



la Méditerranée

Anoush Ella! (May it be sweet!)



Appetizers

Served with Fresh Pita and Veggies

Small Combination Dips

Hummus, Baba Ghanoush
& Tabuleh ... \$12.50

Large Combination Dips

Hummus, Baba Ghanoush, Tabuleh,
Dolma, Feta Cheese & Olives ... \$16.50

Hummus (vegan, gf)
Baba Ghanoush (vegan, gf)
Tabuleh (vegan)
Dolma Grape Leaf
(vegan, gf)

**Roasted Red Pepper
Hummus** (vegan, gf)
**Djajiki Cucumber
Yogurt Dip** (gf)
— \$9.75 each —

Harissa Tomato Walnut Dip
(vegan, gf)
Feta & Kalamata Olives (gf)
Falafel with Tahini Dip
(vegan, gf)

Small Plates

Organic Medjool Dates

Stuffed with goat cheese
& walnuts (gf)
\$5.50 each

Spinach & Feta Fillo

or **Cheese Karni Fillo**
or **Chicken Cilicia Fillo**
\$3.95 each

House-made Salmon Cakes

with Spicy tahini (gf)
\$8 for three

Lamb Lule Meatballs

Local, Halal grass-fed lamb
in a tomato-onion sauce (gf)
\$8.95 for two

Soups & Salads

Served with Fresh Pita

Avgolemono Soup

Traditional Greek Chicken
& Lemon Soup (gf)

Lentil Vegetable Soup

(vegan, gf)

Cucumber Yogurt Soup

Cold Cucumber & Yogurt soup
with garlic & dill (gf)

cup ... \$6.50 bowl ... \$9 quart (to-go only) ... \$18

Large Green Salad | Organic greens, feta, tomato, egg, & our house tomato vinaigrette topped with Tabuleh ... \$16.50

Three Bean Salad | Organic greens w/ tomato, egg, cucumber, feta & our house tomato vinaigrette (gf) ... \$16.50

Salad Méditerranée | Hummus, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Three Bean Salad
& organic greens with feta ... \$18.50

Falafel Salad | Crisp falafel balls over organic greens with veggies, our house vinaigrette
& tahini dressing (vegan, gf) ... \$16.50

Chicken Salad | Halal Saffron Chicken Breast Kebab over organic greens,
tomato, cucumber, egg & feta (gf) ... \$18.50

Salmon Salad | Sustainably-sourced skewer of Salmon over organic greens, tomato, egg, cucumber & feta (gf) ... \$19.50

Shawarma Salad | Spiced Shawarma meat over greens with cucumber, egg & feta (gf) ... chicken \$18.50 lamb \$18.95

Sides

Za'atar Pita Chips | **Gluten-free Crackers** | **Fresh Veggies** | **Tourche Pickles**

— \$3.95 each —

🌀 Mediterranean Meza 🌀

Tasting menu of our most popular dishes served family-style.

Vegan, Vegetarian and Gluten-Free mezas available.

Hummus (vegan, gf)	Armenian Potato Salad (vegan, gf)	Chicken Cilicia Fillo
Baba Ghanoush (vegan, gf)	Dolma Grape Leaf (vegan, gf)	Chicken Pomegranate (gf)
Tabuleh (vegan)	Spinach & Feta Fillo	Lamb Lule (gf)
Falafel (vegan, gf)	\$28 per person (minimum 2 people)	Rice Pilaf (vegan, gf)

🌀 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	\$20.50
Vegetarian Middle Eastern Plate Spinach & Feta Fillo, Cheese Karni Fillo, Dolma & choice of Levant Sandwich or Falafel	\$20
Vegan Middle Eastern Plate Falafel, Dolma, Lentil Salad, Tabuleh, Hummus	\$20
Chicken Pomegranate Local, sustainably-sourced drumsticks marinated in a pomegranate sauce, served over rice pilaf (gf)	\$21
Lebanese Beef Kibbeh Prather Ranch spiced ground beef meatballs with cracked wheat, toasted pine nuts & herbs, served with a cucumber yogurt sauce and rice pilaf	\$22
Lamb Lule Local, grass-fed Superior Farms halal lamb meatballs, served in a tomato-onion sauce served over rice pilaf (gf)	\$23
Lamb or Veggie Moussaka Grilled Vegetables layered with a gluten-free Bechamel Sauce (gf)	\$25
Vegan Lamb Kibbeh Plant-based Black Sheep lamb meatballs served over rice pilaf (gf).....	\$21
Vegan Kafta Meatballs Plant-based Meatballs served over Rice with Tahini (gf).....	\$21
Quiche du Jour Three slices of our vegetarian Quiche du Jour	\$20

– Kebab Skewers –

Halal Saffron Chicken Breast Kebab Two skewers, grilled and served over rice pilaf with a cucumber-yogurt sauce (gf).....	\$23
Beef Kafta Kebab Prather Ranch beef meatball skewers, grilled and served with rice pilaf (gf)	\$23
Salmon Kebab Sustainably-sourced grilled salmon skewers marinated in dill & tomato, served over rice (gf)..	\$24.50
Veggie Kebab Two Skewers of marinated Vegetable Kebabs with Organic Tofu, served over rice pilaf (gf)	\$21

– Sandwiches/Plates –

Sandwiches wrapped in Lavash Bread with Greens or plates served over Rice Pilaf

Grilled Lamb Shawarma Spiced Superior Farms Halal Lamb, served with a cucumber-yogurt sauce	sandwich \$19	over rice \$21
Grilled Chicken Shawarma Spiced baked chicken served with a cucumber yogurt sauce	sandwich \$18.50	over rice \$20.50
Grilled Falafel House-made falafel balls, served with tahini (vegan)	sandwich \$17.50	over rice \$19.50
Vegan Shawarma Spiced plant-based protein, served with tahini	sandwich \$18.50	over rice \$20.50

– Fillo Pastries –

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	\$20.50

Beverages

Red Wine

La Med Sangria! (glass or carafe)	\$11 / \$25
La Med Burgundy (glass or carafe)	\$10 / \$24
Paso A Paso Organic Tempranillo (Spain) . .	\$12 / \$42
Karas Syrah Blend (Armenia)	\$13 / \$44
Frelander Organic Pinot Noir (Mendocino). .	\$14 / \$46

White Wine & Rosé

glass / carafe

La Med Chardonnay	\$10 / \$24
Le Jade Sauvignon Blanc (France).	\$14 / \$46
Karas Dry White Blend (Armenia).	\$13 / \$44
La Fiera Pinot Grigio (Italy)	\$12 / \$42
Malamatina Greek Retsina (glass or half bottle)	\$12 / \$22
Chateau Kefraya "Soleil" Rosé (Lebanon) . .	\$13 / \$44

Beer

Stella Artois (Belgium)	\$6.95
Kotayk Lager (Armenia).	\$7.95
Almaza Pilsner (Lebanon).	\$7.95
Fort Point KSA Kolsch (San Francisco)	\$7.95
Fort Point Villager IPA (San Francisco)	\$7.95
Fort Point Westfalia Red Ale (San Francisco)	\$7.95
Stella non-alcoholic "Liberty Ale"	\$6.95

Sparkling Wine & Mimosas

New! La Med Spritz	\$12
California Sparkling Brut Cuvée (glass or bottle)	\$8 / \$26
Mimosa (orange or hibiscus (glass or carafe)	\$8 / \$26
Pomegranate Mimosa Royale (glass or carafe)	\$8 / \$26

Non-Alcoholic

Moroccan Mint Tea (hot or iced)	\$4.75
Hot Apple Cider (seasonal)	\$4.95
spiked with sherry	add \$2
Iced Tea (unsweetened).	\$4.50
Organic Lemonade (also available with rosewater)	\$4.50
Hibiscus Cooler.	\$4.75
Coke, Diet Coke, Sprite.	\$4.50
San Pellegrino Aranciata/Limonata.	\$4.50
San Pellegrino Sparkling Water (small/large)	\$4.50 / \$7.50
Organic House Coffee or Assorted Teas	\$4.50
Middle-Eastern Coffee	\$6.50

Desserts

Mahalabiye (rosewater pudding w/pistachios) (*gf*) | **Datil Amanda** (organic dates & nuts in fillo) (*vegan*)

Pistachio Nest | **Baklava** | **Chocolate Mousse** (*gf*)

Warm Vegan Chocolate Cake | **Lemon Cake with Black Currant Coulis**

— \$8 each —

- Happy Hour Daily -

3-6pm | Monday-Friday

www.cafelamedfillmore.com

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

A 1% Zero Foodprint charge is included on each check to fund California's Restore California healthy soil projects that draw down carbon. Please let your server know if you would prefer to opt out. A 4.75% fee added for San Francisco Employer Mandates (SF Locations only) 25% gratuity included for parties of 6 or more. Not responsible for lost or stolen items.