

Mediterraneo

MARKET & CAFE

Appetizers

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

* Hummus ground chickpeas blended w/ tahini, lemon & evoo g v p	5	Tabouleh cracked wheat, parsley, tomato, green onion, lemon & evoo v p	6
* Baba Ghanoug roasted eggplant blended w/ tahini g v p	6	Stuffed Cabbage 4 rolls stuffed w/ ground beef & rice in tomato sauce g	10
* Tzatziki greek yogurt cucumber dip g v	6	Spanakopita 2 fillo pies stuffed w/ spinach, sweet onion & feta v	6
* Falafel 5 fried chickpea & fava bean patties, parsley w/ tahini g v p	7	Tiropita 2 fillo pies stuffed w/ feta, farmer & parmesan cheeses & mint v	6
Kibbi Balls 2 beef & cracked wheat, pine nuts & onions w/ tahini	7	Kreatopita 2 fillo pies stuffed w/ ground beef w/ pine nuts & parmesan	7
Fried Calamari w/ marinara sauce	11	* Spicy Feta Dip g v	6
Grape Leaves 5 leaves stuffed w/ seasoned beef & rice w/ tzatziki g	7	* Feta Cheese w/ Tomato g v	6
Dolmas 5 leaves stuffed w/ seasoned rice w/ tzatziki or tahini g v p	6	* Grilled Haloumi Cheese cyprus, slightly salty, grilled sheep's milk	10
* Mixed Olives g v p	6	cheese w/ tomato g v	

Mediterraneo Mezze

served w/ pita ~ extra pita \$1

\$18 choose 5:

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

\$1.50 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	16
Egyptian tomato, cucumber, bell pepper, green onion, carrot, parsley, mint, lettuce, evoo & lemon g v p	10
Caesar romaine, shredded parmesan & croutons v	10
Greek lettuce, onion, feta, tomato, cucumber & kalamata olive g	small 6 ~ large 10

add chicken breast or gyros + \$5 ~ shrimp + \$6 ~ salmon + \$7

Homemade Soups

Tomato Basil **g v**
Lentil **g v p**
Minestrone **g v p**

served w/ pita chips
cup 4
bowl 7

Oven & Grill

served w/ choice of 2 sides: greek salad, french fries, rice pilaf, roasted potatoes, green beans, spinach or mixed vegetables

Gyros grilled slices of seasoned lamb & beef mix w/ tzatziki	18	Chicken Kebab & Beef Souvlaki w/tzatziki g	23
Beef Souvlaki grilled marinated sirloin kebab w/ tzatziki g	22	Mediterraneo Mixed Grill gyros, souvlaki, kofta & chicken kebab g	23
Lamb Kebab grilled marinated lamb w/ tzatziki g	24	Rotisserie Seasoned Half Chicken w/ hummus g	19
Kofta Kebab grilled seasoned ground beef w/ tzatziki	18	Baked Kibbi cracked wheat w/ beef & pine nuts w/ baba ghanoug	18
Chicken Kebab w/ hummus g	18	Greek Moussaka layers of eggplant w/ ground beef, potato & béchamel	18
Grilled Chicken Breast w/ hummus g	17	Baked Vegan Moussaka grilled eggplant, bell pepper & onion in tomato sauce w/ pine nuts g v p ~ optional topped w/ feta	18
Gyros & Beef Souvlaki w/ tzatziki g	22		

Mediterraneo Classics

served w/ egyptian or greek salad & pita

Paella Valenciana spanish saffron rice, calamari, sausage, chicken, fish, mussels & shrimp (2 people) g	44
Ossobuco lamb shank braised in wine sauce served on fettucine, rice pilaf or roasted potatoes	24
Beef Bourguignon beef stew in a light wine sauce w/ mushrooms, carrots, pearl onions on fettucine, rice pilaf or roasted potatoes	23
Veal Milanese veal scaloppini w/ fettucine in lemon butter sauce & a side of marinara	23
Shrimp Catalan shrimp in garlic butter sauce served on a bed of spanish rice g	22
Lamb Tagine w/ apricot, prune, chickpea, potato & carrot served w/ couscous or rice pilaf & harissa	24
Chicken Tagine chicken thighs w/ lemon, green olive, potato & carrot served with couscous or rice pilaf & harissa	21
Herb Crusted Salmon w/ rice pilaf & spinach mediterraneo style	23
Greek Combination gyros, pastitsio, moussaka, tiropita, spanakopita & grape leaves w/ tzatziki	23
Stuffed Vegetable Trio bell pepper, tomato & zucchini stuffed w/ ground beef, rice & choice of tzatziki or tahini g	18
Falafel Plate 5 fried patties w/ hummus & choice of french fries, roasted potatoes or vegetables g v p	16
Veggie Plate 2 falafel, 2 dolmas, hummus, baba ghanoug, tabouleh w/ french fries, roasted potatoes or vegetables & choice of tzatziki or tahini v p	16

egyptian or greek salad not included w/ veggie plate

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	17	Spaghetti Bolognese hearty ground beef in wine sauce w/ garlic bread	17
* Traditional Oven Baked Meat Lasagna	18	Greek Pasta w/ shrimp or salmon, white wine, garlic, capers, tomato, olive, artichoke & feta	21
Baked 3-Cheese Penne Au Gratin mozzarella, parmesan & emmenthaler v	18	Penne Pesto basil, pecorino romano, parmesan, pine nuts, garlic, evoo w/ tomato, feta & olive v	17
add bolognese or grilled chicken + \$5		add grilled chicken + \$5 ~ add grilled shrimp + \$6	
* Spaghetti Marinara w/ garlic bread v p	14	Penne Spicy Vodka vodka, cream w/ spiced tomato sauce v	17
add meatballs or vegetable medley + \$4		add grilled chicken + \$5 ~ add grilled shrimp + \$6	

Sides

Rice Pilaf, Roasted Potatoes, French Fries, Green Beans, Spinach or Mixed Vegetables \$4 each

LUNCH SPECIALS MON ~ SAT 11am ~ 4pm

Sandwiches & Wraps

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

Italian Sub mortadella, ham, salami, provolone, lettuce, tomato, pepperoncini, pickles w/ evoo dressing	7	Falafel Pita Wrap w/ tahini, lettuce, tomato & pickle v p	7
Muffaletta salami, ham, mortadella, provolone & olive relish	7	Gyros Pita Wrap grilled slices of seasoned lamb & beef mix w/ tzatziki tomato & onion	7
Tabouleh & Hummus Pita Wrap v p	6	Kofta Kebab Pita Wrap grilled seasoned ground beef w/ tahini, tomato & pickle	7
Tabouleh & Baba Ghanoug Pita Wrap v p	6	Souvlaki Pita Wrap grilled sirloin cubes w/ tzatziki, tomato, onion & pickle	9
Tuna Salad Sandwich albacore tuna, kalamata olive, lettuce, tomato, cucumber, red onion & vinaigrette	8	Chicken Kebab Pita Wrap w/ garlic sauce, tomato, potato, tahini & pickle	7
Grilled Chicken Sandwich marinated chicken breast w/ lettuce, red onion, tomato & pickle	7	Grilled ½ lb Hamburger w/ tomato, lettuce, onion & pickle	7
		add cheese \$1	

Lunch Plates

served w/ choice of: greek salad, french fries, rice pilaf, roasted potatoes, green beans, spinach or mixed vegetables

Gyros grilled slices of seasoned lamb & beef mix w/ tzatziki	10	Falafel Plate 5 fried patties w/ hummus g v p	10
Beef Souvlaki grilled marinated sirloin kebab w/ tzatziki g	15	Veggie Plate 2 falafel, 2 dolmas, hummus, baba ghanoug & tabouleh v p	10
Lamb Kebab grilled marinated lamb w/ tzatziki g	16	choice of tzatziki or tahini ~ side not included	
Kofta Kebab grilled seasoned ground beef w/ tzatziki	11	Greek Moussaka layers of eggplant w/ ground beef, potato & béchamel	12
Chicken Kebab w/ hummus g	12	Pastitsio greek lasagna ~ oven baked pasta, ground beef & spices w/ béchamel	11
Grilled Chicken Breast w/ hummus g	11	Traditional Oven Baked Meat Lasagna	12
Rotisserie Seasoned Half Chicken w/ hummus g	13	Spaghetti Marinara w/ garlic bread v	10
Baked Kibbi beef, cracked wheat & pine nuts w/ baba ghanoug	12	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
Sparkling Water	3	Pomegranate Juice	

Kids' menu

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

Desserts

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