la Méditerranée

LUNCH SPECIALS
(11AM TO 4PM DAILY)

Middle Eastern Plate

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

Spinach & Feta Fillo
Cheese Karni Fillo
Falafel *(vegan, gf)*

Levant Sandwich
Dolma Grape Leaf *(vegan, gf)*

Choice of 3 Items – $19.95 per person

Chicken Cilicia Fillo
Chicken Pomegranate *(gf)*
Lamb Lule *(gf)* add $2

Entrées served with Hummus, Pita and your choice of Soup, Organic Green Salad or Armenian Potato Salad

Chicken Pomegranate | Three local and sustainably-sourced drumsticks marinated in a pomegranate sauce, served over rice pilaf *(gf)* $19.95

Lamb Lule | Local, grass-fed Superior Farms halal lamb meatballs, served in a tomato-onion sauce, served over rice pilaf *(gf)* $20.50

Halal Saffron Chicken Kebab | Grilled and served with rice pilaf and a cucumber yogurt sauce *(gf)* $19.95

Beef Fillet Mignon Kebab | Marinated beef fillet mignon, served over rice pilaf *(gf)* $21.95

Lamb Kebab | Grilled marinated halal lamb sirloin, served over rice pilaf *(gf)* $21.95

Beef Kafta Kebab | Prather Ranch beef meatball skewer, grilled & served with rice pilaf *(gf)* $20.50

Salmon Kebab | Sustainably-sourced grilled salmon skewer marinated in dill & tomato, served over rice *(gf)* .. $21.95

Veggie Kebab | Marinated vegetable kebabs with organic tofu, served over rice pilaf *(gf)* $19.95

Lebanese Beef Kibbeh | Prather Ranch spiced ground beef meatballs with cracked wheat, toasted pine nut & herbs, served with a cucumber yogurt sauce and rice pilaf $20.50

Lamb or Veggie Moussaka | Grilled vegetables layered with a gluten-free bechamel sauce *(gf)* $22.95

Grilled Lamb & Beef Shawarma | Spiced halal lamb and beef, served with a cucumber-yogurt sauce ..... sandwich $19.95 over rice $20.95

Grilled Chicken Shawarma | Spiced and baked halal chicken served with a cucumber yogurt sauce ..... sandwich $19.95 over rice $20.95

Vegan Shawarma | Spiced plant-based patties, served with tahini. ..... sandwich $19.95 over rice $20.95

Grilled Falafel | House-made falafel balls served with tahini *(vegan)* ..... sandwich $18.95 over rice $19.95

Vegan Kafta Meatballs | Plant-based patties served over rice with Tahini *(gf)* $20.50

Quiche du Jour | Our vegetarian quiche du jour $20.50

Salads

Served with Grilled Pita

Falafel Salad | Crisp falafel balls over organic greens with veggies, house tomato vinaigrette & tahini dressing *(vegan, gf)* $18.95

Salad Méditerranée | Hummus, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Three Bean Salad & organic greens with feta $20.50

Chicken Salad | Halal saffron chicken kebab over organic greens, tomato, cucumber, egg & feta *(gf)* $19.95

Three Bean Salad | Over organic greens w/tomato, egg, cucumber, feta & our house tomato vinaigrette *(gf)* ... $18.95

Salmon Salad | Sustainably-sourced skewer of Salmon over organic greens, tomato, cucumber & feta *(gf)* ... $20.95

Shawarma Salad | Spiced halal shawarma meat over greens with cucumber, egg and feta *(gf)* ..... chicken $19.95 lamb/beef $20.95

Add extra skewer to salad: chicken $6.95 | Beef Kafta $7.50 | Beef Filet Mignon or Lamb Sirloin $7.95