



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)

Harissa Tomato Walnut Dip
(vegan, gf)
Feta & Kalamata Olives (gf)
Lentil Bean Salad
(vegan, gf)

— \$7 half order, \$12 full order —

Small Plates

Organic Medjool Dates

*Stuffed with goat cheese
& walnuts (gf)*
\$7.50 each

**Spinach & Feta Fillo
or Cheese Karni Fillo
or Chicken Cilicia Fillo**

— \$4.50 each —

**Falafel with
Tahini Dip**

(vegan, gf)
\$9

Lamb Lule Meatballs

*Local, Halal grass-fed lamb
in a tomato-onion sauce (gf)*
\$12 for two

Soups

cup ... \$8 bowl ... \$12.50 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

All of our salads are made with organic greens, tomato, cucumber, feta & our house tomato vinaigrette.

Greek Green Salad | Our house salad Small \$12 / Large topped with Tabuleh \$17.50

Three Bean Salad | Lentils, Garbanzo and Red Beans tossed with red bell pepper, parsley,
cilantro, mint & lemon over our organic house salad (gf) Small \$12 / Large \$17.50

Salad Méditerranée | Hummus, Baba Ghanoush, Tabuleh, Armenian Potato Salad,
Three Bean Salad & organic greens with feta \$19.95

Falafel Salad | Crisp falafel balls & tahini dressing over organic house salad (vegan/no feta, gf) \$17.50

Chicken Salad | Halal Saffron Chicken Breast Kebab over organic house salad (gf) \$21

Salmon Salad | Sustainably-sourced skewer of grilled salmon marinated in a tomato dill sauce
over organic house salad (gf) \$22

Shawerma Salad | Spiced Shawerma over organic house salad (gf) Lamb \$19.95 / Chicken \$19.50

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.

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

\$34 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 \$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 \$23

– 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) \$29
- 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 \$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 ... \$22

Beverages

House Wines glass / half liter / liter

La Med Sangria!	\$11 / \$26 / \$42
La Med Burgundy	\$10 / \$24 / \$39
La Med Chardonnay	\$10 / \$24 / \$39

Red Wine glass / bottle

Venta Morales Tempranillo (Spain)	\$12 / \$38
Karas Syrah Blend (Armenia)	\$14 / \$42
Vinum Pinot Noir (Monterey)	\$13 / \$39

White Wine & Rosé glass / bottle

Alan Scott Sauvignon Blanc (New Zealand)	\$13 / \$39
Karas Dry White Blend (Armenia)	\$14 / \$42
La Fiera Pinot Grigio (Venezie, Italy)	\$12 / \$38
Tilia Organic Chardonnay (Argentina)	\$12 / \$38
Malamatina Greek Retsina (glass or half bottle)	\$13 / \$24
Olema Cotes de Provence Rosé	\$13 / \$39

Beer

Stella Artois (Belgium)	\$8
Almaza Pilsner (Lebanon)	\$9
Mythos (Greek Lager)	\$9
Fort Point 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/\$39
Tiamo Prosecco (glass/bottle)	\$16/\$38
Zardetto Prosecco Rosé (glass/bottle)	\$11 / \$36

Refreshments

Moroccan Mint Tea (hot or iced)	\$6
Black Iced Tea or Hibiscus Iced Tea	\$6
Organic Lemonade (also available with 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	\$5
Espresso	\$5.50
Cappuccino	\$5.95
Café Latte	\$6.50
Chamomile, Earl Grey, Mint, English Breakfast or Green Tea	\$5.50
Middle-Eastern Coffee	\$7.50

Desserts

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

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.

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 \$22
- 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
- Shawarma Salad** | Pomegranate & shawarma-spiced meat, over organic greens with feta, torche pickles, tomato and our house tomato vinaigrette chicken \$19.50 lamb \$19.95