

Mezè

Greek Fusion

MEZÉ'S

Add fresh vegetable slices 3

HUMMUS (GF, VEG) 8

Garbanzo beans, sesame paste (tahini), garlic, and lemon juice. Served with warm pita

CILANTRO JALAPENO HUMMUS (GF, VEG) 8

Served with warm pita

TOMATO BASIL HUMMUS (GF, VEG) 8

Hummus Contest winner. Served with warm pita

FIERY FETA (GF, VEG) 8

Feta cheese, roasted red pepper, and garlic. Served with warm pita

BABA GHANOUSH (GF, VEG) 8

Grilled eggplant, tahini, garlic, and lemon juice. Served with warm pita

TZATZIKI (GF, VEG) 8

Greek yogurt, cucumber, garlic, dill, and mint. Served with warm pita

FETA & OLIVES (GF, VEG) 10

Rousas feta cheese and assorted Greek olives

DOLMA (GF, VEG) 11

Rice, green onion, parsley, dill, garlic mixed and wrapped in grape leaves

FALAFEL (GF, VEG) 9

Chickpea croquet, served with tahini and pita

SAGANAKI (VEG) 16

Pan seared kasseri cheese, flambéed in Metaxa brandy

SHRIMP & OUZO SAGANAKI (GF) 19

Jumbo shrimp pan seared with garlic, tomato, green onion, feta cheese, flambéed in ouzo tableside, served with pita

OCTAPODI SKARAS (GF) 18

Char grilled octopus, latho lemono

MEATBALLS (GF) 10

Seasoned ground beef and lamb mixed with feta cheese, garlic, onion, and mint, and a roasted red pepper tomato sauce. Topped with Mizithra cheese

CALAMARI 11

Lightly breaded and golden fried squid with spicy tzatziki

LAMB CHOPS (GF) 14

Grilled lamb chops finished with latho lemono

SOUVLAKIA (Greek Kabob) (GF)

CHICKEN 11 / FILET 13

Mini skewers of protein served with tzatziki and pita

FIERY FETA MAC' N CHEESE (VEG) 11

Penne pasta, kasseri, cheddar, firey feta, and pita crumbs (add bacon 1)

SPANAKOPITA (VEG) 11

Puff pastry filled with fresh spinach, leeks, feta cheese, mint, dill, and served with tzatziki

DOLMATHES (GF) 14

Grape leaves stuffed with ground sirloin, rice, mint, dill, with avgolemono sauce

GARLIC MASHED POTATOES (GF, VEG) 7

Roasted garlic and mizithra cheese

POTATOES LEMONATO (GF) 7

Fried potatoes tossed in lemon juice and fresh herbs

MEZE FRIES (VEG) 9

Hand cut and tossed in garlic, fresh parsley, topped with feta cheese

GREEK QUESADILLA (VEG) 9

Pita bread, feta, kasseri, cheddar, bell peppers, onion, and tomato. (add chicken or gyro 2 / filet or shrimp 4)

GYRO 12

Slow roasted and marinated beef & lamb with pita on the side. Topped with onions, tomatoes and tzatziki

GREEK TACOS (GF) 9

(choose 2: chicken, steak, falafel, lamb, gyro)
Pico de Greco, spicy tzatziki, cheese, corn tortilla (add Grecomole 1)

MEZE PLATTER FOR TWO (VEG) 34

HUMMUS, TZATZIKI, DOLMA, FALAFEL, TAHINI, SPANAKOPITA, FETA CHEESE, AND GREEK OLIVES. SERVED WITH PITA BREAD

Not all ingredients are listed; please notify us of any allergies

PHONE 619.550.1600 | GASLAMPMEZE.COM | 345 6TH AVE, SAN DIEGO, CA, 92101

Mezè

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SOUPA / SALATA

AVGOLEMONO SOUP (GF) 7.5

Egg, lemon, carrot, rice, chicken

SOUP OF THE DAY 7.5

GREEK SALAD (GF, VEG) 7

(ENTRÉE PORTION 11.5)

Romaine lettuce, Roma tomato, red onion, cucumber, olives, feta cheese, vinaigrette

VILLAGE (GF, VEG) 12

Roma tomato, cucumber, bell pepper, red onion, feta cheese, capers, EVOO

GRILLED MANOURI & BEET SALAD (GF, VEG) 12

Imported grilled manouri cheese, chilled beet, toasted pine nuts, bell pepper, Greek honey, EVOO

THE GREDDGE (GF) 10

Hearts of romaine, grilled Roma tomato, chopped bacon, with a yogurt feta dressing

WATERMELON FETA SALAD (GF, VEG) 12

Watermelon, spring mix, grilled asparagus feta, balsamic reduction, Greek honey, candied walnuts, EVOO

GRILLED ASPARAGUS SALAD (GF, VEG) 12

(ENTRÉE PORTION 17)

Mixed greens, grilled asparagus, gorgonzola cheese, fresh fruit, walnuts, with a strawberry-fig balsamic dressing

ENTREES

CHICKEN SOUVLAKI (Greek Kabob) (GF) 24

Marinated and grilled chicken, rice pilaf, sautéed vegetables

COMBO SOUVLAKI (GF) 38

Our signature Souvlaki! Enjoy a taste of signature chicken, filet mignon, shrimp and a lamb chop! Marinated and grilled served with rice pilaf, sautéed vegetables, and tzatziki

SEAFOOD SOUVLAKI (GF) 32

Grilled salmon, shrimp, and octopus served with latho lemono, rice pilaf and sautéed vegetables

FILET MIGNON SOUVLAKI (GF) 32

Marinated and grilled filet served with rice pilaf, sautéed vegetables, and tzatziki

LAMB CHOPS (GF) 38

Char-grilled lamb chops in a latho lemono sauce served with lemon potatoes and sautéed vegetables

GYRO PLATE 24

Slow roasted and marinated beef & lamb, served with sautéed vegetable, rice pilaf, tzatziki and pita bread

MOUSSAKA 24

Traditional eggplant casserole. Layers of eggplant, potato, seasoned ground sirloin, and finished with béchamel cream sauce

PASTA LAHANO (VEG) 21

Penne, garlic, shallots, spinach, cherry tomatoes, mushrooms, gorgonzola and pine nuts (ask server for protein)

SHRIMP & OUZO FETTUCCINI 29

Jumbo shrimp pan seared with garlic, tomato, green onion, feta cheese, manouri cheese, and cream

FALAFEL PLATE (GF, VEG) 21

Chickpea croquets, mixed greens, tomato, red onion, tabini, pickled turnips, hummus, and pita bread

SOLOMOS (GF) 27

Spinach and feta stuffed salmon filet, served with rice pilaf, grilled asparagus, and butter, lemon caper sauce

LAMB SHANK 28

Braised in a red wine, fresh tomato sauce with hints of cinnamon and black pepper. Served with roasted garlic mashed potatoes and grilled asparagus, topped with feta

MEZE BURGER 18

Seasoned ground beef and lamb mixed with feta cheese, garlic, onion and mint, sautéed onions, mushrooms, Swiss cheese, fiery feta, and garlic aioli. Served with Mezé fries or Greek salad

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