

La Méditerranée



**ORDER PICK-UP &
DELIVERY ONLINE**

La Méditerranée Berkeley opened in 1982 with the goal of serving Middle-Eastern comfort food. Over 40 years later, our family-run restaurants are proud to continue serving the San Francisco Bay community.

We are a certified California Green Business and recognized as an official SF Legacy Business.

La Méditerranée is committed to environmental sustainability, and our local community.

We strive to source organic and local produce whenever possible.

Anoush Ella! (May it be sweet!)

2936 College Avenue | Berkeley | **(510) 540-7773**

www.lamedberkeley.com

2210 Fillmore Street (at Sacramento) | San Francisco | (415) 921-2956

288 Noe Street (at Market) | San Francisco | (415) 431-7210

— 20% GRATUITY ADDED FOR PARTIES OF 6 OR MORE —



la MEDITERRANÉE

Anoush Ella! (May it be sweet!)



Appetizers

Served with Fresh Pita and Veggies

Small Combination Dips

Hummus, Baba Ghanoush
& Tabuleh ... \$13

- ~ Hummus (vegan, gf)
- ~ Baba Ghanoush (vegan, gf)
- ~ Tabuleh (vegan)
- ~ Dolma Grape Leaf (vegan, gf) (3 pieces)

Large Combination Dips

Hummus, Baba Ghanoush, Tabuleh,
Dolma, Feta Cheese & Olives ... \$17

- ~ Roasted Red Pepper Hummus (vegan, gf)
- ~ Djajiki Cucumber Yogurt Dip (gf)
- ~ Harissa Tomato Walnut Dip (vegan, gf)
- ~ Feta & Kalamata Olives (gf)
- ~ Falafel with Tahini Dip (vegan, gf) (4 pieces)

— \$10 each —

Small Plates

Organic Medjool Dates

*Stuffed with goat cheese
& walnuts (gf)*
\$6 each

Spinach & Feta Fillo or Cheese Karni Fillo or Chicken Cilicia Fillo

\$4 each

Lamb Lule Meatballs

*Local, Halal grass-fed lamb
in a tomato-onion sauce (gf)*
\$10 for two

Soups & Salads

Served with Fresh Pita

Avgolemono Soup

*Traditional Greek Chicken
& Lemon Soup (gf)*

Lentil Vegetable Soup

(vegan, gf)

Cucumber Yogurt Soup

*Cold Cucumber & Yogurt soup
with garlic & dill (gf)*

cup ... \$7 bowl ... \$9.75 quart (to-go only) ... \$20

- Large Green Salad** | Organic greens, feta, tomato, egg, & our house tomato vinaigrette topped with Tabuleh \$17
- Three Bean Salad** | Organic greens w/ tomato, egg, cucumber, feta & our house tomato vinaigrette (gf) \$17
- Salad Méditerranée** | Hummus, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Three Bean Salad & organic greens with feta \$19
- Falafel Salad** | Crisp falafel balls over organic greens with veggies, our house vinaigrette & tahini dressing (vegan, gf) \$17
- Chicken Salad** | Halal Saffron Chicken Breast Kebab over organic greens, tomato, cucumber, egg & feta (gf) \$19
- Salmon Salad** | Sustainably-sourced skewer of Salmon over organic greens, tomato, egg, cucumber & feta (gf) \$20

Sides

Za'atar Pita Chips | **Gluten-free Crackers** | **Fresh Veggies** | **Tourche Pickles**

— \$4.50 each —

🌀 Mediterranean Meza 🌀

Tasting menu of our most popular dishes served family-style.

Vegan, Vegetarian and Gluten-Free mezas available.

Hummus (vegan, gf)
Baba Ghanoush (vegan, gf)
Tabuleh (vegan)
Falafel (vegan, gf)

Armenian Potato Salad (vegan, gf)
Dolma Grape Leaf (vegan, gf)
Spinach & Feta Fillo

\$29 per person (minimum 2 people)

Chicken Cilicia Fillo
Chicken Pomegranate (gf)
Lamb Lule (gf)
Rice Pilaf (vegan, gf)

🌀 Dinner Entrées 🌀

Served with Hummus, Pita and choice of Soup, Organic Green Salad or Armenian Potato Salad

- Middle Eastern Plate** | Chicken Cilicia Fillo, Spinach & Feta Fillo, Levant Sandwich & choice of Lamb Lule or Chicken Pomegranate over rice pilaf \$22
- Vegetarian Middle Eastern Plate** | Spinach & Feta Fillo, Cheese Karni Fillo, Dolma & choice of Levant Sandwich or Falafel \$21
- Vegan Middle Eastern Plate** | Falafel, Dolma, Lentil Salad, Tabuleh, Hummus \$21
- Chicken Pomegranate** | Local, sustainably-sourced drumsticks marinated in a pomegranate sauce, served over rice pilaf (gf) \$22
- Lebanese Beef Kibbeh** | Prather Ranch spiced ground beef meatballs with cracked wheat, toasted pine nuts & herbs, served with a cucumber yogurt sauce and rice pilaf \$23
- Lamb Lule** | Local, grass-fed Superior Farms halal lamb meatballs, served in a tomato-onion sauce served over rice pilaf (gf) \$24
- Mushroom Quiche** | Three slices of our vegetarian quiche \$21

– Kebab Skewers –

- Halal Saffron Chicken Breast Kebab** | Two skewers, grilled and served over rice pilaf with a cucumber-yogurt sauce (gf) \$24
- Beef Kafta Kebab** | Prather Ranch beef meatball skewers, grilled and served with rice pilaf (gf) \$24
- Lamb Sirloin Kebab** | Grilled skewers served with rice pilaf and a cucumber yogurt sauce (gf) \$26
- Salmon Kebab** | Sustainably-sourced grilled salmon skewers marinated in dill & tomato, served over rice (gf) \$26
- Veggie Kebab** | Two Skewers of marinated Vegetable Kebabs, served over Rice Pilaf (gf) \$23

– Sandwiches/Plates –

Sandwiches wrapped in Lavash Bread with Greens or plates served over Rice Pilaf

- Grilled Lamb Shawarma** | Spiced Superior Farms Halal Lamb, served with a cucumber-yogurt sauce sandwich \$19.50 over rice \$21.50
- Grilled Chicken Shawarma** | Spiced baked chicken served with a cucumber yogurt sauce sandwich \$19 over rice \$21
- Grilled Falafel** | House-made falafel balls, served with tahini (vegan) sandwich \$18 over rice \$20

– Fillo Pastries –

- Grecian Spinach & Feta** | A delicious mixture of spinach, feta, onion & chickpeas
 - Chicken Cilicia** | Cinnamon-spiced chicken with chickpeas & raisins
 - Cheese Karni** | Stuffed with melted mozzarella and feta cheeses, sautéed onions & mint
- Any combination of four Fillo pieces ... \$21.50