



la Méditerranée

Anoush Ella! (May it be sweet!)



Appetizers

Served with Fresh Pita and Veggies

Small Combination Dips

Hummus, Baba Ghanoush
& Tabuleh ... \$15

Large Combination Dips

Hummus, Baba Ghanoush, Tabuleh,
Dolma, Feta Cheese & Olives ... \$19

- Hummus (vegan, gf)
- Baba Ghanoush (vegan, gf)
- Tabuleh (vegan)
- Dolma Grape Leaf (vegan, gf)
- 3-piece Levant Sandwich

- Roasted Red Pepper Hummus (vegan, gf)
 - Djajiki Cucumber Yogurt Dip (gf)
- \$12 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
\$4.50 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)
\$11 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 ... \$7.75 bowl ... \$11 quart (to-go only) ... \$22

- Large Green Salad** | Organic greens, feta, tomato, egg, & our house tomato vinaigrette topped with Tabuleh ... \$17.50
- Three Bean Salad** | Organic greens w/ tomato, egg, cucumber, feta & our house tomato vinaigrette (gf) ... \$17.50
- Salad Méditerranée** | Hummus, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Three Bean Salad & organic greens with feta ... \$19.50
- Falafel Salad** | Crisp falafel balls over organic greens with veggies, our house vinaigrette & tahini dressing (vegan, gf) ... \$17.50
- Chicken Salad** | Halal Saffron Chicken Kebab over organic greens, tomato, cucumber, egg & feta (gf) ... \$19.50
- Salmon Salad** | Sustainably-sourced skewer of salmon over organic greens, tomato, egg, cucumber & feta (gf) ... \$19.95
- Shawarma Salad** | Spiced halal shawarma meat over greens w/ cucumber, egg & feta (gf) .. chicken \$19.50 lamb \$19.95

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.

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| <p>Hummus (vegan, gf)</p> <p>Baba Ghanoush (vegan, gf)</p> <p>Tabuleh (vegan)</p> <p>Falafel (vegan, gf)</p> | <p>Armenian Potato Salad (vegan, gf)</p> <p>Dolma Grape Leaf (vegan, gf)</p> <p>Spinach & Feta Fillo</p> <p>\$32 per person (minimum 2 people)</p> | <p>Chicken Cilicia Fillo</p> <p>Chicken Pomegranate (gf)</p> <p>Lamb Lule (gf)</p> <p>Rice Pilaf (vegan, gf)</p> |
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🌀 Dinner Entrées 🌀

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

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| Middle Eastern Plate Chicken Cilicia Fillo, Spinach & Feta Fillo, Levant Sandwich & choice of Lamb Lule or Chicken Pomegranate over rice pilaf | \$24 |
| Vegetarian Middle Eastern Plate Spinach & Feta Fillo, Cheese Karni Fillo, Dolma & choice of Levant Sandwich or Falafel | \$22 |
| Vegan Middle Eastern Plate Falafel, Dolma, Lentil Salad, Tabuleh, Hummus | \$22 |
| Chicken Pomegranate Local, sustainably-sourced drumsticks marinated in a pomegranate sauce, served over rice pilaf (gf) | \$24 |
| 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 | \$25 |
| Lamb Lule Local, grass-fed Superior Farms halal lamb meatballs, served in a tomato-onion sauce served over rice pilaf (gf) | \$25 |
| Lamb or Veggie Moussaka Grilled vegetables layered with a gluten-free bechamel sauce (gf) | \$26 |
| Vegan Kafta Meatballs Plant-based patties served over Rice with Tahini (gf) | \$24 |
| Quiche du Jour Three slices of our vegetarian quiche du jour | \$22 |

– Kebab Skewers –

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| Halal Saffron Chicken Kebab Two skewers, grilled and served over rice pilaf with a cucumber-yogurt sauce (gf) | \$25 |
| Beef Kafta Kebab Prather Ranch beef meatball skewers, grilled and served with rice pilaf (gf) | \$25 |
| Salmon Kebab Sustainably-sourced grilled salmon skewers marinated in dill & tomato, served over rice (gf) | \$26 |
| Veggie Kebab Marinated vegetable kebabs with organic tofu, served over rice pilaf (gf) | \$24 |
| Lamb Kebab Grilled marinated halal lamb sirloin, served over rice pilaf (gf) | \$28 |
| Beef Sirloin Kebab Marinated in beef sirloin, served over rice pilaf (gf) | \$28 |

– Sandwiches/Plates –

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

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| Grilled Lamb Shawarma Spiced Superior Farms halal lamb, served with a cucumber-yogurt sauce | sandwich \$21 over rice \$23 |
| Grilled Chicken Shawarma Spiced baked halal chicken served with a cucumber yogurt sauce | sandwich \$20 over rice \$22 |
| Grilled Falafel House-made falafel balls, served with tahini (vegan) | sandwich \$19 over rice \$21 |
| Vegan Shawarma Spiced plant-based patties, served with tahini | sandwich \$20 over rice \$22 |

– Fillo Pastries –

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| 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 | \$22 |

Beverages

Red Wine

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| La Med Sangria! (glass or carafe) | \$12/\$26 |
| La Med Burgundy (glass or carafe) | \$11/\$25 |
| Paso A Paso Organic Tempranillo (Spain) . . . | \$13/\$44 |
| Karas Syrah Blend (Armenia) | \$14/\$46 |
| Freelander Organic Pinot Noir (Mendocino) . . | \$15/\$48 |
| Alexandrea Areni (Armenia) | \$15/\$48 |

White Wine & Rosé

glass / carafe

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| La Med Chardonnay | \$11/\$25 |
| Le Jade Sauvignon Blanc (France) | \$15/\$48 |
| Karas Dry White Blend (Armenia) | \$14/\$46 |
| La Fiera Pinot Grigio (Italy) | \$13/\$44 |
| Malamatina Greek Retsina (glass or half bottle) | \$13/\$24 |
| Gaia Rosé (Greece) | \$14/\$46 |
| Alexandrea Riesling (Armenia) | \$15/\$48 |

Beer

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| 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 |
| Estrella Galicia non-alcoholic | \$8 |

Sparkling Wine & Mimosas

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| New! La Med Spritz | \$13 |
| Tiamo Organic Prosecco (glass or bottle) . . . | \$10/\$28 |
| Mimosa (orange or hibiscus) (glass or carafe) | \$10/\$28 |
| Pomegranate Mimosa Royale (glass or carafe) | \$10/\$28 |

Non-Alcoholic

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| Moroccan Mint Tea (hot or iced) | \$5.50 |
| Hot Apple Cider (seasonal) | \$5.50 |
| spiked with sherry | add \$2 |
| Iced Tea (unsweetened) | \$5.50 |
| Organic Lemonade (also available with rosewater) | \$5.50 |
| Hibiscus Cooler | \$5.50 |
| Coke, Diet Coke, Sprite | \$5 |
| San Pellegrino Blood Orange | \$5.50 |
| San Pellegrino Sparkling Water (small/large) | \$5/\$8 |
| Organic House Coffee or Assorted Teas | \$5.50 |
| Middle-Eastern Coffee | \$8 |
| Espresso | \$5.50 |
| Cappuccino or Café Latté | \$6.50 |
| Hot Chocolate | \$6.50 |

- 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.