



● gluten-free ● vegan ● contains nuts

Dips

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

- Muhammara Dip** ●●
Walnut, Roasted Red Peppers, Hot Roasted Red Pepper Paste, Garlic, Pomegranate Molasses, Tihini, Bread-crumbs & Olive Oil
- Spicy Feta** ●
feta cheese, greek yogurt, roasted red peppers & olive oil
- Tzatziki** ●
greek yogurt, cucumber, garlic,

Soups

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

*available to-go too!


Drinks

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

Desserts


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

 **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

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

WE ACCEPT (SURCHARGE APPLIES)



*According to a healthy balanced Mediterranean diet

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EAT IN & TAKE OUT

CATERING AVAILABLE



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

Vegetarian Sandwiches

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

YES! we have



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