

Lunch Specials (11 am to 5 pm everyday)

Middle Eastern Plate

Served with Choice of Green Salad or Armenian Potato Salad or Cup of Soup du Jour

Spinach & Feta Fillo*

Levant Sandwich*

Chicken Cilicia Fillo

Cheese Karni Fillo*

Dolma Grape Leaf*

Chicken Pomegranate

Falafel*

Levantine Meat Tart Fillo

Lamb Lule (add .75)

Choose 3 items - \$12.50 (*indicates Vegetarian)

Entrees served with Choice of Green Salad or Armenian Potato Salad or Cup of Soup du Jour

Chicken Kebab – One Skewer of Marinated Chicken Grilled and served over Rice Pilaf 12.50

Chicken Pomegranate. 12.50

Three Drumsticks marinated in Pomegranate Sauce, Baked with Wild Herbs, over Rice Pilaf

Quiche of the Day – Two slices of our Vegetarian Selection of the Day 12.50

Lamb Lule 12.95

Grass-fed Lean Ground Halal Lamb Meatballs with Parsley, Spices, Onions & Tomatoes over Rice Pilaf

Lebanese Kibbeh – Lean Ground Beef & Cracked Wheat with Pine Nuts, Seasoned & Baked . . . 12.50

Chicken Shawarma Sandwich. 12.50

Spiced Chicken wrapped in Lavash Bread & grilled, served with Organic Greens & a Cucumber Yogurt Sauce

Falafel Sandwich 11.95

Crisp Falafel balls wrapped in Lavash Bread & grilled, served with Organic Greens & Tahini Sauce

Salads

Falafel Salad – Crisp Falafel Balls over Organic Greens with Fresh Veggies and Vegan Tahini 11.95

Salad Méditerranée 12.50

Hummos, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Lentil Salad, Feta Cheese & Organic Mixed Greens

Chicken Salad 12.50

Skewer of Grilled Chicken over Organic Greens with Egg, Cucumber, Tomato & Feta Cheese

Lentil Salad – Lentils served over Organic Greens, Egg, Veggies & Feta Cheese 11.95

Large Green Salad – Organic Greens, Egg, Cucumber, Tomato & Feta Cheese topped with Tabuleh . . . 11.95

Soup du Jour & Small Green Salad cup 11.25 bowl 11.95

See front page of menu for full listing of Soups & Salads.



la Méditerranée

lamednoe.com