



Appetizers

<i>Combination</i> – Hummos, Baba Ghanoush & Tabuleh	6.95
<i>Large Combination</i> – Hummos, Baba Ghanoush, Tabuleh, Dolma, Feta Cheese & Olives.	9.95
<i>Hummos, Baba Ghanoush, Tabuleh or Dolma</i>	each 6.25
<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.	6.25
<i>Warm Kalamata Olives & Feta Cheese.</i>	5.95
<i>Side of Pita Chips</i>	2.50

Soup du Jour

<i>Avgolemono</i> – Traditional Greek Lemon Chicken and Rice Purée	cup 3.50	bowl 4.95
<i>Vegetarian Soup du Jour</i> – See our Daily Selection	cup 3.50	bowl 4.95
<i>Cold Cucumber & Yogurt Soup</i>	cup 4.50	bowl 6.25
<i>Soup du Jour & Small Green Salad</i>	cup 8.75	bowl 9.50

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	6.25
<i>Large Green Salad</i> – Organic Mixed Greens, Cucumber, Tomato & Feta Cheese topped with Tabuleh	8.75
<i>Spinach Salad</i> – A bed of Spinach with Walnuts, Onion, Tomato, Feta & Egg	small 7.50 large 9.95
<i>Armenian Tomato Salad</i> – Tomatoes & Cucumbers tossed with Olives, Herbs & Feta	8.75
<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	8.75
<i>Salad Méditerranée</i> – Hummos, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Lentil Salad & Organic Salad Greens with Feta Cheese	10.95
<i>Chicken Salad</i>	10.50
Organic Mixed Greens, Bell Peppers, Apple, Toasted Almonds, Feta Cheese & Balsamic Vinaigrette	
<i>Fruit & Cheese Plate</i> – Seasonal Fresh Fruit & Cheeses.	small 7.25 large 9.75

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 - \$16.95 per person

Specialties

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

Middle Eastern Plate	13.50
Chicken Cilicia Fillo, Grecian Spinach & Feta Fillo, Levant Sandwich and choice of Lamb Lule or Chicken Pomegranate	
Vegetarian Middle Eastern Plate	13.50
Grecian Spinach & Feta Fillo, Cheese Karni Fillo, Levant Sandwich and Dolma	
Levant Sandwich	11.25
Cream Cheese, Herbs, Cucumbers, Carrots, Lettuce, Feta Cheese & Tomato rolled in Levantine Bread	
Quiche of The Day	11.75
Three slices of our Vegetarian Selection of the Day	
Le Billet Doux	11.95
Combination of the Levant Sandwich and Quiche of the Day	
Chicken Kebab	13.50
Two Skewers of Marinated Chicken Grilled and served over Rice Pilaf	
Lamb Lule	13.95
Local, Grass-fed Lean Ground Lamb Meatballs with Parsley, Spices, Onions & Tomatoes, served over Rice Pilaf	
Lebanese Kibbeh	13.95
Four Pieces of Local, Grass-fed Fresh Ground Lamb & Cracked Wheat, Seasoned and Baked with Pine Nuts	
Chicken Pomegranate	13.50
Four Drumsticks marinated in Pomegranate Sauce, Baked with Wild Herbs, served over Rice Pilaf	
Saffron Chicken	13.95
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 du Jour

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 - \$13.50

Desserts

Datil Amandra – Dates & Nuts rolled
in Fillo, served warm 6.50

Mahalabiye – Rosewater-infused
Pudding with Pistachios 5.75

Pistachio Nest – in Flaky Fillo 6.50

Baklava – Walnuts in Layered Fillo 6.50

Crème Brulée 6.50

Chocolate Mousse 6.50

Vegan Chocolate Cake 6.50

Cheese Cake – with Almond Crust 6.50

Fresh Lemon Cake 6.50

Hot & Cold Beverages

Fresh Lemonade 2.50

Iced Tea 2.50

Coke, Diet Coke, Flavored Sodas 2.50

Sparkling Water.small 2.50 large 5.25

Apple Juice 2.50

Milk.small 1.75 large 2.50

Selection of Teas 2.50

Moroccan Mint Tea 2.75

Middle Eastern Coffee 4.50

Espresso single 2.95 double 3.75

Cappuccino 3.95

Café Latte 4.25

Café Mocha 4.50

Hot Chocolate 3.75

House Coffee 2.50

Beer & Wine

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

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

House wine – Burgundy or Chardonnay glass 6.00 1/2 litre 14.00 litre 25.00

Retsina – Greek White Table Wine aged in Pine Barrels. glass 7.25 bottle 29.00

La Méditerranée Sangria glass 6.50 1/2 litre 15.00 litre 28.00

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

Lunch Specials (11 am to 5pm everyday)

Middle Eastern Plate - Choice of Three items \$8.95

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

Spinach & Feta Fillo*

Cheese Karni Fillo*

Falafel*

Levant Sandwich*

Dolma Grape Leaf*

Levantine Meat Tart Fillo

Chicken Cilicia Fillo

Chicken Pomegranate

Lamb Lule (add 1.50)

*indicates Vegetarian

Chicken Kebab 8.95

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

Quiche of the Day 8.95

Two slices of our Vegetarian Selection of the Day

Lamb Lule 10.95

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

Lebanese Kibbeh 10.95

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 du Jour

Sandwiches & Salads

Falafel Sandwich 7.75

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

Falafel Salad 8.95

Crisp Falafel Balls on a bed of Greens with Tahini

Salad Mediterranée 8.95

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

Chicken Salad 8.95

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

Chicken Shawerma Sandwich 8.95

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

Plaki Salad 8.95

White Beans tossed with Lemon Juice, Olive Oil, Red Bell Pepper & Spring Onion, served over a bed of Organic Greens.

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



la Mediterranée

www.cafelamed.com