



# 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.*

<p><b>Hummus</b> (vegan, gf)  <b>Baba Ghanoush</b> (vegan, gf)  <b>Tabuleh</b> (vegan)  <b>Falafel</b> (vegan, gf)</p>	<p><b>Armenian Potato Salad</b> (vegan, gf)  <b>Dolma Grape Leaf</b> (vegan, gf)  <b>Spinach &amp; Feta Fillo</b>  <b>\$28 per person</b> (minimum 2 people)</p>	<p><b>Chicken Cilicia Fillo</b>  <b>Chicken Pomegranate</b> (gf)  <b>Lamb Lule</b> (gf)  <b>Rice Pilaf</b> (vegan, gf)</p>
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## 🌀 Dinner Entrées 🌀

*Served with Hummus, Pita and choice of Soup, Organic Green Salad or Armenian Potato Salad*

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

### – Kebab Skewers –

<b>Halal Saffron Chicken Breast Kebab</b>   Two skewers, grilled and served over rice pilaf with a cucumber-yogurt sauce (gf).....	\$23
<b>Beef Kafta Kebab</b>   Prather Ranch beef meatball skewers, grilled and served with rice pilaf (gf) .....	\$23
<b>Salmon Kebab</b>   Sustainably-sourced grilled salmon skewers marinated in dill & tomato, served over rice (gf)..	\$24.50
<b>Veggie Kebab</b>   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*

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

### – Fillo Pastries –

<b>Grecian Spinach &amp; Feta</b>   A delicious mixture of spinach, feta, onion & chickpeas	
<b>Chicken Cilicia</b>   Cinnamon-spiced chicken with chickpeas & raisins	
<b>Cheese Karni</b>   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

**Muhlabiye** (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](http://www.cafelamedfillmore.com)

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