

Prepared Fresh Daily

Soups

CHICKEN NOODLE

CHICKEN & TORTILLA STRIPS

CHICKEN SAUSAGE & KALE

BEEF BARLEY & VEGETABLE

TURKEY & WILD RICE

PASTA FAGIOLI (VEGETARIAN)

ESCAROLE & WHITE BEAN (VEGAN)

BLACK BEAN (VEGAN)

LENTIL SWISS CHARD (VEGAN)

CREAMY TOMATO (VEGETARIAN)

SPICY PEPPER & PEANUT BUTTER

Salads

ARUGALA, MIXED GREENS & GOAT CHEESE SALAD

BABY KALE & QUINOA SALAD “POWER BOWL” - WITH VOODLES (VEGETABLE NOODLES),
PEANUT DUST, RED QUINOA, TAHINI - CILANTRO DRESSING

KALE TAHINI SALAD

SPINACH & BEET SALAD

CESAR SALAD

SHEPHERD’S SALAD

GREEK SALAD

MEDITERRANEAN SALAD

CABBAGE SALAD (MALFOOF SALAD) “OUR ORIGINAL RECIPE” - GREEN AND PURPLE
CABBAGE, GARLIC, LEMON, OLIVE OIL, SALT, PEPPER

FATTOUSH SALAD (One of Lebanon’s staple salad dishes) – MINT

FALAFEL OVER SALAD

CHICKPEA & FETA SALAD

TUNA SALAD

TARRAGON CHICKEN SALAD

***** SALAD ADD ONS

GRILLED CHICKEN

GRILLED STEAK

GRILLED SALMON

GRILLED TUNA

Mediterranean Sides/Appetizers

HUMMUS

SPICY HUMMUS

ROASTED BEETS HUMMUS

KALAMATA OLIVE HUMMUS

ZAATAR HUMMUS

SUNDRIED TOMATO HUMMUS

BABA GANNOUJ

TABOULI - BULGUR, PARSLEY, MINT, ONION, TOMATO, OLIVE OIL, LEMON

QUINOA TABOULI - SAME AS ABOVE ONLY WITH QUINOA INSTEAD OF BULGUR

MOUSAKKA – EGGPLANT, CHICKPEAS & ONIONS IN TOMATO SAUCE

LOUBIEH - STRING BEANS IN TOMATO SAUCE

STUFFED GRAPE LEAVES (VEGAN STYLE)

LABNEH STRAINED YOGURT

YOGURT & CUCUMBER WITH MINT & GARLIC

SHANKLEESH - FETA CHEESE, TOMATOES, ONION, ZAATAR, OLIVE OIL

FALAFEL - GROUND CHICKPEAS, HERBS & SPICES SERVED WITH TAHINI SAUCE

RICE PILAF

GLUTEN-FREE RICE

HARVEST RICE - ROASTED PINE NUTS, DRIED CRANBERRIES, RED ONION, PARSLEY, SALT & PEPPER, OLIVE OIL

BULGUR PILAF - WHOLE WHEAT BULGUR, CHICKPEAS & ONIONS IN TOMATO SAUCE

MOUDARDARA - LENTILS & RICE, ONION, OLIVE OIL, SALT & PEPPER

FAVA BEANS WITH CHICKPEAS IN GARLIC, LEMON & OLIVE OIL

LAMB SAUSAGE - LAMB & BEEF WITH MEDITERRANEAN SPICES

SUJUK BEEF SAUSAGE (A LITTLE SPICY)

SPINACH PIE – SPINACH, ONIONS, LEMON & OLIVE OIL

THYME FLATBREAD - LEBANESE THYME (ZAATAR), SUMAC, SESAME SEEDS & OLIVE OIL

FETA MOZZARELLA FLATBREAD

MEAT PIES

MEAT SAMBOOSEEK – SAMOSA-LIKE FLAKY DOUGH STUFFED WITH GROUND BEEF, SAUTEED ONION & MEDITERRANEAN SPICES

CHEESE SAMBOOSEEK - FETA AND MOZZARELLA FILLED FLAKY DOUGH

GROUND BEEF KIBBEH - BULGUR AND GROUND BEEF SHELL STUFFED WITH GROUND BEEF, ONIONS & MEDITERRANEAN SPICES

VEGETARIAN KIBBEH - PUMPKIN & BULGUR SHELL STUFFED WITH CHICKPEAS, SPINACH & ONIONS

Italian and Seasonal Sides

BROCCOLI RABE

ROASTED POTATOES WITH OLIVE OIL, GARLIC, & CILANTRO

ROSEMARY POTATOES

ROASTED CAULIFLOWER WITH OIL AND GARLIC

ROASTED BRUSSEL SPROUTS WITH OIL AND GARLIC

ROASTED ROOT VEGETABLE

CANNELINI IN A LIGHT TOMATO SAUCE

FETA MOZZARELLA FLATBREAD

INTERNATIONAL CHEESES

INTERNATIONAL OLIVES

BURATTA

MOZZARELLA DI BUFFULA

ITALIAN ENTREES

MEATBALLS IN MARINARA SAUCE

MEAT LASAGNA

VEGETARIAN LASAGNA

SPAGHETTI WITH MARINARA SAUCE

BAKED RIGATONI

BAKED RIGATONI BOLOGNESE

RIGATONI BOLOGNESE

RIGATONI ALA VODKA

RIGATONI WITH BROCCOLI RABE (ALSO AVAILABLE WITH CHICKEN SAUSAGE)

DITALINI WITH PEAS & EGGS IN TOMATO SAUCE

LINGUINI AIOLOI (ALSO AVAILABLE VEGAN)

FETTUCCINI AL FREDO

FETTUCCINI PESTO PRIMAVERA

EGGPLANT PINWHEELS - AN ENHANCED & IMPROVED VERSION OF EGGPLANT PARMAGIANA

STUFFED PEPPERS (ITALIAN STYLE)

RATATOUILLE WITH QUINOA (VEGAN & GLUTEN-FREE)

CHICKEN PARMIGIANA

CHICKEN FRANCAISE WITH LINGUINE AIOLI

CHICKEN MARSALA

CHICKEN SCARPARELLO

CHICKEN CACCIATIRE OVER LINGUINI

CHICKEN PICATTA

BALSAMIC CHICKEN WITH FETTUCCINI PESTO PRIMAVERA

SAUSAGE, PEPPERS & ONIONS

CHICKEN SAUSAGE, PEPPERS & ONIONS

VEAL PARMIGIANA

SHRIMP PARMIGIANA

SHRIMP SCAMPI

SEAFOOD MARINARA

SEAFOOD FRA DIAVLO

AMERICAN ENTREES

HOMEMADE MAC & CHEESE WITH TOASTED BREADCRUMBS

GRILLED CHICKEN TENDERS WITH BROWN RICE & SPINACH

ROASTED CHICKEN WITH PAN GRAVY, SAUTEED SPINACH, & ROASTED POTATOES

CHICKEN ALA KING WITH HOMEMADE BISCUITS

BEEF TENDERLOIN

BEEF BURGUNDY WITH EGG NOODLES & FANCY CARROTS

FLAT IRON STEAK WITH ROASTED VEGETABLES

BEEF STEW

POT ROAST WITH VEGETABLES

MEATLOAF & MASHED POTATOES

BEEF STROGANOFF

GRILLED PORK CHOPS

STUFFED PORK LOIN WITH BAKED BUTTERNUT SQUASH

SEARED SALMON WITH MASHED POTATOES & VEGETABLES