



la Méditerranée

Anoush Ella! (May it be sweet!)



Appetizers

Served with Fresh Pita and Veggies

Small Combination Dips

Hummus, Baba Ghanoush
& Tabuleh ... \$14

Large Combination Dips

Hummus, Baba Ghanoush, Tabuleh,
Dolma, Feta Cheese & Olives ... \$18

Hummus (vegan, gf)
Baba Ghanoush (vegan, gf)
Tabuleh (vegan)
Dolma Grape Leaf
(vegan, gf)

**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)

Small Plates

Organic Medjool Dates
Stuffed with goat cheese
& walnuts (gf)
\$7 each

**Spinach & Feta Fillo
or Cheese Karni Fillo
or Chicken Cilicia Fillo**
— \$5 each —

Lamb Lule Meatballs
Local, Halal grass-fed lamb
in a tomato-onion sauce (gf)
\$14 for two

Soups

cup ... \$8 bowl ... \$13 quart (to-go only) ... \$24

Avgolemono Soup
Traditional Greek Chicken
& Lemon Soup (gf)

Vegetable Soup du Jour
(vegan, gf)

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

Salads

Served with Fresh Pita

- Greek Green Salad** | Organic greens, feta, tomato, & our house tomato vinaigrette (gf) \$14
- Tabuleh Greek Salad** | Organic greens, feta, tomato, egg, & our house tomato vinaigrette topped w/Tabuleh.. \$17.50
- Three Bean Salad** | Organic greens w/ tomato, egg, 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 Breast Kebab over organic greens,
tomato, cucumber, egg & feta (gf) \$19.50
- Salmon Salad** | Sustainably-sourced skewer of Salmon over organic greens, tomato, egg, cucumber & feta (gf) ... \$22

Sides

Za'atar Pita Chips | **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.

<p>Hummus (vegan, gf)</p> <p>Baba Ghanoush (vegan, gf)</p> <p>Tabuleh (vegan)</p> <p>Falafel (vegan, gf)</p>	<p>Armenian Potato Salad (vegan, gf)</p> <p>Dolma Grape Leaf (vegan, gf)</p> <p>Spinach & Feta Fillo</p> <p>\$32 per person (minimum 2 people)</p>	<p>Chicken Cilicia Fillo</p> <p>Chicken Pomegranate (gf)</p> <p>Lamb Lule (gf)</p> <p>Rice Pilaf (vegan, gf)</p>
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∞ 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	\$24
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
Quiche du Jour Three slices of our vegetarian Quiche du Jour	\$22

– Kebab Skewers –

Halal Saffron Chicken Breast Kebab Two skewers, grilled and served over rice pilaf with a cucumber-yogurt sauce (gf)	\$26
Beef Kafta Kebab Prather Ranch beef meatball skewers, grilled and served with rice pilaf (gf)	\$26
Lamb Sirloin Kebab Marinated in pomegranate herb sauce, grilled and served with rice pilaf (gf)	\$28
Salmon Kebab Sustainably-sourced grilled salmon skewers marinated in dill & tomato, served over rice (gf)	\$28

– Sandwiches/Plates –

Wrapped in Lavash Bread with Greens or served over Rice Pilaf

Grilled Lamb Shawarma Spiced Superior Farms Halal Lamb Sirloin, served with a cucumber-yogurt sauce	sandwich \$22 over rice \$24
Grilled Chicken Shawarma Spiced baked chicken served with a cucumber yogurt sauce	sandwich \$21 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 ...	\$24

Beverages

House Wines

glass / half liter / liter

La Med Sangria!	\$13 / \$28 / \$44
La Med Burgundy.....	\$12 / \$26 / \$42
La Med Chardonnay	\$12 / \$26 / \$42

Red Wine

glass / bottle

Paso A Paso Organic Tempranillo (Spain) ..	\$14 / \$44
Karas Syrah Blend (Armenia)	\$15 / \$46
Vinum Pinot Noir (Monterey)	\$16 / \$48

White Wine & Rosé

glass / bottle

Alan Scott Sauvignon Blanc (New Zealand)	\$15 / \$46
Karas Dry White Blend (Armenia)	\$15 / \$46
La Fiera Pinot Grigio (Venezie, Italy)	\$14 / \$44
Vinum Chardonnay (Monterey)	\$16 / \$48
Malamatina Greek Retsina (glass or half bottle)	\$14 / \$26
Gaia Rosé (Greece)	\$15 / \$46
Chateau du Rouet Esterelle Rosé	\$15 / \$46

Beer

Stella Artois (Belgium)	\$8
Almaza Pilsner (Lebanon)	\$9
Mythos (Greek Lager)	\$9
21st Amendment IPA (West Coast)	\$9
Fort Pointt IPA (San Francisco)	\$9
Fort Point NA	\$9

Cocktails

New! Aperol Spritz	\$14
Soju Negroni	\$14
Moroccan Mint Soju Mojito	\$13
Hibiscus Soju Cocktail	\$13
Rosewater Pomegranate Prosecco Cocktail	\$13

Sparkling Wine & Mimosas

California Sparkling Brut Cuvée (glass/bottle) ..	\$11/\$28
Mimosa (orange, hibiscus or pomegranate) (glass/half liter/liter)	\$10/\$28/\$42
Tiamo Prosecco (glass/bottle)	\$16/\$38

Refreshments

Moroccan Mint Tea (hot or iced)	\$6
Black Iced Tea or Hibiscus Iced Tea	\$6
Organic Lemonade (also available w/rosewater)	\$6
Arnold Palmer, Minty Palmer, or Hibiscus Palmer (1/2 lemonade 1/2 iced tea)	\$6
Coke, Diet Coke, Sprite, Sparkling Water	\$6
Organic House Coffee	\$6
Espresso	\$6
Cappuccino	\$8
Café Latte	\$8
Chamomile, Earl Grey, Mint, English Breakfast or Green Tea	\$6
Middle-Eastern Coffee	\$8

Desserts

Heavenly Trio (Baklava, Datil Amanda & Chocolate Mousse) ... \$14

Pistachio Nest | Baklava | Chocolate Mousse (gf) | Lemon Cake

Mahalabiye (rosewater pudding w/pistachios) (gf) | **Datil Amanda** (organic dates & nuts in fillo)

— \$11 each —

HAPPY HOUR | 3-5pm | Mon-Fri

La Méditerranée opened in 1981 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. L

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

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www.lamednoe.com

A 4.75% fee will be added to your bill to cover the cost of San Francisco Employer Mandates & Green Business Initiatives (SF Locations only)
25% gratuity included for parties of 6 or more. Not responsible for lost or stolen items.