



# la Méditerranée

Anoush Ella! (May it be sweet!)



## Appetizers

Served with Fresh Pita and Veggies

### Small Combination Dips

Hummus, Baba Ghanoush  
& Tabuleh ... \$13

### Large Combination Dips

Hummus, Baba Ghanoush, Tabuleh,  
Dolma, Feta Cheese & Olives ... \$17

**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)

— \$10 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)  
\$6 each

### Spinach & Feta Fillo

or **Cheese Karni Fillo**  
or **Chicken Cilicia Fillo**  
\$4 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)  
\$10 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 ... \$6.95   bowl ... \$9.75   quart (to-go only) ... \$20

**Large Green Salad** | Organic greens, feta, tomato, egg, & our house tomato vinaigrette topped with Tabuleh ... \$16.95

**Three Bean Salad** | Organic greens w/ tomato, egg, cucumber, feta & our house tomato vinaigrette (gf) ... \$16.95

**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) ... \$16.95

**Chicken Salad** | Halal Saffron Chicken Breast Kebab over organic greens,  
tomato, cucumber, egg & feta (gf) ... \$18.95

**Salmon Salad** | Sustainably-sourced skewer of Salmon over organic greens, tomato, egg, cucumber & feta (gf) ... \$19.95

**Shawarma Salad** | Spiced Shawarma meat over greens with cucumber, egg & feta (gf) ... chicken \$18.95   lamb \$19.50

## Sides

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

— \$4.50 each —

## 🌀 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**

**\$29 per person** (minimum 2 people)

**Chicken Cilicia Fillo**  
**Chicken Pomegranate** (gf)  
**Lamb Lule** (gf)  
**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 ..... \$22
- Vegetarian Middle Eastern Plate** | Spinach & Feta Fillo, Cheese Karni Fillo, Dolma & choice of Levant Sandwich or Falafel ..... \$21
- Vegan Middle Eastern Plate** | Falafel, Dolma, Lentil Salad, Tabuleh, Hummus ..... \$21
- Chicken Pomegranate** | Local, sustainably-sourced drumsticks marinated in a pomegranate sauce, served over rice pilaf (gf) ..... \$22
- 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 ..... \$23
- Lamb Lule** | Local, grass-fed Superior Farms halal lamb meatballs, served in a tomato-onion sauce served over rice pilaf (gf) ..... \$24
- Lamb or Veggie Moussaka** | Grilled Vegetables layered with a gluten-free Bechamel Sauce (gf) ..... \$26
- Vegan Lamb Kibbeh** | Plant-based Black Sheep lamb meatballs served over rice pilaf (gf)..... \$22
- Vegan Kafta Meatballs** | Plant-based Meatballs served over Rice with Tahini (gf)..... \$22
- Quiche du Jour** | Three slices of our vegetarian Quiche du Jour ..... \$21

### – Kebab Skewers –

- Halal Saffron Chicken Breast Kebab** | Two skewers, grilled and served over rice pilaf with a cucumber-yogurt sauce (gf)..... \$24
- Beef Kafta Kebab** | Prather Ranch beef meatball skewers, grilled and served with rice pilaf (gf) ..... \$24
- Salmon Kebab** | Sustainably-sourced grilled salmon skewers marinated in dill & tomato, served over rice (gf)..... \$26
- Veggie Kebab** | Two Skewers of marinated Vegetable Kebabs with Organic Tofu, served over rice pilaf (gf) ..... \$23
- Lamb Kebab** | Grilled marinated lamb sirloin, served over rice pilaf (gf) ..... \$26

### – 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 \$19.50 over rice \$21.50
- Grilled Chicken Shawarma** | Spiced baked chicken served with a cucumber yogurt sauce ..... sandwich \$19 over rice \$21
- Grilled Falafel** | House-made falafel balls, served with tahini (vegan) ..... sandwich \$18 over rice \$20
- Vegan Shawarma** | Spiced plant-based protein, served with tahini ..... sandwich \$19 over rice \$21

### – 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 .... \$21.50

## 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
Gaia Rosé (Greece) . . . . .	\$13 / \$44

### Beer

Stella Artois (Belgium) . . . . .	\$7
Kotayk Lager (Armenia). . . . .	\$8
Almaza Pilsner (Lebanon). . . . .	\$8
Fort Point KSA Kolsch (San Francisco) . . . . .	\$8
Fort Point Villager IPA (San Francisco) . . . . .	\$8
Fort Point Westfalia Red Ale (San Francisco). . . . .	\$8
Athletic Brewing non-alcoholic IPA . . . . .	\$7

### Sparkling Wine & Mimosas

New! La Med Spritz . . . . .	\$13
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) . . . . .	\$4.95
Hot Apple Cider (seasonal) . . . . .	\$4.95
spiked with sherry . . . . .	add \$2
Iced Tea (unsweetened). . . . .	\$4.95
Organic Lemonade (also available with rosewater) . . . . .	\$4.95
Hibiscus Cooler. . . . .	\$4.95
Coke, Diet Coke, Sprite. . . . .	\$4.50
San Pellegrino Aranciata/Limonata. . . . .	\$4.95
San Pellegrino Sparkling Water (small/large) . . . . .	\$4.50 / \$7.50
Organic House Coffee or Assorted Teas . . . . .	\$4.95
Middle-Eastern Coffee . . . . .	\$7.50

## Desserts

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

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

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

— \$9 each —

- Happy Hour Daily -

3-6pm | Monday-Friday

[www.cafelamedfillmore.com](http://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.