

Mediterraneo

MARKET & CAFE

Appetizers

*served w/ pita ~ extra pita \$1 ~ carrots & celery \$3

*Hummus ground chickpeas blended w/ tahini, lemon & evoo g v p	4	Tabouleh cracked wheat, parsley, tomato, green onion, lemon & evoo v p	5
*Baba Ghanoug roasted eggplant blended w/ tahini g v p	5	Stuffed Cabbage 4 rolls stuffed w/ ground beef & rice in tomato sauce g	9
*Tzatziki greek yogurt cucumber dip g v	5	Spanakopita 2 fillo pies stuffed w/ spinach, sweet onion, & feta v	5
*Falafel 5 fried chickpea & fava bean patties, parsley w/ tahini g v p	6	Tiropita 2 fillo pies stuffed w/ feta, farmer & parmesan cheeses & mint v	5
Kibbi Balls 2 beef & cracked wheat, pine nuts & onions w/ tahini	6	*Mixed Olives g v p	5
Fried Calamari w/ marinara sauce	10	*Feta Cheese w/ Tomato g v	5
Grape Leaves 5 leaves stuffed w/ seasoned beef & rice w/ tzatziki g	6	*Grilled Haloumi Cheese cyprus, slightly salty, grilled sheep's milk	8
Dolmas 5 leaves stuffed w/ seasoned rice w/ tzatziki or tahini g v p	5	cheese w/ tomato g v	

Mediterraneo Mezze

served w/ pita ~ extra pita \$1

\$17 choose 5:

Spanakopita, Tiropita, Tabouleh,
Mixed Olives, Feta & Tomato, Tzatziki,
Hummus, Baba Ghanoug

\$1 extra substitute w/

Grape Leaves, Stuffed Cabbage,
Kibbi Balls, Dolmas, Falafel

Salads

served w/ pita ~ extra pita \$1 ~ add hummus, tzatziki or anchovies \$2

Niçoise tuna, egg, green beans, potato, tomato, cucumber, kalamata olive & lettuce w/ dijon dressing g	14
Egyptian tomato, cucumber, bell pepper, green onion, carrot, parsley, mint, lettuce, evoo & lemon g v p	9
Caesar romaine, shredded parmesan & croutons v	9
Greek lettuce, onion, feta, tomato, cucumber & kalamata olive g	small 5 ~ large 9

add chicken breast or gyros + \$4 ~ shrimp + \$5 ~ salmon + \$6

Soups

Tomato Basil g v	served w/ pita chips
Lentil g v p	cup 4
Minestrone g v p	bowl 6

Mediterraneo Classics

served w/ egyptian or greek salad & pita

Paella Valenciana spanish saffron rice, calamari, sausage, chicken, fish, mussels & shrimp (2 people) g	40
Osso Buco lamb shank braised in wine sauce served on fettucine, rice pilaf or roasted potatoes	21
Beef Bourguignon beef stew in a light wine sauce w/ mushrooms, carrots, pearl onions on fettucine, rice pilaf or roasted potatoes	20
Veal Milanese veal scaloppini w/ fettucine in lemon butter sauce & a side of marinara	20
Shrimp Catalan shrimp in garlic butter sauce served on a bed of spanish rice g	19
Stuffed Vegetable Trio bell pepper, tomato & zucchini stuffed w/ ground beef, rice, & choice of tzatziki or tahini g	16
Falafel Plate 5 fried patties w/ hummus, & choice of french fries, roasted potatoes or vegetables g v p	14
Veggie Plate 2 falafel, 2 dolmas, hummus, baba ghanoug, tabouleh w/ french fries, roasted potatoes or vegetables & a choice of tzatziki or tahini g v p	14

egyptian or greek salad not included

Grill

served w/ greek salad & pita
& choice of french fries, rice pilaf, roasted
potatoes or vegetables

Gyros grilled slices of seasoned lamb & beef mix w/ tzatziki	16
Souvlaki grilled marinated sirloin kebab w/ tzatziki g	19
Lamb Kebab grilled marinated lamb w/ tzatziki g	19
Kofta Kebab grilled seasoned ground beef w/ tzatziki	16
Chicken Kebab w/ hummus g	16
Grilled Chicken w/ hummus g	15
Gyros & Souvlaki w/ tzatziki g	19
Chicken Kebab & Souvlaki w/tzatziki g	20
Mediterraneo Mixed Grill gyros, souvlaki, kofta & chicken kebab g	21

Oven

served w/ greek or egyptian salad & pita
*choice of french fries, rice pilaf, roasted potatoes or vegetables

*Rotisserie Seasoned Half Chicken w/ hummus g	17
*Baked Kibbi cracked wheat w/ beef & pine nuts w/ baba ghanoug	16
*Greek Moussaka layers of eggplant w/ ground beef, potato & béchamel	16
Baked Vegan Moussaka grilled eggplant, bell pepper & onion in tomato sauce w/ pine nuts g v p ~ optional topped w/ feta	15
Lamb Tagine w/ apricot, prune, chickpea, potato & carrot served with couscous or rice pilaf & harissa	21
Chicken Tagine chicken thighs w/ lemon, green olive, potato & carrot served with couscous or rice pilaf & harissa	19
Herb Crusted Salmon w/ rice pilaf & spinach mediterraneo style	21
Greek Combination gyros, pastitsio, moussaka, tiropita, spanakopita & grape leaves w/ tzatziki	20

g ~ gluten free **v** ~ vegetarian **p** ~ plant-based/vegan

Any additional ingredients or substitutions are subject to an additional fee. Prices & items are subject to change without notice.

Pasta

served w/ greek salad & pita ~ *choice of french fries, rice pilaf, roasted potatoes or vegetables

*Pastitsio greek lasagna ~ oven baked pasta, ground beef & spices w/ béchamel	15	Spaghetti Bolognese hearty ground beef in wine sauce w/ garlic bread	15
*Traditional Oven Baked Meat Lasagna	16	Greek Pasta w/ shrimp or salmon, white wine, garlic, capers, tomato, olive, artichoke & feta	19
Baked 3-Cheese Penne Au Gratin mozzarella, parmesan & emmenthaler v	16	Penne Pesto basil, pecorino romano, parmesan, pine nuts, garlic, evoo w/ tomato, feta & olive v	15
add bolognese or grilled chicken + \$4		add grilled chicken + \$4 ~ add grilled shrimp + \$5	
*Spaghetti Marinara w/ garlic bread v p	12	Penne Vodka vodka, cream w/ spiced tomato sauce v	15
add meatballs or vegetable medley + \$3		add grilled chicken + \$4 ~ add grilled shrimp + \$5	

Pizza

Mediterraneo pesto, spinach, feta, parmesan, kalamata olive, artichoke, bell pepper & red onion v	12"	16"
Margherita tomato sauce, fresh mozzarella & fresh basil v	14	19
Meat Lovers tomato sauce, mozzarella, gyro, sausage, canadian bacon & pepperoni	12	16
Pesto Chicken pesto, mozzarella, grilled chicken, tomato, feta & kalamata olive	14	19
Greek tomato sauce, gyro, feta, mozzarella, tomato, bell pepper & kalamata olive v	14	19
5 Cheese Béchamel white sauce, mozzarella, parmesan, cheddar, feta & provolone v	14	19
Shredded Beef BBQ bbq sauce, mozzarella, shredded beef, cheddar & red onion	14	19
Build Your Own Pizza tomato sauce & mozzarella base	10	12
FOUR TOPPING SPECIAL: italian sausage, pepperoni, ham, spinach, fresh tomato, mushroom, jalapeño, garlic, onion, bell pepper, green olive, kalamata olive, anchovies	14	19
add +\$2 p/topping 12" ~ add + \$3 p/ topping 16"		

Sides

Rice Pilaf, Roasted Potatoes, French Fries, Vegetable of the Day \$3 each

LUNCH SPECIALS ~ MON to SAT 11am to 4pm

Sandwiches & Wraps

add french fries, rice pilaf, roasted potatoes or vegetables + \$3 each

Italian Sub mortadella, ham, salami, provolone, lettuce, tomato, pepperoncini, evoo dressing	6	Falafel Pita Wrap w/ tahini, lettuce, tomato & pickle v p	6
Muffaletta salami, ham, mortadella, provolone & olive relish	6	Gyros Pita Wrap grilled slices of seasoned lamb & beef mix w/ tzatziki tomato & onion	6
Tabouleh & Hummus Pita Wrap v p	5	Kofta Kebab Pita Wrap grilled seasoned ground beef w/ tahini, tomato & pickle	6
Tabouleh & Baba Ghanoug Pita Wrap v p	5	Souvlaki Pita Wrap grilled sirloin cubes w/ tzatziki, tomato, onion & pickle	7
Tuna Salad Sandwich albacore tuna, kalamata olive, lettuce, tomato, cucumber, red onion & vinaigrette	7	Chicken Kebab Pita Wrap w/ garlic sauce, tomato, potato, tahini & pickle	6
Grilled Chicken Sandwich marinated chicken breast w/ lettuce, red onion, tomato & pickle	6	Grilled ½ lb Hamburger w/ tomato, lettuce, onion & pickle	6
		add cheese \$1	

Lunch Plates

served w/ greek salad & pita ~ add french fries, rice pilaf, roasted potatoes or vegetables + \$3 each

Gyros grilled slices of seasoned lamb & beef mix w/ tzatziki	9	Falafel Plate 5 fried patties w/ hummus g v p	9
Souvlaki grilled marinated sirloin kebab w/ tzatziki g	13	Veggie Plate 2 falafel, 2 dolmas, hummus, baba ghanoug & tabouleh g v p	9
Lamb Kebab grilled marinated lamb w/ tzatziki g	13	tzatziki optional ~ greek salad not included	
Kofta Kebab grilled seasoned ground beef w/ tzatziki	9	Greek Moussaka layers of eggplant w/ ground beef, potato & béchamel	11
Chicken Kebab w/ hummus g	11	Pastitsio greek lasagna ~ oven baked pasta, ground beef & spices w/ béchamel	10
Grilled Chicken Breast w/ hummus g	10	Traditional Oven Baked Meat Lasagna	11
Rotisserie Seasoned Half Chicken w/ hummus	12	Spaghetti Marinara w/ garlic bread v	9
Baked Kibbi beef, cracked wheat & pine nuts w/ baba ghanoug	10	add meatballs or vegetable medley \$3	

Drinks

*free refill

*Fountain Soda	2	Orange Juice	2.5
*Iced Tea	2	Apple Juice	2.5
Bottled Water	2	Mango, Guava or	3.5
Perrier	3	Pomegranate Juice	

Kids' menu

Chicken Nuggets w/ french fries	6	Pepperoni Pizza	5
Hamburger w/ french fries	6	Spaghetti Marinara	5
add cheese + 50¢		add meatballs + \$2	