

# La Méditerranée

## W E D D I N G M E N U



Catering to Bay Area couples since 1979, La Méditerranée's award-winning dishes are prepared using only the finest local and seasonal ingredients.

Our unparalleled and flawless service is why you will love working with us, and as you celebrate your wedding with your closest friends and family, you will know you made the perfect choice.

Grand or intimate in scale, our experienced wedding consultants at La Méditerranée are here to partner with you to make sure you enjoy every beautiful moment of your big day.

**(415) 921-2956 ext.1**

**[www.cafelamedsf.com](http://www.cafelamedsf.com)**

**[events@cafelamedsf.com](mailto:events@cafelamedsf.com)**

## Wedding Meza Menu

*starting with*

**– Two (2) Passed Appetizers –**

*followed by family or buffet style dinner  
comprising of*

**– Six (6) Sides and Two (2) Hot Entrees –**



### **Staffing & Rental Event Coordination**

La Méditerranée is proud to offer full service catering and event planning company. We will create a custom proposal tailored to your needs based on your venue, timeline, & service style, using our expertise to create a unique wedding that truly reflects you!

With over 40 years experience serving the San Francisco Bay Area, you can be confident that we hold ourselves and our partners to the highest standards of professionalism and service.

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## Cocktail Hour Appetizers

*Passed or Stationary*



– **Dolma** (*vegan, gf*) –

Grape leaves stuffed with Rice & Herbs

– **Salmon Cakes** (*gf*) –

Served with a Spicy Tahini Dip

– **Caprese Skewers** (*veg, gf*) –

with Tomato, Basil & Mozzarella

– **Goat Cheese & Walnut Stuffed Dates** (*veg, gf*) –

– **Spinach & Feta Mini Fillos** (*veg*) –

Grecian Spanikopita stuffed with Feta and Spinach

– **Chicken Cilicia Mini Fillos** –

Flaky fillo stuffed with Cinnamon Spiced Chicken,  
Garbanzo Beans & Currants

– **Mini Falafel Garbanzo Fritters** (*vegan, gf*) –

Served with Vegan Tahini Dip

– **Levant Sandwiches** (*veg*) –

Pinwheel Lavash Sandwiches with Herbed Cream Cheese,  
Cabbage and Hearts of Romaine

– **Lebanese Kibbeh Meatballs** –

Prather Ranch Ground Beef and Cracked Wheat Meatballs

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## Appetizer Dips

*Served with Housemade Za'atar Pita Chips*



– **Hummus** (*vegan, gf*) –

Garbanzo Bean & Garlic Dip  
(Traditional or Roasted Red Pepper)

– **Baba Ghanoush** (*vegan, gf*) –

Roasted Eggplant & Garlic Dip

– **Tabuleh** (*vegan*) –

Parsley, Tomato & Cracked Wheat Salad



– **Djajiki** (*gf*) –

Cucumber, Yogurt & Garlic Dip

– **Harissa** (*vegan, gf*) –

Tomato, Eggplant & Walnut Dip

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## Salads & Sides

– **Armenian Tomato Salad** (*vegan, gf*) –

Choice of Vegan Tahini or Tomato Vinaigrette

– **Lentil Salad** (*vegan, gf*) –

Choice of Vegan Tahini or Tomato Vinaigrette

– **Spinach Salad** (*gf*) –

with Figs, Toasted Almonds, Feta and Balsamic Vinaigrette

– **Greek Salad** (*gf*) –

Organic Greens, Tomato, Feta, Olives

– **Armenian Potato Salad** (*vegan, gf*) –

Vinaigrette Potato Salad with Mint & Lemon



– **Pesto Orzo** (*veg*) –

Pasta Salad with Pine Nuts & Basil

– **Mediterranean Cous Cous** (*vegan*) –

– **Rice Pilaf** (*vegan, gf*) –

Saffron Pilaf with Cinnamon, Currants and Garbanzo Beans

– **Falafel with Tahini Dip** (*vegan, gf*) –

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## – ENTREES –

### 🌀 Poultry 🌀

#### – **Chicken Pomegranate Kebabs** (gf) –

Slow-Baked in our famous Pomegranate Sauce

#### – **Saffron Chicken Breast Kebabs** (gf) –

Mary's Free-range Chicken Breast Marinated  
in a Saffron, Lemon, & Cilantro Sauce  
Grilled with Zucchini & Bell Pepper



### 🌀 Beef & Lamb 🌀

#### – **Beef Kefta Kebabs** (gf) –

Lean Ground Beef Meatballs skewered with Bell Pepper & Onion

#### – **Lamb Sirloin Kebabs** (gf) –

In a Red Wine Marinade

#### – **Lamb Lule** (gf) –

Local Grassfed Superior Farms Lamb Meatballs  
stewed in our Tomato Onion Sauce

#### – **Lamb Moussaka** (gf) –

Traditional Lamb Casserole with Herbed Bechamel

— ENTREES —

∞ Fish ∞

— **Wild Alaskan Salmon Kebabs** (*gf*) —

Marinated in a Dill Tomato White Wine Sauce



∞ Vegetarian/Vegan ∞

— **Veggie Kebab Skewers** (*vegan, gf*) —

Seasonal Veggies Marinated & Grilled (with or without tofu)

— **Vegetarian Moussaka** (*veg, gf*) —

Traditional Casserole with Mushroom, Eggplant, Walnut, Bell Peppers  
and Herbed Bechamel

— **Vegan Kafta** (*vegan, gf*) —

Plant-based Beyond Meat  
seasoned with Mediterranean Spices



# La Méditerranée



Whether you are planning a traditional wedding celebration with several hundred guests or a small, casual picnic, La Méditerranée has the experience to provide you with the very best service possible, not only on the day of your event, but throughout the entire process to make your special day take place flawlessly.

From planning the perfect menu to finding the ideal venue, florist, or photographer, let us be your expert guides.



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