



la Méditerranée

Anoush Ella! (May it be sweet!)



Appetizers

Served with Fresh Pita and Veggies

Small Combination Dips

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

Hummus (vegan, gf)

Baba Ghanoush (vegan, gf)

Tabuleh (vegan)

Dolma Grape Leaf (vegan, gf)

3-piece Levant Sandwich

Choice of Mini Dip

\$6.95

Roasted Red Pepper

Hummus (vegan, gf)

Djajiki Cucumber

Yogurt Dip (gf)

— \$12 each —

Large Combination Dips

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

Harissa Tomato Walnut Dip

(vegan, gf)

Feta & Kalamata Olives (gf)

Falafel w/Tahini Dip (vegan, gf)

Three Bean Salad (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*
\$5 each

House-made

Salmon Cakes
with spicy tahini (gf)
\$8 for three

Lamb Lule or

Beef Kibbeh
Meatballs
\$12 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 ... \$8 bowl ... \$12.50 quart (to-go only) ... \$24

Large Green Salad | Organic greens, feta, tomato, egg, & our house tomato vinaigrette topped with Tabuleh \$19

Three Bean Salad | Organic greens w/ tomato, egg, cucumber, feta & our house tomato vinaigrette (gf) \$19

Salad Méditerranée | Hummus, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Three Bean Salad
& organic greens with feta \$21

Falafel Salad | Crisp falafel balls over organic greens with veggies, our house vinaigrette
& tahini dressing (vegan, gf) \$19

Chicken Salad | Halal Saffron Chicken Kebab over organic greens,
tomato, cucumber, egg & feta (gf) \$21

Salmon Salad | Sustainably-sourced skewer of salmon over organic greens, tomato, egg, cucumber & feta (gf) \$22

Shawarma Salad | Spiced halal shawarma meat over organic greens with
cucumber, egg & feta (gf) chicken \$20.50 lamb & beef \$21

Sides

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

Rice Pilaf | **Lebleboo Spiced Chickpeas** \$5 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)	\$34 per person	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	\$26
Vegetarian Middle Eastern Plate Spinach & Feta Fillo, Cheese Karni Fillo, Dolma & choice of Levant Sandwich or Falafel	\$25
Vegan Middle Eastern Plate Falafel, Dolma, Lentil Salad, Tabuleh, Hummus	\$25
Chicken Pomegranate Local, sustainably-sourced drumsticks marinated in a pomegranate sauce, served over rice pilaf (gf)	\$26
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	\$26
Lamb Lule Local, grass-fed Superior Farms halal lamb meatballs, served in a tomato-onion sauce served over rice pilaf (gf)	\$27
Lamb or Veggie Moussaka Grilled vegetables layered with a gluten-free bechamel sauce (gf)	\$28
Vegan Kafta Meatballs Plant-based patties served over Rice with Tahini (gf)	\$26
Quiche du Jour Three slices of our vegetarian quiche du jour	\$24

– Kebab Skewers –

Option to Mix and Match

Halal Saffron Chicken Kebab Halal chicken skewers, grilled and served over rice pilaf with a cucumber-yogurt sauce (gf)	\$27
Beef Kafta Kebab Prather Ranch beef meatball skewers, grilled and served with rice pilaf (gf)	\$27
Salmon Kebab Sustainably-sourced grilled salmon skewers marinated in dill & tomato, served over rice (gf)	\$29
Veggie Kebab Marinated vegetable kebabs with organic tofu, served over rice pilaf (gf)	\$26
Halal Lamb Kebab Grilled marinated halal lamb sirloin, served over rice pilaf (gf)	\$29
Beef Fillet Mignon Kebab Marinated in beef fillet mignon, served over rice pilaf (gf)	\$29

– Sandwiches/Plates –

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

Halal Grilled Lamb and Beef Shawarma Spiced halal lamb and beef shawarma served with a cucumber-yogurt sauce	sandwich \$23 over rice \$25
Grilled Chicken Shawarma Spiced chicken served with a cucumber yogurt sauce	sandwich \$22 over rice \$24
Grilled Falafel House-made falafel balls, served with tahini (vegan)	sandwich \$21 over rice \$23
Vegan Shawarma Spiced plant-based patties, served with tahini	sandwich \$21 over rice \$22

– 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 \$25	

Beverages

Red Wine

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
Frelander Organic Pinot Noir (Mendocino) . .	\$15 / \$48

White Wine & Rosé

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

Beer

Stella Artois (Belgium)	\$8
Kotayk Lager (Armenia)	\$9
Almaza Pilsner (Lebanon)	\$9
Fort Point Villager IPA (San Francisco)	\$9
Fort Point Westfalia Red Ale (San Francisco)	\$9
Athletic Brewing non-alcoholic	\$8

Sparkling Wine, Mimosas & Cocktails

New! Cappelletti Spritz	\$14
Tiamo Organic Prosecco (glass or bottle) . . .	\$10 / \$28
Mimosa, orange or hibiscus (glass/carafe) . .	\$10 / \$28
Pomegranate Mimosa Royale (glass/carafe) . .	\$10 / \$28
Hibiscus Soju	\$12
Mint Tea Mojito	\$12

Non-Alcoholic

Minty Palmer (Mint Tea and Lemonade)	\$5.50
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	\$7.50
Espresso	single \$5 double \$6.50
Cappuccino or Café Latté	\$6.50
Hot Chocolate	\$6.50

- \$10 off Bottles of Wine -

Monday-Wednesday

- Happy Hour -

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% 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.