



## Appetizers

<i>Small Combination</i> – Hummos, Baba Ghanoush & Tabuleh . . . . .	6.50
<i>Large Combination</i> – Hummos, Baba Ghanoush, Tabuleh, Dolma, Feta Cheese & Olives. . . . .	9.75
<i>Hummos, Baba Ghanoush, Tabuleh or Dolma</i> . . . . .	each 5.95
<i>Djajiki</i> – Cucumber Yogurt Dip & <i>Harisa</i> – Tomato, Walnut, Roasted Red Pepper Dip served with Pita Chips. . . . .	7.50
<i>Falafel Appetizer</i> over Greens with Tahini. . . . .	5.95
<i>Warm Kalamata Olives &amp; Feta Cheese.</i> . . . . .	4.95
<i>Side of Pita Chips</i> . . . . .	2.25

## Soup du Jour

<i>Avgolemono</i> – Traditional Greek Lemon Chicken and Rice Purée . . . . .	cup 3.25	bowl 4.75
<i>Vegetarian Soup du Jour</i> – See our Daily Selection . . . . .	cup 3.25	bowl 4.75
<i>Cold Cucumber &amp; Yogurt Soup</i> . . . . .	cup 4.25	bowl 5.75
<i>Soup du Jour &amp; Green Salad.</i> . . . . .	cup 8.25	bowl 8.95

## Salads

*All salads come with our house tomato vinaigrette. Vegan tahini dressing available.*

<i>Small Green Salad</i> – Organic Mixed Greens, Cucumber, Tomato & a sprinkle of Feta Cheese . . . . .	5.75
<i>Large Green Salad</i> – Organic Mixed Greens, Cucumber, Tomato & Feta Cheese topped with Tabuleh . . . . .	8.25
<i>Spinach Salad</i> – A bed of Spinach with Walnuts, Onion, Tomato, Feta & Egg . . . . .	small 6.95 large 9.50
<i>Armenian Tomato Salad</i> – Tomatoes & Cucumbers tossed with Olives, Herbs & Feta . . . . .	8.25
<i>Lentil Salad</i> – Lentils tossed with Red Bell Pepper, Herbs, Lemon Juice, Olive Oil over a bed of Organic Mixed Greens, with Tomato, Cucumber & a sprinkle of Feta Cheese . . . . .	8.25
<i>Salad Méditerranée</i> – Hummos, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Lentil Salad & Organic Salad Greens . . . . .	9.95
<i>Fruit &amp; Cheese Plate</i> – Seasonal Fresh Fruit & Cheeses. . . . .	small 6.95 large 9.50

# Mediterranean Meza

(for two or more)

A tasting of 10 House Specialties including Hummos, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Dolma Grape Leaves, Levant Sandwiches, Lamb Lule, Chicken Cilicia Fillo, Spinach & Feta Fillo, Chicken Pomegranate and Rice Pilaf.

Vegetarian or Vegan selection also available - \$15.95 per person

## Specialties

Served with Choice of Green Salad or Armenian Potato Salad or Cup of Soup

<b>Middle Eastern Plate</b> . . . . .	12.25
Chicken Cilicia Fillo, Grecian Spinach & Feta Fillo, Levant Sandwich and choice of Lamb Lule or Chicken Pomegranate	
<b>Vegetarian Middle Eastern Plate</b> . . . . .	12.25
Grecian Spinach & Feta Fillo, Cheese Karni, Levant Sandwich and Dolma	
<b>Levant Sandwich</b> . . . . .	9.95
Cream Cheese, Herbs, Cucumbers, Carrots, Lettuce, Feta Cheese & Tomato rolled in Levantine Bread	
<b>Quiche of The Day</b> . . . . .	10.75
Three slices of our Vegetarian Selection of the Day	
<b>Le Billet Doux</b> . . . . .	10.95
Combination of the Levant Sandwich and Quiche of the Day	
<b>Chicken Kebab</b> . . . . .	12.25
Two Skewers of Marinated Chicken Grilled and served over Rice Pilaf	
<b>Lamb Lule</b> . . . . .	12.25
Local, Grass-fed Lean Ground Lamb Meatballs with Parsley, Spices, Onions & Tomatoes, served over Rice Pilaf	
<b>Lebanese Kibbeh</b> . . . . .	12.25
Four Pieces of Local, Grass-fed Fresh Ground Lamb & Cracked Wheat, Seasoned and Baked with Pine Nuts	
<b>Chicken Pomegranate</b> . . . . .	12.25
Four Drumsticks marinated in Pomegranate Sauce, Baked with Wild Herbs, served over Rice Pilaf	
<b>Saffron Chicken</b> . . . . .	12.25
Sliced Halaal Chicken Breast baked in a Saffron Lemon Sauce served over Rice Pilaf	



la Mediterranee

*Anoush Ella! (may it be sweet)*

NO SUBSTITUTIONS PLEASE — Not responsible for lost items — 18% gratuity added for parties of 6 or more

*All items on the menu are available for catering or take-out. Ask for a complete catering menu.*

## Fillo Dough Specialties *(handrolled & baked)*

Served with Choice of *Green Salad* or *Armenian Potato Salad* or *Cup of Soup*

*Grecian Spinach & Feta* – A delicious mixture of Spinach, Onions, Almonds & Feta Cheese

*Chicken Cilicia* – Cinnamon-spiced Chicken with Almonds, Chickpeas & Raisins

*Levantine Meat Tart* – Lean Ground Beef with Pine Nuts & Spices served with a Tomato Onion Sauce

*Cheese Karni* – Stuffed with Melted Mozzarella and Feta Cheeses, spiced with Herbs & Onions

*Any combination of four pieces - \$12.25*



## Desserts

*Datil Amandra* – Dates & Nuts rolled  
in Fillo, served warm ..... 6.25

*Mahalabiye* – Rosewater-infused  
Pudding with Pistachios..... 5.25

*Pistachio Nest* – in Flaky Fillo ..... 6.25

*Baklava* ..... 6.25

*Crème Brulée* ..... 6.25

*Chocolate Mousse* ..... 6.25

*Vegan Chocolate Cake* ..... 6.25

*Cheese Cake* ..... 6.25

*Fresh Lemon Cake* ..... 6.25

## Hot & Cold Beverages

Fresh Lemonade ..... 2.50

Iced Tea ..... 2.50

Coke, Diet Coke, Flavored Sodas ..... 2.50

Sparkling Water.....small 2.50 large 4.75

Apple Juice ..... 2.50

Milk.....small 1.75 large 2.50

Selection of Teas ..... 2.50

Moroccan Mint Tea ..... 2.50

Middle Eastern Coffee ..... 4.25

Espresso ..... single 2.95 double 3.75

Cappuccino ..... 3.75

Café Latte ..... 4.25

Café Mocha ..... 4.50

Hot Chocolate ..... 3.75

House Coffee ..... 2.50

## Beer & Wine

*Kilikia* (Armenia) – *Mythos* (Greece) – *Almaza* (Lebanon) – *Stella Artois* (Belgium)

*Anchor Steam* (San Francisco) – *Clausthaler* (non-alcoholic) ..... 4.95 each

*House wine* – Pebble Creek Burgundy or Chablis ..... glass 5.50 1/2 litre 12.00 litre 20.00

*Retsina* – Greek White Table Wine aged in Pine Barrels. .... glass 6.25 1/2 litre 14.00 litre 26.00

– Please see our *Wine List for Specials by the Glass* –

# Lunch Specials (11am to 5pm everyday)

## Middle Eastern Plate

Served with Choice of Green Salad or Armenian Potato Salad or Cup of Soup

Spinach & Feta Fillo\*  
Cheese Karni Fillo\* – Falafel\*  
Levant Sandwich\*  
Dolma Grape Leaf\*

Levantine Meat Tart Fillo  
Chicken Cilicia Fillo  
Chicken Pomegranate  
Lamb Lule (add 1.25)

Choice of Three items \$8.45 – \*indicates Vegetarian

**Chicken Kebab** . . . . . 8.45

One Skewer of Marinated Chicken Grilled and served over Rice Pilaf

**Chicken Pomegranate** . . . . . 8.95

Three Drumsticks marinated in Pomegranate Sauce, Baked with Wild Herbs, over Rice Pilaf

**Salad Mediterranée** . . . . . 8.45

Hummos, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Lentil Salad & Organic Mixed Greens

**Chicken Salad** . . . . . 8.45

Organic Mixed Greens, Bell Peppers, Apple, Toasted Almonds & Balsamic Vinaigrette

**Quiche of the Day** . . . . . 8.45

Two slices of our Vegetarian Selection of the Day

**Lamb Lule** . . . . . 10.50

Local, Grass-fed Lean Ground Lamb Meatballs with Parsley, Spices, Onions & Tomatoes, over Rice Pilaf

**Lebanese Kibbeh** . . . . . 10.50

Three pieces of Local, Grass-fed Fresh Ground Lamb & Cracked Wheat, Seasoned and Baked with Pine Nuts

*Above served with Choice of Green Salad or Armenian Potato Salad or Cup of Soup*

**Falafel Sandwich** . . . . . 7.25

Crisp Falafel Balls wrapped in Lavash Bread and grilled with Fresh Greens & Tahini Sauce

**Falafel Salad** . . . . . 8.45

Crisp Falafel Balls on a bed of Greens with Tahini

**Chicken Shawerma Sandwich** . . . . . 8.45

Spiced Baked Chicken Sandwich, wrapped in Lavash bread & grilled, served with a Cucumber Yogurt Sauce

**Soups & Salads** – See front page of menu for full listing.



la Mediterranée

[www.cafelamed.com](http://www.cafelamed.com)