



LUNCH SPECIALS

(11AM TO 4PM DAILY)

Middle Eastern Plate

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

Spinach & Feta Fillo
Cheese Karni Fillo
Falafel (vegan, gf)

Levant Sandwich
Dolma Grape Leaf (vegan, gf)

Chicken Cilicia Fillo
Chicken Pomegranate (gf)
Lamb Lule (gf)... add \$2

Choice of 3 Items - \$19.50 per person

Entrées served with Pita and your choice of Soup, Organic Green Salad or Armenian Potato Salad

- Chicken Pomegranate** | Three local & sustainably-sourced drumsticks marinated in a pomegranate sauce, served over rice pilaf (gf) \$19.50
- Lamb Lule** | Local, grass-fed Superior Farms Halal Lamb meatballs, served in a tomato-onion sauce, served over rice pilaf (gf) \$21.50
- Halal Saffron Chicken Breast Kebab** | Grilled and served with rice pilaf and a cucumber yogurt sauce (gf)..... \$20.50
- Beef Kafta Kebab** | Prather Ranch beef meatball skewer, grilled & served with rice pilaf (gf) \$20.50
- Salmon Kebab** | Sustainably-sourced grilled salmon skewer marinated in dill & tomato, served over rice (gf)..... \$22
- Lebanese Beef Kibbeh** | Prather Ranch spiced ground beef meatballs with cracked wheat, toasted pine nut & herbs, served with a cucumber yogurt sauce and rice pilaf \$20.50
- Grilled Lamb Shawarma** | Spiced and baked Superior Farms halal lamb sirloin, served with a cucumber-yogurt sauce sandwich \$19.95 over rice \$21
- Grilled Chicken Shawarma** | Spiced baked chicken served with a cucumber yogurt sauce sandwich \$19.50 over rice \$21.50
- Grilled Falafel** | House-made falafel balls served with tahini (vegan) sandwich \$18.50 over rice \$19.50
- Quiche du Jour** | Our vegetarian Quiche du Jour \$20

- Falafel Salad** | Crisp falafel balls over organic greens with veggies, house tomato vinaigrette and tahini dressing (vegan, gf) \$18
- Salad Méditerranée** | Hummus, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Three Bean Salad and organic greens with feta \$19.50
- Chicken Salad** | Halal saffron chicken breast kebab over organic greens, tomato, cucumber, & feta (gf) \$20.50
- Three Bean Salad** | Over organic greens with tomato, cucumber, feta and our house tomato vinaigrette (gf) \$18
- Salmon Salad** | Sustainably-sourced skewer of Salmon over organic greens, with tomato, cucumber & feta (gf)..... \$22
- Chicken Shawarm Salad** | Pomegranate & shawerma-spiced chicken, over organic greens with feta, torche pickles, tomato and our house tomato vinaigrette \$19.50



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)
 \$8 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, & our house tomato vinaigrette topped with Tabuleh..... \$18
- Three Bean Salad** | Organic greens with tomato, cucumber, feta & our house tomato vinaigrette (gf) \$18
- Salad Méditerranée** | Hummus, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Three Bean Salad & organic greens with feta \$21
- Falafel Salad** | Crisp falafel balls over organic greens with veggies, our house vinaigrette & tahini dressing (vegan, gf) \$18.50
- Chicken Salad** | Halal Saffron Chicken Breast Kebab over organic greens, tomato, cucumber, & feta (gf)..... \$22
- Salmon Salad** | Sustainably-sourced skewer of Salmon over organic greens, tomato, cucumber & feta (gf) \$24

Sides

Za'atar Pita Chips | **Fresh Veggies** | **Tourche Pickles**
 — \$5 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>\$34 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	\$23
Vegan Middle Eastern Plate Falafel, Dolma, Lentil Salad, Tabuleh, Hummus	\$23
Chicken Pomegranate Local, sustainably-sourced drumsticks marinated in a pomegranate sauce, served over rice pilaf (gf)	\$25
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	\$26
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	\$24

– 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)	\$29

– 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 \$24 over rice \$25
Grilled Chicken Shawarma Spiced baked chicken served with a cucumber yogurt sauce	sandwich \$22 over rice \$23
Grilled Falafel House-made falafel balls, served with tahini (vegan)	sandwich \$21 over rice \$22

– 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 🌀

<p>House Wines glass / half liter / liter</p> <p>La Med Sangria! \$13 / \$28 / \$44</p> <p>La Med Burgundy \$12 / \$26 / \$42</p> <p>La Med Chardonnay \$12 / \$26 / \$42</p> <p>Red Wine glass / bottle</p> <p>Venta Morales Tempranillo (Spain) \$14 / \$44</p> <p>Karas Syrah Blend (Armenia) \$15 / \$46</p> <p>Vinum Pinot Noir (Monterey) \$16 / \$48</p> <p>White Wine & Rosé glass / bottle</p> <p>Alan Scott Sauvignon Blanc (New Zealand) \$15 / \$46</p> <p>Karas Dry White Blend (Armenia) \$15 / \$46</p> <p>La Fiera Pinot Grigio (Venezie, Italy) \$14 / \$44</p> <p>Vinum Chardonnay (Monterey) \$16 / \$48</p> <p>Malamatina Greek Retsina (glass or half bottle) \$14 / \$26</p> <p>Gaia Rosé (Greece) \$15 / \$46</p> <p>Chateau du Rouet Esterelle Rosé \$15 / \$46</p> <p>Beer</p> <p>Stella Artois (Belgium) \$8</p> <p>Almaza Pilsner (Lebanon) \$9</p> <p>Mythos (Greek Lager) \$9</p> <p>Fort Pointt IPA (San Francisco) \$9</p> <p>Fort Point NA \$9</p>	<p>Cocktails</p> <p>New! Aperol Spritz \$14</p> <p>Soju Negroni \$14</p> <p>Moroccan Mint Soju Mojito \$13</p> <p>Hibiscus Soju Cocktail \$13</p> <p>Rosewater Pomegranate Prosecco Cocktail \$13</p> <p>Sparkling Wine & Mimosas</p> <p>California Sparkling Brut Cuvée (glass/bottle) .. \$11/\$28</p> <p>Mimosa (orange, hibiscus or pomegranate) (glass/half liter/liter) \$10/\$28/\$42</p> <p>Tiamo Prosecco (glass/bottle) \$16/\$38</p> <p>Refreshments</p> <p>Moroccan Mint Tea (hot or iced) \$6</p> <p>Black Iced Tea or Hibiscus Iced Tea \$6</p> <p>Organic Lemonade (also available with rosewater) ... \$6</p> <p>Arnold Palmer, Minty Palmer, or Hibiscus Palmer (1/2 lemonade 1/2 iced tea) \$6</p> <p>Coke, Diet Coke, Sprite, Sparkling Water \$6</p> <p>Organic House Coffee \$6</p> <p>Espresso \$6</p> <p>Cappuccino \$8</p> <p>Café Latte \$8</p> <p>Chamomile, Earl Grey, Mint, English Breakfast or Green Tea \$6</p> <p>Middle-Eastern Coffee \$8</p>
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🌀 Desserts 🌀

Heavenly Trio (Baklava, Datil Amandra & Chocolate Mousse) ... \$14	
Pistachio Nest Baklava Chocolate Mousse (gf) Lemon Cake	
Muhlabiye (rosewater pudding w/pistachios) (gf) Datil Amandra (organic dates & nuts in fillo)	
— \$12 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. 288 Noe Street (at Market) | San Francisco | (415) 431-7210

CAFÉ | RESTAURANT | CATERING | DELIVERY

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.