



mediterranean grill/bar

# LUNCH MENU

## Cold Small Plates

|   |                     |
|---|---------------------|
| <b>Hummus</b>   | 13                  |
| Pureed Chickpeas, Sesame Paste, Lemon and Garlic  |                     |
| With Sautéed Tenderloin/ Chicken, Onions and Pine Nuts  | 21                  |
| <b>Baba Ghannougé</b>   | 14                  |
| Char-grilled Eggplant, Sesame Paste, Lemon and Garlic   |                     |
| With Sautéed Tenderloin/ Chicken  | 22                  |
| Onions, Pomegranate, Molasses and Pine Nuts   |                     |
| <b>Labneh Spread</b>  | 15                  |
| Strained Lebanese Style Yogurt with Garlic and Herbs Diced Cucumber/Pine Nut Relish- Baked Pita Chips |                     |
| <b>Lebanese Cheese</b>  | 15                  |
| Fresh Mediterranean Cheese – Zaatar   |                     |
| <b>Chicken Lettuce Wraps</b>  | 18                  |
| Grilled Chicken Breast Served with Tomatoes, Carrots and Two Specialty Sauces                         |                     |
| <b>Kibbee Neyee*</b>  | Small 18 large 22   |
| Lamb Tartar, Cracked Wheat, Onions, Herbs and Spices  |                     |
| <b>Vegetarian Kibbee</b>  | Small 15 large 19   |
| Cracked Wheat, Onion, Tomato, Jalapeno, Herbs and Spices  |                     |
| <b>Mixed Appetizer</b>  | (for2) 18 (for4) 22 |
| Taboulee, Hummus and Baba Ghannougé   |                     |

## Salads

|   |    |
|---|----|
| <b>Traditional Taboulee</b>   | 16 |
| Parsley, Mint, Tomato, Onion and Cracked Wheat  |    |
| <b>Chopped Mediterranean</b>  | 16 |
| Tomato, Cucumber, Onion, Parsley, Topped with Crispy Chickpeas- Lemon-Garlic- Olive Oil Vinaigrette |    |
| <b>Fattoush</b>   | 16 |
| Lettuce, Cucumber, Tomato, Onion, Radish, Crispy Pita, Sumac, Zaatar/Lemon Dressing                 |    |
| <b>Classic Caesar</b>   | 16 |
| Fresh Romaine Lettuce and Croutons Tossed in our Homemade Caesar Dressing (no egg)                  |    |
| <b>Quinoa Taboulee</b>  | 18 |
| Parsley, Mint, Tomato, Onion and Quinoa   |    |
| <b>Multigrain Salad</b>   | 18 |
| Chickpeas, Barley, Quinoa, Lentils, Tomato, Arugula, Spinach, Onion, Garlic, Herbs and Spices       |    |
| Add Chicken   | 9  |
| Add Lamb Shawarma   | 10 |
| Add Salmon  | 12 |

## Hot Small Plates

|  |                 |
|--|-----------------|
| <b>Fried Kibbee</b>  | 16              |
| Ground Lamb, Cracked Wheat, Pine Nuts, Onions  |                 |
| <b>Bite Size Kaffa Meatballs</b>   | 16              |
| Ground Lamb, Onion, Parsley, Cherries, Crispy Pita   |                 |
| <b>Samboosik</b>   | 15              |
| Crispy Pastry Filled with Ground Lamb, Onion, Yogurt Sauce   |                 |
| <b>Homemade Mekanik- Sausages</b>  | 16              |
| Ground Beef, Lamb and Veal Encased with Pine Nuts, Sautéed with Onion, Tomato and Pomegranate Glaze    |                 |
| <b>Sautéed Chicken Livers</b>  | 15              |
| Cooked with Caramelized Onions and Pomegranate Sauce   |                 |
| <b>Crispy Cheese Rolls</b>   | 15              |
| With Roasted Pepper Marinara Sauce   |                 |
| <b>Eggplant Rollatini</b>  | 17              |
| Thinly Sliced Eggplant, Rolled with Tomato, Mushroom, Onion Basil and Spinach, Fresh Mozzarella Cheese |                 |
| <b>Mediterranean Potatoes</b>  | 16              |
| Crispy Potato Tossed with Cilantro, Garlic Lemon Juice and Spices                                      |                 |
| <b>Sautéed Dandelions</b>  | 16              |
| Sautéed Dandelions Topped with Onions Served Cold  |                 |
| <b>Spinach and Feta Pie</b>  | 16              |
| Spinach and Feta Cheese, Layered Between Crispy Phyllo   |                 |
| <b>Feta Stuffed Portabella Mushrooms</b>   | 17              |
| Roasted Pepper Marinara Sauce  |                 |
| <b>Calamari</b>  | 17              |
| Flash-Fried - Tomatoes, Capers, Green Onions, Banana Peppers, Field Greens and Lemon Beurre Blanc      |                 |
| <b>Crab Cakes</b>  | Market Price    |
| With Yogurt-Honey Apple Slaw and Red Pepper Tartar Sauce   |                 |
| <b>Soups</b>   |                 |
| <b>Chicken Noodle</b>  | Cup 8 / Bowl 9  |
| <b>Crushed Lentil</b>  | Cup 8 / Bowl 9  |
| <b>Clam Chowder</b>  | Cup 9 / Bowl 10 |

Ask your Server about our Daily Specials / No substitutions  
\*AND GLUTEN FREE OPTIONS\*

\*Consuming Raw Meats and Seafood May Increase Your Risk of Food Borne Illness. \* May be served raw or cooked to order.



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# LUNCH MENU

## Poultry

- Homemade Chicken Pot Pie** 15  
Carrots, Celery, Peas, Potatoes, and Chicken
- Shish Tawook** 18  
Char-Grilled Traditional Chicken Brochettes – Vegetables - Rice
- Chicken Shawarma** 18  
Sliced Rotisserie Breast of Chicken, Hummus, Couscous and Marinated Shaved Onions
- Chicken Gallaba** 18  
Breast of Chicken Sautéed with Onions, Carrots, mushrooms, Peppers and Tomatoes - Rice
- Chicken Diane** 19  
Breast of Chicken Sautéed with, Mushrooms, Artichokes, Peppers and Garlic - Rice
- Tony's Chicken** 20  
Pan Fried Breast Sautéed with Mushroom, Red and Green Peppers, Onion, Cream Sauce – Rice

## Meats

- Meat Grape Leaves** 18  
Grape Leaves Stuffed with Rice, Lamb
- Kibbee Bissayniyeh** 19  
Baked Minced Lamb and Cracked Wheat Layers, Filled with Seasoned Lamb, Onions - Rice
- Lamb Shawarma** 20  
Sliced Rotisserie Lamb, Hummus, Couscous and Onions
- Shish Kaffa\*** 19  
Char-Grilled Ground Lamb, Onion and Parsley – Rice
- Shish Kabob\*** Market Price  
Char-Grilled Beef Tenderloin Brochettes - Vegetables - Rice

## Seafood

- Pistachio Encrusted Whitefish** 22  
Broiled and Dusted with Pistachio - Barley and Artichoke Risotto
- Baked Salmon** 23  
Mushroom, Asparagus Quinoa – Caramelized Onions, Capers
- Lemon-Herb Salmon** 24  
Lemon and Jalapeno - Fresh Oregano - Arugula, Apple Salad

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## Vegetarian/Vegan

- Falafel** 13  
Crispy Bean Croquettes - Lettuce, Parsley, Tomatoes And Pickles - Tahini Sauce
- Bulgur and Tomatoes** 14  
Cracked Wheat Cooked with Tomatoes, Onions and Green Peppers - Yogurt Sauce
- Mjadara** 14  
Lentils and Cracked Wheat Cooked with Onions and Olive Oil - Crispy Onions - Yogurt Sauce
- Loubyee** 16  
Fresh Green Beans Cooked with Onions, Garlic and Tomato Sauce - Rice
- Lima Bean Stew** 16  
Lima Beans, Carrots and Potatoes cooked in tomato sauce-Rice
- Vegetarian Grape Leaves** 16  
Stuffed with Rice, Parsley, Onions, and Tomatoes

## Sandwiches

- Gourmet Hamburger\*** 16  
½ Pound Extra Lean Angus Beef, Topped with Lettuce, Tomato, Onion and served with Fries
- Portabella Mushroom Sandwich** 16  
Char-Grilled Portabella Sautéed with Fresh Garlic, Wine, Red Pepper, Monterey Jack Cheese and served with Fries
- Aspen Burger** 16  
Mixed of Squash, Zucchini, Eggplant, Tomato, Parsley, Potato, Char-broiled and served with Fries

## Pita Roll Up

- Meat Pita Roll Up** 9
- Add Hummus or Taboulee** 1
- Shish Kabob \*
- Shish Kaffa \*
- Lamb Shawarma
- Grape Leaves
- Chicken Shawarma
- Shish Tawook
- Vegetarian Pita Roll Up** 8
- Add Hummus or Taboulee** 1
- Vegetarian Grape Leaves
- Falafel
- Hummus & Taboulee
- Mjadara
- Bulgur