



la Méditerranée

Anoush Ella! (May it be sweet!)



Appetizers

Served with Fresh Pita and Veggies

Small Combination Dips

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

Large Combination Dips

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

~ **Hummus** (vegan, gf)

~ **Baba Ghanoush** (vegan, gf)

~ **Tabuleh** (vegan)

~ **Dolma Grape Leaf**
(vegan, gf) (3 pieces)

~ **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)

Lentil Vegetable Soup

(vegan, gf)

Cucumber Yogurt Soup

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

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

Large Green Salad | Organic greens, feta, tomato & our house tomato vinaigrette topped with Tabuleh \$17.50

Three Bean Salad | Organic greens w/ tomato, cucumber, feta & our house tomato vinaigrette (gf) \$17.50

Salad Méditerranée | Hummus, Baba Ghanoush, Tabuleh, 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)
Tabuleh (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, Tabuleh, 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