



LUNCH SPECIALS
(11AM TO 4PM DAILY)

Middle Eastern Plate

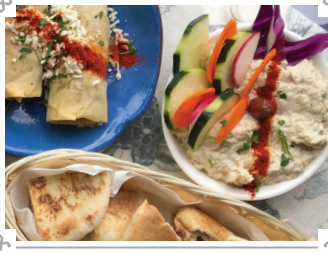
Served with choice of Soup, Organic Green Salad or Armenian Potato Salad

Spinach & Feta Fillo	Levant Sandwich	Chicken Cilicia Fillo
Cheese Karni Fillo	Dolma Grape Leaf (vegan, gf)	Chicken Pomegranate (gf)
Falafel (vegan, gf)		Lamb Lule (gf)...add \$2
Choice of 3 Items – \$20.50 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).....	\$21
Lamb Lule Local, grass-fed Superior Farms Halal Lamb meatballs, served in a tomato-onion sauce, served over rice pilaf (gf)	\$22.50
Halal Saffron Chicken Breast Kebab Grilled and served with rice pilaf and a cucumber yogurt sauce (gf).....	\$22
Beef Kafta Kebab Prather Ranch beef meatball skewer, grilled & served with rice pilaf (gf)	\$22
Lamb Sirloin Kebab Tender halal lamb sirloin marinated in a pomegranate herb sauce served with rice pilaf (gf).....	\$23
Salmon Kebab Sustainably-sourced grilled salmon skewer marinated in dill & tomato, served over rice (gf).....	\$23
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	\$21.50
Grilled Lamb Shawarma Spiced and baked Superior Farms halal lamb sirloin, served with a cucumber-yogurt sauce	sandwich \$21 over rice \$22.50
Grilled Chicken Shawarma Spiced baked chicken served with a cucumber yogurt sauce	sandwich \$20.50 over rice \$21.50
Grilled Falafel House-made falafel balls served with tahini (vegan)	sandwich \$19.50 over rice \$20.50
Quiche du Jour Our vegetarian Quiche du Jour	\$21

Falafel Salad Crisp falafel balls over organic greens with veggies, house tomato vinaigrette and tahini dressing (vegan, gf)	\$18.95
Salad Méditerranée Hummus, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Three Bean Salad and organic greens with feta	\$20.50
Chicken Salad Halal saffron chicken breast kebab over organic greens, tomato, cucumber, & feta (gf)	\$21.50
Three Bean Salad Over organic greens with tomato, cucumber, feta and our house tomato vinaigrette (gf)	\$18.95
Salmon Salad Sustainably-sourced skewer of Salmon over organic greens, with tomato, cucumber & feta (gf).....	\$23
Shawarma Salad Pomegranate & shawerma-spiced meat, over organic greens with feta, torche pickles, tomato and our house tomato vinaigrette	chicken \$20.50 lamb \$21



Anoush Ella! (May it be sweet!)



Appetizers

Served with Fresh Pita and Veggies

Small Combination Dips Hummus, Baba Ghanoush & Tabuleh ...	Large Combination Dips Hummus, Baba Ghanoush, Tabuleh, Dolma, Feta Cheese & Olives ...
\$15	\$19

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) Falafel with Tahini Dip (vegan, gf) — \$7 half order, \$12 full order —	Harissa Tomato Walnut Dip (vegan, gf) Feta & Kalamata Olives (gf) Lentil Bean Salad (vegan, gf)
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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) \$12 for two
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Soups

Avgolemeono Soup Traditional Greek Chicken & Lemon Soup (gf)	cup ... \$8 bowl ... \$12.50 quart (to-go only) ... \$24	Vegetable Soup du Jour (vegan, gf)	Cucumber Yogurt Soup Cold Cucumber & Yogurt soup with garlic & dill (gf)
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Salads

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

Greek Green Salad Our house salad	Small \$14 / Large topped with Tabuleh \$18
Three Bean Salad Lentils, Garbanzo and Red Beans tossed with red bell pepper, parsley, cilantro, mint & lemon over our organic house salad (gf).....	Small \$14 / Large \$18.95
Salad Méditerranée Hummus, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Three Bean Salad & organic greens with feta	\$21
Falafel Salad Crisp falafel balls & tahini dressing over organic house salad (vegan/no feta, gf)	\$18.95
Chicken Salad Halal Saffron Chicken Breast Kebab over organic house salad (gf)	\$21.50
Salmon Salad Sustainably-sourced skewer of grilled salmon marinated in a tomato dill sauce over organic house salad (gf)	\$23
Shawerma Salad Spiced Shawerma over organic house salad (gf).....	Lamb \$21 / Chicken \$20.50

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.

Hummus (vegan, gf)	Armenian Potato Salad (vegan, gf)	Chicken Cilicia Fillo
Baba Ghanoush (vegan, gf)	Dolma Grape Leaf (vegan, gf)	Chicken Pomegranate (gf)
Tabuleh (vegan)	Spinach & Feta Fillo	Lamb Lule (gf)
Falafel (vegan, gf)	\$34 per person (minimum 2 people)	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	\$25
Vegetarian Middle Eastern Plate Spinach & Feta Fillo, Cheese Karni Fillo, Dolma & choice of Levant Sandwich or Falafel	\$24
Vegan Middle Eastern Plate Falafel, Dolma, Lentil Salad, Tabuleh, Hummus	\$24
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)	\$26
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)	\$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 ... \$24

🌀 Beverages 🌀

House Wines	glass / half liter / liter
La Med Sangria!	\$12 / \$26 / \$42
La Med Burgundy	\$11 / \$25 / \$40
La Med Chardonnay	\$11 / \$25 / \$40

Red Wine	glass / bottle
Venta Morales Tempranillo (Spain)	\$13 / \$44
Karas Syrah Blend (Armenia)	\$14 / \$46
Vinum Pinot Noir (Monterey)	\$15 / \$48

White Wine & Rosé	glass / bottle
Alan Scott Sauvignon Blanc (New Zealand)	\$15 / \$48
Karas Dry White Blend (Armenia)	\$14 / \$46
La Fiera Pinot Grigio (Venezie, Italy)	\$13 / \$44
Tilia Organic Chardonnay (Argentina)	\$13 / \$44
Malamatina Greek Retsina (glass or half bottle)	\$13 / \$24
Olema Cotes de Provence Rosé	\$14 / \$46

Beer	
Stella Artois (Belgium)	\$8
Almaza Pilsner (Lebanon)	\$9
Kotayk (Armenian Lager)	\$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	\$14

Sparkling Wine & Mimosas

California Sparkling Brut Cuvée (glass/bottle)	\$11 / \$32
Mimosa (orange, hibiscus or pomegranate) (glass/half liter/liter)	\$10 / \$28 / \$39
Tiamo Prosecco (glass/bottle)	\$13 / \$38
Zardetto Prosecco Rosé (glass/bottle)	\$13 / \$38

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**

Muhalabiye (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

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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.