



# la Méditerranée

Anoush Ella! (May it be sweet!)



## Appetizers

Served with Fresh Pita and Veggies

### Small Combination Dips

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

### Large Combination Dips

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

**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)  
— \$10 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)  
\$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)  
\$12 for two

## Soups

cup ... \$7    bowl ... \$11    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) ..... \$12
- Tabuleh Greek 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) .... \$21

## 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><b>Hummus</b> (vegan, gf)</p> <p><b>Baba Ghanoush</b> (vegan, gf)</p> <p><b>Tabuleh</b> (vegan)</p> <p><b>Falafel</b> (vegan, gf)</p>	<p><b>Armenian Potato Salad</b> (vegan, gf)</p> <p><b>Dolma Grape Leaf</b> (vegan, gf)</p> <p><b>Spinach &amp; Feta Fillo</b></p> <p><b>\$29 per person</b> (minimum 2 people)</p>	<p><b>Chicken Cilicia Fillo</b></p> <p><b>Chicken Pomegranate</b> (gf)</p> <p><b>Lamb Lule</b> (gf)</p> <p><b>Rice Pilaf</b> (vegan, gf)</p>
--	--	--

## 🌀 Dinner Entrées 🌀

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

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

### – Kebab Skewers –

<b>Halal Saffron Chicken Breast Kebab</b>   Two skewers, grilled and served over rice pilaf with a cucumber-yogurt sauce (gf) .....	\$24
<b>Beef Kafta Kebab</b>   Prather Ranch beef meatball skewers, grilled and served with rice pilaf (gf) .....	\$24
<b>Salmon Kebab</b>   Sustainably-sourced grilled salmon skewers marinated in dill & tomato, served over rice (gf) .....	\$26

### – Sandwiches/Plates –

*Wrapped in Lavash Bread with Greens or served over Rice Pilaf*

<b>Grilled Lamb Shawarma</b>   Spiced Superior Farms Halal Lamb, served with a cucumber-yogurt sauce .....	sandwich \$19.50 over rice \$24
<b>Grilled Chicken Shawarma</b>   Spiced baked chicken served with a cucumber yogurt sauce .....	sandwich \$19 over rice \$22
<b>Grilled Falafel</b>   House-made falafel balls, served with tahini (vegan) .....	sandwich \$18 over rice \$21

### – Fillo Pastries –

<b>Grecian Spinach &amp; Feta</b>   A delicious mixture of spinach, feta, onion & chickpeas	
<b>Chicken Cilicia</b>   Cinnamon-spiced chicken with chickpeas & raisins	
<b>Cheese Karni</b>   Stuffed with melted mozzarella and feta cheeses, sautéed onions & mint	
Any combination of four Fillo pieces ...	\$22

## Beverages

### House Wines

glass / half liter / liter

La Med Sangria! .....	\$11 / \$25 / \$44
La Med Burgundy .....	\$10 / \$24 / \$42
La Med Chardonnay .....	\$10 / \$24 / \$42

### Red Wine

glass / bottle

Paso A Paso Organic Tempranillo (Spain) ..	\$13 / \$44
Karas Syrah Blend (Armenia) .....	\$14 / \$46
Vinum Pinot Noir (Monterey) .....	\$16 / \$48

### White Wine & Rosé

glass / bottle

Alan Scott Sauvignon Blanc (New Zealand) .....	\$14 / \$46
Karas Dry White Blend (Armenia) .....	\$14 / \$46
La Fiera Pinot Grigio (Venezie, Italy) .....	\$12 / \$42
Vinum Chardonnay (Monterey) .....	\$16 / \$48
Malamatina Greek Retsina (glass or half bottle) .....	\$14 / \$26
Gaia Rosé (Greece) .....	\$14 / \$46
Chateau du Rouet Esterelle Rosé .....	\$14 / \$42

### Beer

Stella Artois (Belgium) .....	\$7
Almaza Pilsner (Lebanon) .....	\$8
Mythos (Greek Lager) .....	\$8
21st Amendment IPA (West Coast) .....	\$8

### Cocktails

New! Aperol Spritz .....	\$13
Soju Negroni .....	\$13
Moroccan Mint Soju Mojito .....	\$12
Hibiscus Soju Cocktail .....	\$12
Rosewater Pomegranate Prosecco Cocktail .....	\$12

### Sparkling Wine & Mimosas

California Sparkling Brut Cuvée (glass/bottle) ..	\$8/\$26
Mimosa ( <i>orange, hibiscus or pomegranate</i> ) (glass/half liter/liter) .....	\$8/\$26/\$42
Tiamo Prosecco (glass/bottle) .....	\$12/\$24

### Refreshments

Moroccan Mint Tea (hot or iced) .....	\$5.50
Black Iced Tea or Hibiscus Iced Tea .....	\$5.50
Organic Lemonade ( <i>also available w/rosewater</i> ) ..	\$5.50
Arnold Palmer, Minty Palmer, or Hibiscus Palmer ( <i>1/2 lemonade 1/2 iced tea</i> ) .....	\$5.50
Coke, Diet Coke, Sprite, Sparkling Water .....	\$5
Organic House Coffee .....	\$5
Espresso .....	\$5
Cappuccino .....	\$7
Café Latte .....	\$7.50
Chamomile, Earl Grey, Mint, English Breakfast or Green Tea .....	\$5
Middle-Eastern Coffee .....	\$7.50

## Desserts

**Heavenly Trio** (Baklava, Datil Amanda & Chocolate Mousse) ... \$11

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

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

— \$9 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

CAFÉ | RESTAURANT | CATERING | DELIVERY

[www.lamednoe.com](http://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.