

# La Méditerranée

— SINCE 1979 —

## CATERING MENU



— ORDER ONLINE —

[www.cafelamedsf.com](http://www.cafelamedsf.com)

[information@cafelamedsf.com](mailto:information@cafelamedsf.com)

OR CALL

**(415) 921-2956**

2210 Fillmore Street (at Sacramento), San Francisco

PICKUP & DELIVERY

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### *La Méditerranée Chez Vous!*

Family owned and operated since 1979, our casually elegant finger foods are perfect for parties, picnics, meetings, office luncheons, and get-togethers of all kinds.

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.

## ∞ Prix-Fixe Menus ∞

Take the guesswork out of your preparations!

MIN. ORDER: 10 PEOPLE

### LUNCH MEZA

Hummos, Organic Green Salad, Falafel, Rice Pilaf,  
Grecian Spinach & Feta Fillo, and choice of entrée:

- Chicken Pomegranate (*gf*)
- Chicken Cilicia Fillo
- Grilled Vegetables (*vegan, gf*)
- Salmon (*gf*) add \$3.50
- Mary's Free-range Grilled Saffron Chicken (*gf*) add \$2
- Beef Kafta (*gf*) add \$2
- Vegan Kafta (*vegan, gf*) add \$3.50

\$15.95/person (one entrée) | \$18.50/person (two entrées)



### THE MEDITERRANEAN MEZA

- Hummos (*vegan, gf*)
- Baba Ghanoush (*vegan, gf*)
- Tabuleh (*vegan*)
- Armenian Potato Salad
- Falafel (*vegan, gf*)
- Dolma (*vegan, gf*)
- Grecian Spinach & Feta Fillo
- Chicken Cilicia Fillo
- Chicken Pomegranate (*gf*)
- Lamb Lule (*gf*)
- Rice Pilaf (*vegan, gf*)

\$26/person

### THE MEZA MAGNIFIQUE

Everything in the Mediterranean Meza, plus Feta, Olives,  
Fruit & Cheese, Baklava and Datil Amandra.

\$30/person

## Happy Hour Meza

Choose 5 of the following items:

- Mini Spinach and Feta Fillo
- Mini Chicken Cilicia
- Falafel (*vegan, gf*)
- Dolma (*vegan, gf*)
- Levant Sandwich
- Crudite (*vegan, gf*)
- Fruit and Cheese
- House-made Sweets
- Mini Saffron chicken Kebabs (*gf*) add \$3
- Mini Vegetable Kebabs (*vegan, gf*) add \$3
- Mini Salmon Kebabs (*gf*) add \$3.95
- Mini Beef Kefta Kebabs (*gf*) add \$3.95
- Goat Cheese and Walnut Stuffed Dates (*gf*) add \$3

\$10.95/person



### *New!* THE LUNCH SANDWICH COMBO MEZA

Chicken Shawarma & Falafel Sandwiches

Served buffet style with Hummos, Organic Green Salad, or Potato Salad  
& a trio of sauces ... \$15.50/person

**Add Baklava to any Meza** for \$1.95/person

***Vegan and Vegetarian Mezas Available***



# APPETIZER DIP PLATTERS

Choose 3-4 items below. Comes with pita bread for dipping.

**Hummos** (*vegan, gf*): Traditional garbanzo bean & garlic dip

**Roasted Red Pepper Hummos** (*vegan, gf*):

Mildly spicy with roasted chili and red pepper

**Baba Ghanoush** (*vegan, gf*): Grilled eggplant & garlic dip

**Djajiki** (*gf*): Lebni yogurt, garlic & cucumber dip

**Tabuleh** (*vegan*): Cracked wheat, parsley, tomato & lemon juice

**Harissa** (*vegan, gf*): Tomato, roasted pepper & walnut dip

**Armenian Potato Salad** (*vegan, gf*):

with diced tomatoes, mint, olive oil, lemon, parsley

**Mini Tray**

(serves 10) ... \$36

**Small Tray**

(serves 15) ... \$58

**Large Tray**

(serves 30) ... \$88

Add Z'aatar & Olive Oil Pita Chips

1/2 bag ... \$6.50      full bag ... \$12

## Salads

### MIXED GREEN SALAD (*gf*)

Salad of fresh organic mixed greens, tomato, cucumber, feta cheese, olives, veggies, and our house tomato vinaigrette.

Mini (serves 10) ..... \$29

Small (serves 20) ..... \$48

Large (serves 35) ..... \$69



### FRESH VEGGIE TRAY

Served with Tahini Dip

Mini (serves 10) ... \$39      Small (serves 20) ... \$56

Large (serves 40) ... \$88

# PARTY PLATTERS

*Our most popular finger foods, beautifully arranged and ready to serve.*

## **Mini** (serves 6)

24 pieces (6 of each item) . . . . . \$48

## **Small** (serves 12)

48 pieces (12 of each item) . . . . . \$84

## **Medium** (serves 20)

80 pieces (20 of each item) . . . . . \$116

## **Large** (serves 30)

120 pieces (30 of each item) . . . . . \$162



## **EACH PARTY PLATTER INCLUDES:**

**Chicken Cilicia** – Cinnamon spiced chicken and raisins baked in bite-sized fillo pastry.

## **Grecian Spinach & Feta Fillo**

Tasty spinach and feta cheese baked in bite-sized fillo pastry.

**Levant Sandwiches** – Vegetarian rolled finger sandwiches with cream cheese, herbs & fresh veggies.

**Dolma** (*vegan, gf*) – Grape leaves stuffed with rice, herbs, lemon & olive oil.

**Falafel** (*gf*) can be substituted for any item on party platter

Vegan garbanzo patties with Tahini Dip

Add quart of hummos & bag of pita to any party platter for \$24.95

## **VEGETARIAN/VEGAN PARTY PLATTERS**

Dolma, Spinach Fillo, Levant Sandwich and Falafel

*Platters can be all of one item upon request.*

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## Sandwich Platters

### Chicken Shawarma Sandwich

Spiced, baked chicken rolled in lavash with fresh greens served with cucumber yogurt sauce

### Falafel Sandwich *(vegan)*

Garbanzo patties rolled in lavash with fresh greens and tahini

Small (7 whole/14 halves) ... \$78

Large (10 whole/20 halves) ... \$104

### Mediterranean Charcuterie Platter

Assorted salamis & cold cuts with olives, crackers & tourche pickles.

Small (serves 20-30) ... \$79

Large (30-50) ... \$139



### Salmon Cakes *(gf)*

Our house made gluten-free salmon cakes served with a spicy tahini sauce

Mini (24 pieces) ... \$48    Small (48 pieces) ... \$90

Large (80 pieces) ... \$145

### Humm-Baby! Falafel Tray *(vegan, gf)*: 1/2 Hummos, 1/2 Falafel

Mini (serves 12) ... \$39    Small (serves 20) ... \$62

Large (serves 40) ... \$94    Dozen Falafel (with tahini) ... \$21

### Dips A La Carte

12 oz. (serves 5)..... \$8.95      Bag Pita ..... \$6.75

Quart (serves 12) ..... \$21      Bag Pita Chips ..... \$12

Gallon (serves 50) ..... \$75      12 oz. Olives ..... \$8.95

12 oz. Hot Sauce ..... \$8.95

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## Hot Entrées

### **CHICKEN POMEGRANATE DRUMSTICKS** (gf)

Sustainably-sourced drumsticks slow baked in our homemade pomegranate sauce ... \$39/dozen (\$3.25 each)

### **HALAL LAMB LULE MEATBALLS** (gf)

Superior Farms halal lamb meatballs stewed in our tomato onion sauce  
\$48/dozen (\$4/each)

### **VEGAN KAFTA MEATBALLS** (gf)

Non-GMO plant-based meatballs  
\$42/dozen (\$3.50/each)



### **Salmon Kebab Skewers** (gf)

Sustainably-raised Salmon marinated in a dill tomato sauce  
Mini ... \$72/dozen (\$6/each)    Large ... \$96/dozen (\$8/each)

### **Mary's Free-Range Saffron Chicken Breast Skewers** (gf)

or **Marin Sun Farms Beef Kafta Meatball Skewers** (gf)

or **Veggie Kebab Skewers** (gf)

Mini ... \$60/dozen (\$5/each)    Large ... \$84/dozen (\$7/each)

### — **RICE PILAF** (vegan, gf) —

Quart (serves 5-8) ... \$12    Gallon (serves 20-30) ... \$46

### **Cous Cous with Garbanzo & Currants** (vegan)

Gallon (serves 20-30) ... \$52

## ☺ **Box Lunches** ☺

FOR THE PARK OR THE OFFICE!

*All items served over rice (except sandwiches) and includes organic mixed green salad, hummos, pita bread and compostable cutlery.*

### **SAFFRON CHICKEN BREAST KEBAB (gf)**

Mary's Free-range grilled chicken  
served with cucumber yogurt sauce ... \$16.50

### **CHICKEN POMEGRANATE (gf)**

Three local and sustainably-sourced drumsticks marinated in  
pomegranate sauce ... \$15.95

### **LAMB LULE (gf)**

Local, grass-fed Superior Farms halal lamb meatballs  
in a tomato-onion sauce ... \$16.95

### **GRILLED BEEF KAFTA KEBAB (gf)**

Marin Sun Farms beef meatball skewer  
served with cucumber yogurt sauce ... \$16.95

### **GRILLED SALMON KEBAB (gf)**

Sustainably-sourced salmon skewer  
marinated in dill & tomato ... \$17.50

### **VEGGIE KEBAB (gf)**

Two skewers of marinated Vegetable Kebabs  
with Organic Tofu ... \$16.50

### **LEBANESE BEEF KIBBEH**

Marin Sun Farms spiced ground beef meatballs with cracked wheat,  
served with a cucumber yogurt sauce ... \$16.95

### **FALAFEL SANDWICH (vegan)\***

Crisp falafel balls wrapped in lavash bread  
with fresh greens & tahini ... \$15.50

### **CHICKEN SHAWARMA SANDWICH\***

Spiced baked chicken, wrapped in lavash bread  
served with a cucumber yogurt sauce ... \$15.95

### **LAMB SHAWARMA SANDWICH\***

Spiced and baked Superior Farms halal lamb, served with  
a cucumber-yogurt sauce ... \$16.95

*\*can be made gluten-free (served over rice) upon request (add \$1.50)*



## Salad Box Lunches

FOR THE PARK OR THE OFFICE!

*Includes pita bread and compostable cutlery.*

### SALAD MEDITERRANÉE

Hummos, Baba Ghanoush, Tabuleh, Armenian Potato Salad, Lentil Salad and Mixed Organic Greens with feta (can be made vegan or gluten-free upon request) ... \$16.50

### CHICKEN SALAD (gf)

Mary's Free Range saffron chicken breast kebab over organic greens, tomato, cucumber, egg & feta ... \$16.50

### SALMON SALAD (gf)

Sustainably-sourced skewer of Salmon over organic greens, tomato, cucumber & feta ... \$17.50

### FALAFEL SALAD (vegan, gf)

Crisp Falafel balls over organic greens, tomato, cucumber, feta and tahini ... \$15.50

**Add 2-piece Baklava to any Box Lunch ... \$1.95/each**



## ∞ Fruit & Sweets ∞

### FRUIT & CHEESE TRAYS

Seasonal assortment of fresh fruit and cheeses beautifully decorated for any occasion.

### SWEET TRAYS

Bite-size pieces of Datil Amandra, Baklava and homemade cake bites made with locally sourced organic dates and walnuts.

### COMBINATION TRAYS

*Choose a little of each!*

Combine the Fruit & Cheese Tray with the Sweet Tray to please everyone!

- Mini (serves 10) ..... \$48  
Small (serves 20) ..... \$82  
Large (serves 40) ..... \$139

*Our Baklava is prepared with locally sourced organic walnuts!*

### Organic Roasted Dates w/Goat Cheese & Walnuts (gf)

- Small (serves 20) ..... \$64  
Large (serves 40) ..... \$109



### DRINKS & TABLEWARE

- Moroccan Mint or Black Iced Tea & Organic Lemonade ... \$14/liter bottle  
Coke, Diet Coke, Sprite, Bottled Water, Sparkling Water ... \$2.95/each  
Compostable Tableware Setting (includes plates, cutlery,  
napkins, bamboo tongs and serving spoons) ... \$5/set of 10

– Call for Wine & Beer Selection –

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## ∞ Pickup & Delivery ∞

**AVAILABLE 7 DAYS A WEEK**

We kindly ask for 24-hour notice for all orders

### **San Francisco Delivery**

Please call for a quote.

### **Marin & South Bay Area Delivery**

Delivery charges are based on distance and size of order.

Please call for a quote.



## ∞ Weddings & Events ∞

In addition to our drop-off services we also offer catering for weddings, conferences and special events.

*Call one of our catering managers for more information.*

We require 24 hour notice for cancellation.

Less than 24 hour notice will result in a 75% charge of the order.

Same day cancellations will be charged in full.

For orders over \$1,000 we require 5 days notice for cancellation or it will result in a 50% charge of the order.



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