

La Méditerranée



**ORDER PICK-UP &
DELIVERY ONLINE**

La Méditerranée Berkeley opened in 1982 with the goal of serving Middle-Eastern comfort food. Over 40 years later, our family-run restaurants are proud to continue serving the San Francisco Bay community.

We are a certified California Green Business and recognized as an official SF Legacy Business.

La Méditerranée is committed to environmental sustainability, and our local community.

We strive to source organic and local produce whenever possible.

Anoush Ella! (May it be sweet!)

2936 College Avenue | Berkeley | **(510) 540-7773**

www.lamedberkeley.com

2210 Fillmore Street (at Sacramento) | San Francisco | (415) 921-2956

288 Noe Street (at Market) | San Francisco | (415) 431-7210



Appetizers

- | | | |
|---|---|---|
| Hummus (<i>vegan, gf</i>) | Roasted Red Pepper Hummus (<i>vegan, gf</i>) | Dolma Grape Leaf (<i>vegan, gf</i>) |
| Baba Ghanoush (<i>vegan, gf</i>) | Djajiki Cucumber Yogurt Dip (<i>gf</i>) | Feta & Kalamata Olives (<i>gf</i>) |
| Tabuleh (<i>vegan</i>) | Harissa Tomato Walnut Dip (<i>vegan, gf</i>) | Falafel with Tahini Dip (<i>vegan, gf</i>) |

— \$8.25 each —

Side of Za'atar Pita Chips (*regular or gluten free*) or **extra Crudite Veggies** ... \$3.50 each

Combination Dips

- Small Combination** | Hummus, Baba Ghanoush & Tabuleh \$9.95
Large Combination | Hummus, Baba Ghanoush, Tabuleh, Dolma, Feta Cheese & Olives \$14.95

Small Plates

Organic Medjool Dates
*stuffed with goat cheese
 & walnuts (gf)*
 \$5.50 each

**Spinach & Feta Fillo
 or Cheese Karni Fillo
 or Chicken Cilicia Fillo**
 — \$3.95 each —

Lamb Lule Meatballs (*gf*)
*local, Halal grass-fed lamb
 in a tomato-onion sauce*
 \$8.95 for two

Soups

cup ... \$5.75 bowl ... \$8.50 quart (to-go only) ... \$16.50

Avgolemono Soup
*Traditional Greek Chicken
 & Lemon Soup (gf)*

Vegetarian Soup du Jour
Ask your server

Cucumber Yogurt Soup
*Cold Cucumber & Yogurt soup
 with garlic & dill (gf)*

Salads

- Small Green Salad** | Organic greens, feta, cucumber, tomato & our house tomato vinaigrette (*gf*)..... \$9.95
Large Green Salad | Organic greens, feta, tomato & our house tomato vinaigrette topped with Tabuleh... \$15.50
Three Bean Salad | Organic greens w/ tomato, egg, cucumber, feta & our house tomato vinaigrette (*gf*) \$15.50
Salad Méditerranée | Hummus, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Three Bean Salad
 & organic greens with feta \$17.50
Falafel Salad | Crisp falafel balls over organic greens with veggies, our house vinaigrette
 & tahini dressing (*vegan, gf*) \$15.50
Chicken Salad | Mary's Free Range Saffron Chicken Breast Kebab over organic greens,
 tomato, cucumber, egg & feta (*gf*) \$17.50
Salmon Salad | Sustainably-sourced skewer of Salmon over organic greens, tomato, cucumber & feta (*gf*).. \$18.50

La Méditerranée

🌀 Mediterranean Meza 🌀

Tasting menu of our most popular dishes served family-style.

Vegan, Vegetarian and Gluten-Free mezas available.

Hummus (vegan, gf)
Baba Ghanoush (vegan, gf)
Tabuleh (vegan)
Falafel (vegan, gf)

Armenian Potato Salad
(vegan, gf)
Dolma Grape Leaf (vegan, gf)
Spinach & Feta Fillo

Chicken Cilicia Fillo
Chicken Pomegranate (gf)
Lamb Lule (gf)
Rice Pilaf (vegan, gf)

\$26 per person (minimum 2 people)

🌀 Dinner Entrées 🌀

Served with hummus, pita and choice of Soup, Organic Green Salad or Armenian Potato Salad

- Middle Eastern Plate** | Chicken Cilicia Fillo, Spinach & Feta Fillo, Levant Sandwich
& choice of Lamb Lule or Chicken Pomegranate over rice pilaf \$18.95
- Vegetarian Middle Eastern Plate** | Spinach & Feta Fillo, Cheese Karni Fillo, Dolma
& choice of Levant Sandwich or Falafel \$18.50
- Vegan Middle Eastern Plate** | Falafel, Dolma, Three Bean Salad, Tabuleh \$18.50
- Chicken Pomegranate** | Local, sustainably-sourced drumsticks marinated in a pomegranate sauce,
served over rice pilaf (gf) \$18.95
- Lebanese Beef Kibbeh** | Marin Sun Farms pasture-raised spiced ground beef meatballs with
cracked wheat, toasted pine nut & herbs, served with a cucumber yogurt sauce and rice pilaf..... \$19.50
- Lamb Lule** | Local, grass-fed Superior Farms halal lamb meatballs, served in a tomato-onion sauce
served over rice pilaf (gf) \$21.50
- Quiche du Jour** | Three slices of our vegetarian Quiche du Jour \$18.50

– Kebab Skewers –

- Mary's Free Range Saffron Chicken Breast Kebab** | Two skewers, grilled and served with rice pilaf
and a cucumber-yogurt sauce (gf) \$21
- Beef Kafta Kebab** | Marin Sun Farms pasture-raised beef meatball skewers,
grilled and served with rice pilaf (gf) \$21
- Salmon Kebab** | Sustainably-sourced grilled salmon skewers marinated in dill & tomato, served over rice (gf)..... \$23
- Veggie Kebabs** | Two Skewers of marinated Vegetable Kebabs with Organic Tofu, served over rice pilaf (gf) .. \$18.50

– Sandwiches –

- Grilled Lamb Shawarma Sandwich** | Spiced Superior Farms halal lamb, wrapped in lavash bread
with greens, served with a cucumber-yogurt sauce sandwich \$17.95 plate \$19.50
- Grilled Chicken Shawarma Sandwich** | Spiced baked chicken wrapped in lavash bread with greens,
served with a cucumber yogurt sauce sandwich \$17.50 plate \$19.95
- Grilled Falafel Sandwich** | House-made falafel balls wrapped in lavash with greens,
served w/tahini (vegan) sandwich \$16.50 plate \$18

– Fillo Pastries –

- Grecian Spinach & Feta** | A delicious mixture of spinach, feta, onion & chickpeas
- Chicken Cilicia** | Cinnamon-spiced chicken with chickpeas & raisins
- Cheese Karni** | Stuffed with melted mozzarella and feta cheeses, sautéed onions & mint
- Any combination of four Fillo pieces \$18.95