



la Méditerranée

Anoush Ella! (May it be sweet!)



Appetizers

Served with Fresh Pita and Veggies

Small Combination Dips

Hummus, Baba Ghanoush & Tabouleh ... \$15

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

Large Combination Dips

Hummus, Baba Ghanoush, Tabouleh, Dolma, Feta Cheese & Olives ... \$19

- ~ **Roasted Red Pepper Hummus** (vegan, gf)
- ~ **Djajiki Cucumber Yogurt Dip** (gf)

— \$12 each —

- ~ **Harissa Tomato Walnut Dip** (vegan, gf)
- ~ **Feta & Kalamata Olives** (gf)
- ~ **Falafel with Tahini Dip** (vegan, gf) (4 pieces)

Small Plates

Organic Medjool Dates
Stuffed with goat cheese & walnuts (gf)
\$6 each

Spinach & Feta Fillo
or **Cheese Karni Fillo**
or **Chicken Cilicia Fillo**
\$4.50 each

Lamb Lule Meatballs
Local, Halal grass-fed lamb in a tomato-onion sauce (gf)
\$11 for two

Soups & Salads

Served with Fresh Pita

Avgolemono Soup
Traditional Greek Chicken & Lemon Soup (gf)

cup ... \$7.75 bowl ... \$11 quart (to-go only) ... \$22

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

- Large Green Salad** | Organic greens, feta, tomato & our house tomato vinaigrette topped with Tabouleh \$17.50
- Three Bean Salad** | Organic greens w/ tomato, cucumber, feta & our house tomato vinaigrette (gf) \$17.50
- Salad Méditerranée** | Hummus, Baba Ghanoush, Tabouleh, Armenian Potato Salad, Three Bean Salad & organic greens with feta \$19.50
- Falafel Salad** | Crisp falafel balls over organic greens with veggies, our house vinaigrette & tahini dressing (vegan, gf) \$17.50
- Chicken Salad** | Halal Saffron Chicken Kebab over organic greens, tomato, cucumber & feta (gf) \$19.50
- Salmon Salad** | Sustainably-sourced skewer of Salmon over organic greens, tomato, cucumber & feta (gf) \$20.00

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)
Tabouleh (vegan)
Falafel (vegan, gf)

Armenian Potato Salad (vegan, gf)
Dolma Grape Leaf (vegan, gf)
Spinach & Feta Fillo
\$32 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 \$23
- Vegetarian Middle Eastern Plate** | Spinach & Feta Fillo, Cheese Karni Fillo, Dolma & choice of Levant Sandwich or Falafel \$22
- Vegan Middle Eastern Plate** | Falafel, Dolma, Lentil Salad, Tabouleh, Hummus \$22
- Chicken Pomegranate** | Local, sustainably-sourced drumsticks marinated in a pomegranate sauce, served over rice pilaf (gf) \$24
- 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 \$25
- Lamb Lule** | Local, grass-fed Superior Farms halal lamb meatballs, served in a tomato-onion sauce served over rice pilaf (gf) \$25
- Mushroom Quiche** | Three slices of our vegetarian quiche \$22

— Kebab Skewers —

- Halal Saffron Chicken Kebab** | Two skewers, grilled and served over rice pilaf with a cucumber-yogurt sauce (gf) \$25
- Beef Kafta Kebab** | Two Prather Ranch beef meatball skewers, grilled and served with rice pilaf (gf) \$25
- Lamb Sirloin Kebab** | Two skewers served with rice pilaf and a cucumber yogurt sauce (gf) \$28
- Salmon Kebab** | Two sustainably-sourced grilled salmon skewers marinated in dill & tomato, over rice (gf) \$28
- Veggie Kebab** | Two Skewers of marinated Vegetable Kebabs, served over Rice Pilaf (gf) \$24

— 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 \$21 over rice \$23
- Grilled Chicken Shawarma** | Spiced baked chicken served with a cucumber yogurt sauce sandwich \$20 over rice \$22
- Grilled Falafel** | House-made falafel balls, served with tahini (vegan) sandwich \$19 over rice \$21

— 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 ... \$23