



● gluten-free ● vegan ● contains nuts

## Dips

- Hummus** ●● chickpeas, garlic, tahini, lemon juice & olive oil
- Roasted Red Pepper Hummus** ●● chickpeas, garlic, tahini, lemon juice & olive oil
- Baba Gannouj** ●● roasted eggplant, garlic, tahini, lemon juice & olive oil

- Spicy Feta** ● feta cheese, greek yogurt, roasted red peppers & olive oil
- Tzatziki** ● greek yogurt, cucumber, garlic, mint & olive oil

## Soups

- |                       | cup                    | bowl |
|-----------------------|------------------------|------|
| <b>Lentil</b> ●●      | \$4                    | \$8  |
| <b>Chicken Orzo</b>   | \$4                    | \$8  |
| <b>Small Soup</b> \$7 | <b>Large Soup</b> \$14 |      |

*\*available to-go too!*

## Desserts


- Baklava** ● \$4
- Chocolate Halva** ●● \$12
- Pistachio Halva** ●● \$12

## Drinks

- |                             |     |                       |     |
|-----------------------------|-----|-----------------------|-----|
| <b>Hot Tea</b>              | \$4 | <b>Turkish Coffee</b> | \$5 |
| <b>Water</b>                | \$2 | <b>Mango Juice</b>    | \$6 |
| <b>Soft Drinks</b>          | \$2 | <b>Hibiscus Tea</b>   | \$6 |
| <b>Iced Tea / Green Tea</b> | \$5 |                       |     |


 **FOODS OF THE Mediterranean**  
Eat Healthy. Eat Mediterranean.

 **FOODS OF THE Mediterranean**  
Eat Healthy. Eat Mediterranean.

 **Allentown Fairgrounds Farmers' Market**  
1825 Chew St.  
Allentown, PA 18104

**EMAIL**  
Mediterraneanfoodpa@gmail.com

 **PHONE**  
610-770-7573

 **HOURS**  
Thurs 9am - 8pm  
Fri 8am - 8pm  
Sat 8am - 6pm



**EAT IN & TAKE OUT**

**CATERING AVAILABLE**

SPECIALIZING IN VEGAN, VEGETARIAN AND GLUTEN FREE FOODS  
OVER 60 HEALTHY AND DELICIOUS ITEMS SERVED HEART  
HEALTHY, LOW SODIUM, AND LOW CHOLESTEROL

*\*According to a healthy balanced Mediterranean diet*

**Catering is available upon request!**

**PLEASE CALL JIMMY AT 484-767-7543**

 [instagram.com/foodsofthemediterranean](https://www.instagram.com/foodsofthemediterranean)

 [facebook.com/foodsofthemediterranean](https://www.facebook.com/foodsofthemediterranean)

 [twitter.com/foodofthemed](https://twitter.com/foodofthemed)

WE ACCEPT (SURCHARGE APPLIES)



*\*According to a healthy balanced Mediterranean diet*



[mediterraneanfoodpa.com](https://www.mediterraneanfoodpa.com)



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## Appetizers

- Kibbee**  
ground beef, bulgur wheat, onion
- Veggie Kibbee** ●  
potato, bulgur wheat, chickpeas, onion
- Falafel Patty** ●  
lightly fried patty made from chickpeas, fava beans, parsley & onion
- Spanakopita**  
spinach, feta, ricotta, parmesan, in wheat fillo dough
- Fillo Swirl**  
spinach, feta in wheat fillo dough
- Meat Pie**  
ground beef & onion
- Spinach Pie** ●  
spinach & onion
- Spinach Feta Pie**  
spinach, feta & onion
- Greek Pizza**  
mozzarella, roasted red peppers, feta, black olives, garlic, green pepper, tomato & onion
- Zucchini Soufflé**  
zucchini, parmesan cheese, egg, parsley, bisquick, onion
- Meat Moussaka**  
eggplant, potato, ground beef, bechamel sauce
- Chicken Kabobs** ●  
marinated chicken, tomato, peppers, onion
- Kofta Kabobs** ●  
ground beef/lamb, parsley, kofta spice, onion
- Makdous** ●●●  
eggplant stuffed with walnut, red peppers
- Meat Grape Leaves** ●  
ground beef, rice, tomato, mint, onion
- Vegetarian Grape Leaves** ●●  
rice, mint, lemon juice & olive oil

## Salads

- Mediterranean Salad**  
tabbouleh, cyber, hummus & feta
- Greek Salad** ●  
lettuce, tomato, onion, olives, feta, artichoke, roasted red peppers, grape leaves with greek dressing
- Fattoush** ●●  
mixed vegetables in mediterranean dressing with roasted pita chips
- Gyro Salad**  
thinly sliced lamb over fattoush, mediterranean salad or greek salad
- Chicken Gyro Salad**  
chicken over fattoush, mediterranean salad or greek salad



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## Side Salads

- Artichokes** ●●  
artichokes, mint & olive oil
- Beet Salad** ●●●  
beets, parsley, in a homemade almond garlic sauce
- Bulgur** ●  
bulgur wheat, chickpeas, onion, in a homemade tomato sauce
- Chickpea Kale** ●●  
chickpeas, kale, mixed peppers, fresh garlic, lemon juice & olive oil
- Chickpea Salad** ●●  
chickpeas, parsley, roasted red peppers, pomegranate dressing, lemon juice & olive oil
- Crispy Kale Salad** ●●●  
kale, carrots, red onion, red cabbage, edamame beans, sesame seed, sunflower seed, fresh ginger, sesame oil, rice vinegar
- Cyber** ●●  
cucumber, tomato, onion, balsamic, oregano & olive oil
- Grandma's Cabbage Salad** ●●  
red cabbage, carrot, parsley, garlic, lemon juice & olive oil
- Greek Holiday Salad** ●●  
beets, cabbage, corn, carrots, parsley, mint, pomegranate molasses, red wine & olive oil
- Greek Pasta Salad**  
mixed pasta, feta, black olives, mixed peppers, cherry tomato, lemon juice & olive oil
- Herbed Feta** ●  
feta, mint, garlic & olive oil
- Kale & Quinoa** ●  
kale, quinoa, feta, mixed peppers, cherry tomatoes, cucumber, black olives, garlic powder, oregano & olive oil
- Koushere** ●  
lentil, chickpeas, rice, pasta, fried onion, with a homemade garlic tomato sauce
- Mariam Salad** ●●  
cucumber, tomato, mixed peppers, fresh mint, parsley, lemon juice & olive oil
- Mediterranean Arugula Couscous**  
couscous, red onion, fresh garlic, chickpeas, cherry tomatoes, kalamata olives, fresh basil, feta, lemon juice & olive oil
- Mediterranean Beets** ●  
fresh beets, bulgur wheat, special tomato dressing, parsley, lemon juice, pomegranate dressing & olive oil
- Mediterranean Cauliflower** ●●  
lightly fried and served with tahini sauce
- Mediterranean Mix** ●  
grandma's special mix: cyber, tabbouleh, megadara, bulgur, white bean
- Mediterranean Rice** ●●●  
rice, mixed vegetables, roasted almonds
- Mediterranean Tuna** ●  
tuna, mixed peppers, red onion, celery, kalamata olives, capers, dill, parsley, cumin, lemon juice & olive oil
- Megadara** ●●  
lentil, rice, onion, tomato & homemade tomato sauce
- Moroccan Couscous**  
couscous, carrots, celery, feta, roasted red peppers, mint, lemon juice & olive oil
- Moussaka** ●●  
roasted eggplants, green pepper in a homemade garlic tomato sauce
- Olive & Feta** ●  
mixed olives, feta, mixed peppers in a homemade dressing
- Potato Salad** ●●  
potato, mint, parsley, lemon juice & olive oil
- Roasted Red Peppers** ●●  
roasted red peppers, garlic & olive oil
- Smeed** ●  
bulgur wheat, tomato paste, onion, parsley, mint & olive oil
- Spinach Pomegranate** ●●  
spinach, pomegranate seeds, red onion in a homemade dressing
- Tabbouleh** ●  
bulgur wheat, parsley, tomato, mint, lemon juice & olive oil
- Turkish Bean Salad** ●●  
mixed beans, parsley, onion, mixed peppers, pomegranate dressing, lemon juice & olive oil
- Turkish Tabbouleh** ●  
bulgur, parsley, tomato, roasted red pepper paste, cooked
- Veggie Israeli Couscous** ●●  
couscous, fresh mint, fresh basil, fresh garlic, cranberry, walnuts, mixed peppers, lemon juice & olive oil
- Veggie Lentil Salad** ●●  
lentils, red onion, green onion, tomato, fresh mint, parsley, pomagranate molasses & olive oil
- White Bean Salad** ●●  
northern beans, scallions, balsamic & olive oil

## Sandwiches

platter: choose 2 sides from side salads, dips, soups or fries

Extra or Double Meat +\$3/\$5  
Extra Sauce +\$1  
Extra Feta +\$1.50

	sandwich	platter
<b>Gyro</b> thinly sliced lamb or chicken, tzatziki, lettuce, tomato & onion	\$12	\$17
<b>Shawarma</b> lamb or chicken, hummus, lettuce, tomato, parsley & onion	\$12	\$17
<b>Grilled Chicken Pita</b> hummus, lettuce, tomato, parsley & onion	\$12	\$17
<b>Mediterranean Tuna Pita</b> lettuce, tomato & onion	\$12	\$17
<b>Kofta Kabob Pita</b> lettuce, tomato & onion	\$13	\$18
<b>Meat Kibbee Pita</b> tzatziki, lettuce, tomato, parsley & onion	\$12	\$17
<b>Feta Pita</b> feta, lettuce, tomato & onion	\$12	\$17

## Vegetarian Sandwiches

platter: choose 2 sides from side salads, dips, soups or fries



	sandwich	platter
<b>Falafel</b> ● hummus, lettuce, tomato, parsley & onion	\$11	\$16
<b>Hummus &amp; Tabbouleh Pita</b> ● lettuce, tomato & onion	\$11	\$16
<b>Hummus Pita</b> ● lettuce, tomato, parsley & onion	\$11	\$16
<b>Cauliflower Pita</b> ● tahini, lettuce, tomato, parsley & onion	\$11	\$16
<b>Veggie Gyro</b> ● tabbouleh, cyber, tzatziki, hummus, lettuce, tomato & onion	\$11	\$16
<b>Veggie Pita</b> tabbouleh, cyber, tzatziki, hummus, lettuce, tomato & onion	\$11	\$16
<b>Veggie Kibbee Pita</b> hummus, lettuce, tomato & onion	\$11	\$16
<b>Veggie Zaatar Pita</b> ● moussaka, hummus, lettuce, tomato & onion	\$12	\$17
<b>Mezza Platter</b> ● a selection of five side salad or dips with a white or wheat pita	-	\$15

### Sandwich Kit

Everything you need to make your favorite sandwich at home!

add \$1 to any sandwich

### Family Bundle

Mediterranean night for the whole family! Choose Lamb or Chicken, Tzatziki, Gyro Bread.

5 sandwiches \$50

10 sandwiches \$95

