

Lunch Specials (11am to 5pm everyday)

Served with choice of green salad, Armenian potato salad, or cup of soup

Chicken Kebab _____ 8.45
One skewer of marinated chicken served over rice pilaf

Chicken Pomegranate _____ 8.45
Drumsticks marinated in pomegranate sauce and baked with wild herbs, served over rice pilaf

Fillo Combination (three pieces, your choice) _____ 8.45

Middle Eastern Plate _____ 8.45
Chicken Cilicia, Grecian Spinach & Feta, Levant Sandwich

Vegetarian Middle Eastern Plate _____ 8.45
Levant Sandwich, Grecian Spinach & Feta, Cheese Karni

Quiche of the Day _____ 8.45
Two slices of our vegetarian selection of the day

Lule Kebab _____ 10.50
Lean ground lamb meatballs with parsley, spices, onions & tomatoes served over rice pilaf

Falafel Sandwich _____ small 6.95 _____ large 8.45
Housemade falafel with chopped lettuce and tomato, tahini sauce & hot sauce rolled into a sandwich.

Falafel Salad _____ 8.45
Housemade falafel with tahini dressing, served on a bed of mixed greens.

Sesame Chicken Salad _____ 8.45
Grilled chicken with apples, almonds & cilantro, tossed in a tahini dressing and served on a bed of mixed greens.

Small Salad Mediterranée _____ 8.45
Hummos, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Lentil Salad & salad greens.

- NO SUBSTITUTIONS PLEASE -

Soup & Salad All our salads come with our house tomato vinaigrette.

Soup du Jour: Avgolemono (chicken lemon rice) and our daily vegetarian selection _____ cup 3.25 _____ bowl 4.75

Cold Cucumber & Yogurt Soup _____ cup 4.25 _____ bowl 5.75

Soup du Jour & Salad _____ cup 8.25 _____ bowl 8.95

Green Salad (mixed greens, cucumber, tomato and a sprinkle of feta cheese) _____ small 5.75 _____ large 8.25

Spinach Salad (topped with toasted walnuts & sliced onions) _____ small 6.95 _____ large 9.50

Lentil Salad (with chopped bell peppers, green onions & mint) _____ 8.25

Fruit and Cheese (variety of fresh fruit, sliced Muenster cheese & feta) _____ small 6.75 _____ large 9.50

la Mediterranée

www.cafelamed.com

— Please ask for a complete catering menu. —



la Mediterranée



Cafe — Restaurant — Catering

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La Méditerranée

Appetizers

- Combination of Hummos, Baba Ghanoush and Tabuleh _____ 6.50
- Large Combination: the above with Dolmas, Feta Cheese & Olives _____ 9.75
- Hummos, Baba Ghanoush, Tabuleh **or** Dolma _____ each 5.95

Soup & Salad

All our salads come with our house tomato vinaigrette.

- Soup du Jour: Avgolemono (chicken lemon rice) and our daily vegetarian selection _____ cup 3.25 _____ bowl 4.75
- Cold Cucumber & Yogurt Soup _____ cup 4.25 _____ bowl 5.75
- Soup du Jour & Green Salad _____ cup 8.25 _____ bowl 8.95
- Green Salad (mixed greens, cucumber, tomato, & sprinkle of feta cheese) _____ small 5.75 _____ large 8.25
- Spinach Salad (topped with toasted walnuts & sliced onions) _____ small 6.95 _____ large 9.50
- Armenian Tomato Salad (tomatoes, cucumber, scallions, olives, feta cheese, chiles, mint & cilantro) _____ 8.25
- Lentil Salad (with chopped bell peppers, green onions & mint) _____ 8.25
- Salad Méditerranée (Hummos, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Lentil Salad & salad greens) _____ 9.95
- Fruit and Cheese (variety of fresh fruit, sliced Muenster cheese & feta) _____ small 6.75 _____ large 9.50

Mediterranean Meza (for 2 or more) 15.95 per person

An assortment of 10 house specialties & appetizers including Lule Kebab, Chicken Pomegranate, Spinach & Chicken Fillos, Dolma, Hummos, Baba Ghanoush, Tabuleh & much more. **Vegetarian** selection available on request.

Specialties

Served with choice of green salad or Armenian Potato Salad or cup of soup.

- Middle Eastern Plate** _____ 12.25
Combination of Chicken Cilicia, Grecian Spinach & Feta, Levant Sandwich & Lule Kebab or Chicken Pomegranate
- Vegetarian Middle Eastern Plate** _____ 12.25
Combination of Grecian Spinach & Feta, Cheese Karmi, Levant Sandwich and Dolma
- Levant Sandwich** _____ 9.95
Cream cheese, herbs, cucumbers, carrots, lettuce, feta cheese and tomato rolled in Levantine bread
- Quiche of the day** _____ 10.75
Three slices of our vegetarian selection of the day
- Le Billet Doux** _____ 10.95
Combination of the Levant Sandwich and Quiche of the day
- Chicken Kebab** _____ 12.25
Two skewers of marinated chicken served over rice pilaf
- Lule Kebab** _____ 12.25
Lean ground lamb meatballs with parsley, spices, onions & tomatoes served over rice pilaf
- Lebanese Kibbeh** _____ 12.25
Fresh ground lamb and cracked wheat, seasoned and baked with pine nuts
- Chicken Pomegranate** _____ 11.75
Drumsticks marinated in pomegranate sauce and baked with wild herbs, served over rice pilaf

Fillo Dough Specialties (Handrolled and Baked)

Four pieces served with choice of green salad or Armenian Potato Salad or cup of soup _____ 11.75

Cheese Karmi

Assortment of cheeses, herbs and onions

Chicken Cilicia

Chicken chunks with almonds, chickpeas, raisins, cinnamon and spices.

Grecian Spinach & Feta

A delicious mixture of spinach, onions, chick peas and feta cheese

Levantine Meat Tart

Lean ground beef with pine nuts and spices

Fillo Combination (any four, your choice) _____ 12.25

Desserts

- Datil Amandra (dates & nuts rolled in fillo, served warm) _____ Pistachio Nest _____ Baklava _____ 6.25
- Chocolate Mousse _____ Chocolate Cake _____ Cheese Cake _____ Lemon Cake _____ Coconut Crème Brûlée _____
- Galactoboureko (apricot & custard-filled fillo pastry) _____

Coffees & Teas

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| House Coffee _____ 2.50 | Selection of Teas _____ 2.50 |
| Espresso _____ 2.95 | Chai Latte _____ 4.25 |
| Cappuccino _____ 3.75 | Double Espresso _____ 3.75 |
| Café Latte _____ 4.25 | Middle Eastern Coffee _____ 4.25 |
| Café Mocha _____ 4.50 | Hot Chocolate _____ 3.75 |
| Café Vov _____ 5.50 | Decaf or Soy, add _____ .50 |

Refreshments

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| Sparkling Water _____ small 2.50 _____ large 4.95 | Apple Juice _____ 2.50 |
| Coke, Sprite, Diet Coke _____ 2.50 | Hibiscus Cooler _____ 2.50 |
| Fresh Lemonade _____ 2.50 | Ice Tea _____ 2.50 |

Aperitifs

- Dubonnet _____ Lillet _____ Kir _____ Port _____ Sherry _____ Champagne Cocktail _____ 6.50

Beers

- Sierra Nevada Ale _____ Anchor Steam _____ Anchor Porter _____ Red Tail _____ Heineken _____ Mythos (Greece) _____
- Amstel Lite _____ Clausthaler (non-alcoholic) _____ Wyder's Pear Cider _____ 4.95

Wine (ask for a complete wine list)

- House wine (Pebble Creek): Burgundy or Chablis _____ glass _ 5.50 _____ 1/2 litre _ 12.00 _____ litre _ 20.00
- Retsina _____ glass _ 6.25 _____ 1/2 litre _ 14.00 _____ litre _ 26.00

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

Anoush Ella!

— May it be sweet. —

NO SUBSTITUTIONS PLEASE — Not responsible for lost items — 20% gratuity added for parties of 6 or more