

# Mediterraneo

## MARKET & CAFE

### Appetizers

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

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

### 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

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

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

### Soups

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

### Mediterraneo Classics

served w/ egyptian or greek salad & pita

<b>Paella Valenciana</b> spanish saffron rice, calamari, sausage, chicken, fish, mussels & shrimp (2 people) <b>g</b>	40
<b>Ossobuco</b> lamb shank braised in wine sauce served on fettucine, rice pilaf or roasted potatoes	21
<b>Beef Bourguignon</b> beef stew in a light wine sauce w/ mushrooms, carrots, pearl onions on fettucine, rice pilaf or roasted potatoes	20
<b>Veal Milanese</b> veal scaloppini w/ fettucine in lemon butter sauce & a side of marinara	20
<b>Shrimp Catalan</b> shrimp in garlic butter sauce served on a bed of spanish rice <b>g</b>	19
<b>Stuffed Vegetable Trio</b> bell pepper, tomato & zucchini stuffed w/ ground beef, rice & choice of tzatziki or tahini <b>g</b>	16
<b>Veggie Plate</b> 2 falafel, 2 dolmas, hummus, baba ghanoug, tabouleh w/ french fries, roasted potatoes or vegetables & choice of tzatziki or tahini <b>v p</b>	14
egyptian or greek salad not included w/ veggie plate	
<b>Falafel Plate</b> 5 fried patties w/ hummus & choice of french fries, roasted potatoes or vegetables <b>g v p</b>	14

### Grill

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

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

### Oven

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

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

## Pasta

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

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

## Sides

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

## LUNCH SPECIALS MON ~ SAT 11am ~ 4pm

### Sandwiches & Wraps

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

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

<b>Gyros</b> grilled slices of seasoned lamb & beef mix w/ tzatziki	9	<b>Falafel Plate</b> 5 fried patties w/ hummus <b>g v p</b>	9
<b>Souvlaki</b> grilled marinated sirloin kebab w/ tzatziki <b>g</b>	13	<b>Veggie Plate</b> 2 falafel, 2 dolmas, hummus, baba ghanoug & tabouleh <b>v p</b>	9
<b>Lamb Kebab</b> grilled marinated lamb w/ tzatziki <b>g</b>	14	choice of tzatziki or tahini ~ greek salad not included	
<b>Kofta Kebab</b> grilled seasoned ground beef w/ tzatziki	9	<b>Greek Moussaka</b> layers of eggplant w/ ground beef, potato & béchamel	11
<b>Chicken Kebab</b> w/ hummus <b>g</b>	11	<b>Pastitsio</b> greek lasagna ~ oven baked pasta, ground beef & spices w/ béchamel	10
<b>Grilled Chicken Breast</b> w/ hummus <b>g</b>	10	<b>Traditional Oven Baked Meat Lasagna</b>	11
<b>Rotisserie Seasoned Half Chicken</b> w/ hummus <b>g</b>	12	<b>Spaghetti Marinara</b> w/ garlic bread <b>v</b>	9
<b>Baked Kibbi</b> beef, cracked wheat & pine nuts w/ baba ghanoug	10	add meatballs or vegetable medley \$3	

## Drinks

\* free refill

* <b>Fountain Soda</b>	2	<b>Orange Juice</b>	2.5
* <b>Iced Tea</b>	2	<b>Apple Juice</b>	2.5
<b>Bottled Water</b>	2	<b>Mango, Guava or</b>	3.5
<b>Sparkling Water</b>	3	<b>Pomegranate Juice</b>	

## Kids' menu

<b>Chicken Nuggets</b> 7 pieces w/ french fries	6
<b>Hamburger</b> w/ french fries ~ add cheese + 50¢	6
<b>Spaghetti Marinara</b> ~ add meatballs + \$2	5

## Desserts

<b>Tiramisu</b> best in town ~ enough for 2 <b>v</b>	7	<b>Mediterraneo Rice Pudding</b> <b>g v</b>	4
<b>Flourless Almond Crust Dark Chocolate Tart</b> <b>g v</b>	6	<b>Baklava</b> fillo dough w/ walnuts or pistachios <b>v</b>	2.5
<b>Crème Brûlée</b> <b>g v</b>	5		

**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.