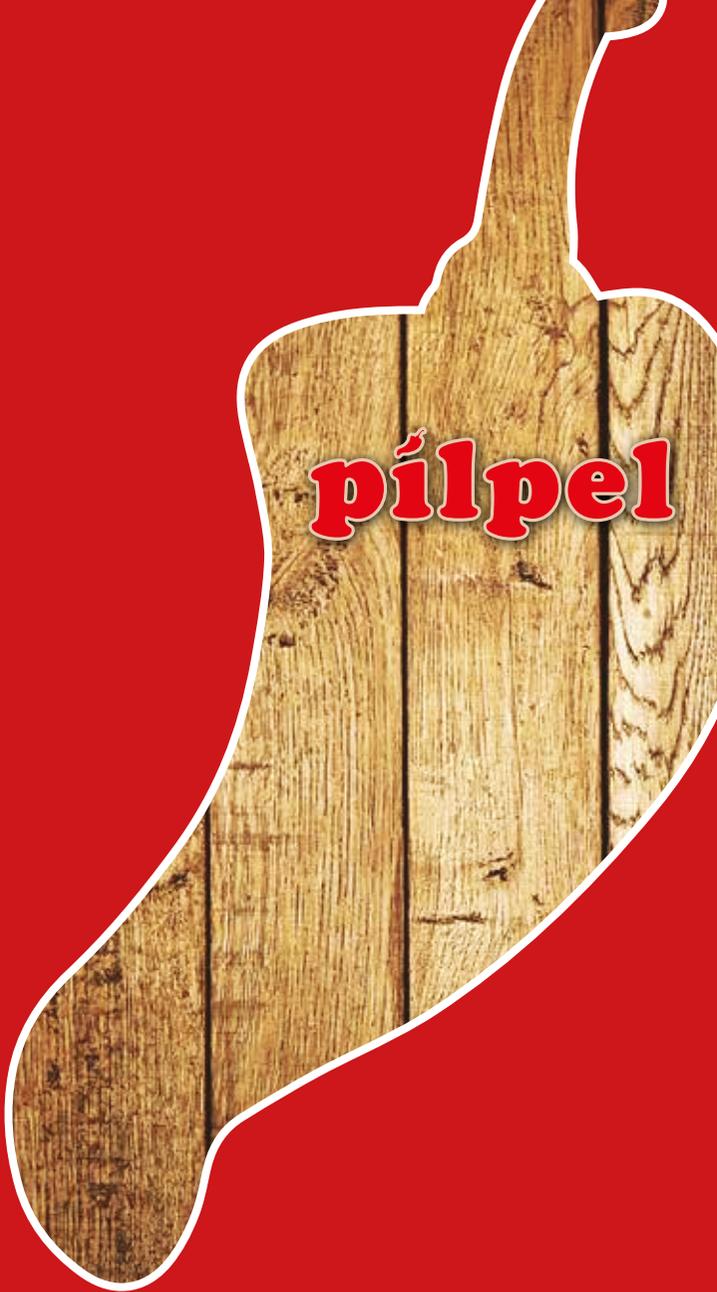


Locations

Spitalfields
38 Brushfield Street
London
E1 6AT
☎ 020 7247 0146

Fleet Street
146 Fleet Street
1a Wine Office Court
London
EC4A 3BY
☎ 020 7583 2030

www.pilpel.co.uk



pilpel

Order your lunch online

Orders must be received before 11.30am
and collected by 12pm

www.pilpel.co.uk

Falafel

1 Choose your base...

Pita £4.80

Served in a white or wholemeal pita with houmous and your choice of salads and sauces.

Container £5.80

Served with houmous, your choice of salads, sauces and a white or wholemeal pita on the side.

2 Choose your fillings...

Choose your salad...

Green Salad, Tabouleh, Red & White Cabbage, Carrot, Pickled Cucumbers, Jalapeños, Onions and Chickpeas.

Choose your sauces...

Red or Green Chilli and Tahini

3 Add your toppings...

Aubergine
Guacamole
Feta
Hard Boiled Egg

60p
each

Sun-dried Tomatoes **£1**

Fresh healthy food for the people!

Our favourites...



Served in pita or containers with your choice of salads and sauces.

Falafel and Guacamole

Houmous, guacamole, made of avocado, spring onion and cherry tomatoes

Pita £5.40 Container £6.40

Falafel and Feta

Houmous, feta, extra virgin olive oil, parsley and za'atar herb mix

Pita £5.40 Container £6.40

Falafel and Aubergine

Houmous, aubergine, extra virgin olive oil, lemon juice and parsley

Pita £5.40 Container £6.40

Falafel and Sun-dried Tomatoes

Houmous, sun-dried tomatoes and parsley

Pita £5.80 Container £6.80

Falafel and Egg

Houmous, hard boiled egg, za'atar herb mix and tahini sauce

Pita £5.40 Container £6.40

Saabich

Houmous, aubergine and hard boiled egg served in a pita or container with your choice of salads and sauces.

Pita £4.80

Container £5.80

**does not include falafel*



Houmous £4.25

Houmous served in a container with olive oil, lemon juice and chickpeas – with your choice of sauces and a white or wholemeal pita on the side.

**salads and falafel sold separately*

Add your toppings + 60p each

Aubergine, Guacamole, Feta, Hard Boiled Egg

Add: Sun-dried Tomatoes or 4 Falafels + £1 each

Choose your salad £1.99

Green Salad, Tabouleh, Red & White Cabbage, Carrot, Pickled Cucumbers, Jalapeños, Onions and Chickpeas.

Our favourites...



Houmous & Aubergine £4.85

Aubergine, extra virgin olive oil, lemon juice and parsley

Houmous & Feta £4.85

Feta, extra virgin olive oil and parsley

Houmous & Guacamole £4.85

Guacamole made of avocado, spring onion, and cherry tomatoes

Houmous & Falafel £5.25

With 4 falafels, extra virgin olive oil and lemon juice

Houmous & Sun-dried Tomatoes £5.25

Sun-dried tomatoes, olive oil, and fresh chopped parsley

Houmous & Egg £4.85

Hard boiled egg, za'atar herb mix, parsley, olive oil and lemon juice

