



GLUTEN-FREE MENU

Appetizers, Salads & Soups

Hummos, Baba Ghanoush, Goat Cheese Stuffed Dates, Dolma, Djajiki, Harissa or Armenian Potato Salad	each 7.50
Roasted Red Pepper Hummos	7.50
Side of Gluten-Free Crackers	2.95
Falafel Appetizer Served over Organic Greens with Tahini	7.50
Falafel Salad Crisp Falafel Balls served over Organic Greens with Fresh Veggies	14.50
Green Salad Organic Greens, Egg, Cucumber, Tomato & Feta Cheese (Request No Tabuleh)	small 9 large 14.50
Three Bean Salad Medley of Beans tossed with Red Bell Pepper, Herbs, Lemon Juice, Olive Oil over a bed of Organic Greens with Egg, Tomato & Cucumber	14.50
Chicken Salad Mary's grilled Chicken Skewer over Organic Greens with Egg, Cucumber, Tomato & Feta Cheese	lunch 14.95 dinner 16
Salmon Salad Skewer of Salmon over Organic Greens, Tomato, Cucumber & Feta	lunch 15.95 dinner 17
Salad Méditerranée Hummos, Baba Ghanoush, Armenian Potato Salad, Bean Salad & Organic Greens (Request No Tabuleh).	lunch 14.50 dinner 15.50
Lentil or Avgolemono Soups Ask Server for Availability	cup 5 bowl 7

Gluten-Free Meza Hummus, Baba Ghanoush, Armenian Potato Salad, Chicken Pomegranate, Dolma, Falafel, Rice Pilaf, Bean Salad, Harissa	per person 24
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Specialties

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

Chicken Pomegranate Drumsticks marinated in Pomegranate Sauce, baked with Wild Herbs, served over Rice Pilaf	lunch 14.50 dinner 18
Chicken Kebab Mary's Chicken Breast, grilled and served over Rice Pilaf	lunch 14.95 dinner 19
Beef Kafta Kebab Marin Sun Farms pasture-raised Beef Meatball skewer, grilled & served with Rice Pilaf	lunch 15.50 dinner 19
Lamb Lule Local, Grass-fed Lean Ground Halal Lamb Meatballs with Parsley, Spices, Onions & Tomatoes, served over Rice Pilaf	lunch 15.50 dinner 19.50
Lamb or Veggie Moussaka Grilled Vegetables layered with a gluten-free Bechamel Sauce	lunch 15.95 dinner 19.95
Salmon Kebab Grilled Salmon Skewer marinated in Dill & Tomato, over Rice Pilaf	lunch 15.95 dinner 21.95
Vegan Kafta Meatballs Plant-based Meatballs served over Rice with Tahini	17.95

Dessert

Mahalabiye or Chocolate Mousse	each 6.95
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