

La Méditerranée



ORDER PICK-UP &
DELIVERY ONLINE

La Méditerranée opened in 1979 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.

Anoush Ella! (May it be sweet!)

2210 Fillmore Street (at Sacramento) | San Francisco | (415) 921-2956

288 Noe Street (at Market) | San Francisco | (415) 431-7210

2936 College Avenue | Berkeley | (510) 540-7773

www.cafelamed.com

We are a certified California Green Business and recognized as an official SF Legacy Business.

La Méditerranée is committed to environmental sustainability, and our local community.

We strive to source organic and local produce whenever possible.



Appetizers

- | | | |
|---|---|---|
| Hummus (<i>vegan, gf</i>) | Roasted Red Pepper Hummus (<i>vegan, gf</i>) | Dolma Grape Leaf (<i>vegan, gf</i>) |
| Baba Ghanoush (<i>vegan, gf</i>) | Djajiki Cucumber Yogurt Dip (<i>gf</i>) | Feta & Kalamata Olives (<i>gf</i>) |
| Tabuleh (<i>vegan</i>) | Harissa Tomato Walnut Dip (<i>vegan, gf</i>) | Falafel with Tahini Dip (<i>vegan, gf</i>) |

— \$6.95 each —

Dips-To-Go: 12 oz. ... \$7.50 Quart ... \$16.95 Bag Pita ... \$3.50

Side of Za'atar Pita Chips or extra Crudite Veggies ... \$3.50 each

Combination Dips

- Small Combination** — Hummus, Baba Ghanoush & Tabuleh \$8.50
Large Combination — Hummus, Baba Ghanoush, Tabuleh, Dolma, Feta Cheese & Olives \$13.50

Small Plates

- | | | |
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| Organic Medjool Dates
<i>stuffed with goat cheese
& walnuts (gf)</i>
\$4.50 each | Spinach & Feta Fillo
Cheese Karni Fillo
Chicken Cilicia Fillo
\$3.25 each | Lamb Lule Meatballs (<i>gf</i>)
<i>local, Halal grass-fed lamb
in a tomato-onion sauce</i>
\$6.50 for two |
|---|---|--|

Soups

- | | | |
|--|---|---|
| Avgolemono Soup
<i>Traditional Greek Chicken
& Lemon Soup (gf)</i> | cup ... \$5 bowl ... \$7 quart ... \$14
Vegetarian Soup du Jour
<i>Ask your server</i> | Cucumber Yogurt Soup
<i>Cold Cucumber & Yogurt soup
with garlic & dill (gf)</i> |
|--|---|---|

Salads

- Small Greek Salad** | Organic greens, feta, cucumber, tomato & our house tomato vinaigrette (*gf*) \$8
Large Greek Salad | Organic greens, feta, tomato & our house tomato vinaigrette topped with Tabuleh \$14
Three Bean Salad | Over organic greens with tomato, egg, cucumber, feta & our house tomato vinaigrette (*gf*) \$14
Salad Méditerranée | Hummus, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Three Bean Salad
 & organic greens with feta \$14.50
Falafel Salad | Crisp falafel balls over organic greens with veggies & tahini dressing (*vegan, gf*) \$14
Chicken Salad | Skewer of Halal chicken breast over organic greens, tomato, cucumber, egg & feta (*gf*) \$15.50
Salmon Salad | Skewer of Salmon over organic greens, tomato, cucumber & feta (*gf*) \$16

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🌀 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

Chicken Cilicia Fillo
Chicken Pomegranate (gf)
Lamb Lule (gf)
Rice Pilaf (vegan, gf)

\$22.50 per person (minimum 2 people)

🌀 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 \$17.50
- Vegetarian Middle Eastern Plate** | Spinach & Feta Fillo, Cheese Karni Fillo, Dolma
& choice of Levant Sandwich or Falafel \$17
- Vegan Middle Eastern Plate** | Falafel, Dolma, Lentil Salad, Tabuleh, Hummus \$17
- Chicken Pomegranate** | Four drumsticks marinated in a pomegranate sauce, served over rice pilaf (gf)... \$17.50
- Lamb Lule** | Local, grass-fed Superior Farms halal lamb meatballs, served in a tomato-onion sauce
served over rice pilaf (gf) \$18
- Quiche du Jour** | Three slices of our vegetarian Quiche du Jour \$17

– Kebab Skewers –

- Chicken Breast Kebab** | Grilled skewers of halal chicken breast in a lemon-saffron marinade,
served with rice and a cucumber-yogurt sauce (gf)..... \$18
- Beef Kafta Kebab** | Pasture-raised beef meatball skewers, grilled and served with rice
and a cucumber-yogurt sauce (gf)..... \$18
- Salmon Kebab** | Grilled salmon skewers marinated in dill and tomato, served over rice (gf)..... \$18.50

– Sandwiches –

- Grilled Lamb Shawarma Sandwich** | Spiced Superior Farms halal lamb, wrapped in lavash bread with greens,
served with a cucumber-yogurt sauce \$17.50
- Grilled Chicken Shawarma Sandwich** | Spiced baked chicken wrapped in lavash bread with greens,
served with a cucumber yogurt sauce \$16.50
- Grilled Falafel Sandwich** | House-made falafel balls wrapped in lavash with greens, served w/tahini (vegan).. \$15.50

– Fillo Wraps –

- 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 \$17