



LUNCH MENU

Let our flavors take you to the Mediterranean countries from Spain, France, Italy, Greece, Turkey, Middle East and Northern Africa to Morocco.

Bon Appetit!

Buen Provecho!

Buon Appetito!

Kali Oreksi!

Afiyet Olsun!

Bel Aafya!

Beteavon!

Sehha Wa Hana!

Est Gezunterhayt!

42 South Park Avenue. Helena MT. 59601. (406) 495-1212

A \$3.95 charge will be added for creating a lunch entrée on two plates in the kitchen.



Contains wheat that it can be made gluten free upon request



Gluten free



Vegetarian

Antipasti - Tapas - Mezzes - Appetizers



Antipasto Misto

13.95

An assortment of freshly grilled vegetables, artichoke hearts, fresh mozzarella, fresh basil and Sicilian Caponata (a rich tomato relish with eggplant, capers, pine nuts and olives), lightly drizzled with extra virgin olive oil and balsamic wine vinegar. Chilled and served with flat bread.



Mozzarella Caprese

12.95

Fresh mozzarella, fresh Roma tomatoes and fresh basil, lightly drizzled with extra virgin olive oil and balsamic wine vinegar. Chilled and served with flat bread.



Stuffed Grape Leaves

10.95

Delicate and hand rolled grape leaves, stuffed with a heavenly blend of rice, onions, tomatoes, fresh dill, pine nuts, currents, lemon juice and mint, and cooked in olive oil.



Hummus

8.95

Hummus is now part of the global menu, made by garbanzo beans pureed with tahini sauce, garlic and fresh lemon juice, topped with chopped parsley, paprika and extra virgin olive oil and served with flat bread *“fresh cut vegetables may be substituted for gluten free option”*.



Bisara

8.95

Bisara is an Egyptian fava bean puree made with an abundance of fresh green herbs and spices, and eaten in the same manner that Lebanese and Palestinians eat hummus, as part of a meze table with flat bread. Bisara is flavored with fresh mint, coriander, Italian parsley and dill *“fresh cut vegetables may be substituted for gluten free option”*.



Baba-Ghannouj

8.95

Baba-Ghannouj is a Middle Eastern puree of roasted eggplant, tahini, fresh lemon juice, extra virgin olive oil and garlic, topped with chopped parsley, paprika and served with flat bread *“fresh cut vegetables may be substituted for gluten free option”*.



Muhammara

8.95

Famous Muhammara comes from Aleppo in Syria. This blend of walnuts, roasted red bell peppers, and pomegranate molasses is used as a dip or a spread and served with flat bread *“fresh cut vegetables may be substituted for gluten free option”*.



Tapenade

8.95

A South of France specialty from the Provence: a blend of black and green olives, garlic, capers, anchovies, Dijon mustard, fresh lemon juice, extra virgin olive oil and a touch of cognac, served with flat bread *“fresh cut vegetables may be substituted for gluten free option”*.



Spinakopita

10.95

Fresh spinach, feta cheese and green onions, rolled in a spiral shape with handmade phyllo dough, topped with sesame and nigella seeds and baked in the Wood Stone oven, served with spring greens and plain yogurt.



Mini Lamb Brochettes

14.95

Marinated lamb cubes skewered and broiled to perfection, served with fresh greens, marinated red onions and spices.



Mini Chicken Brochettes

14.95

Marinated organic chicken breast cubes skewered and broiled to perfection, served with fresh greens, marinated red onions and spices.



Appetizer Sampler

12.95

Choose three from Hummus, Baba-Ghannouj, Muhammara, Tapenade or Bisara, served with flat bread *“fresh cut vegetables may be substituted for gluten free option”*.

*** Our flat bread is made by hand with organic flour daily. Additional flat bread order will be \$2.50

Insalate-Salata-Salade-Salad

(All of our salad dressings are made from scratch in the restaurant)

	<u>Full Salad</u>	<u>Half Salad</u>
 Insalata Frutti di Mare	18.95	<i>Not available</i>
Marinated shrimp, scallops, calamari and mussels on a bed of organic baby greens, Roma tomatoes, red and green bell peppers, cucumbers, julienne red onions, sun dried tomatoes and tossed with Dijon dill dressing.		
 Insalata D'estate	19.95	<i>Not available</i>
This salad is resplendent with the flavors and colors of the Mediterranean Riviera. Organic baby greens, oranges, Roma tomatoes, red and green bell peppers, julienne red onions, cucumbers, sun dried tomatoes, and splashed with extra virgin olive oil, balsamic vinegar, and Dijon dill dressing. Topped artfully with fresh grilled salmon.		
 Insalata di Spinaci	12.95	7.95
Fresh spinach leaves, mushrooms, julienne red onions, crisp prosciutto ham, lemon mustard vinaigrette topped with feta cheese, Parmigiano cheese and toasted almonds.		
  Greek Salad	12.95	7.95
Fresh hand cut crisp romaine lettuce tossed with cucumbers, Roma tomatoes, red onions, red and green bell peppers and lemon garlic vinaigrette topped with feta cheese, Kalamata olives and mint.		
 Caesar Salad	10.95	7.95
Fresh hand cut crisp romaine lettuce with tangy Caesar dressing, Parmigiano cheese and croutons.		
Add Organic Chicken Breast	7.95	
Add 8 oz. Grilled Fresh Salmon Fillet	11.95	
Add Anchovies	3.25	
  Side House Salad	<i>Not Available</i>	7.25
Organic baby greens topped with marinated tomatoes and lemon garlic dressing.		

Paste-Makarna-Pasta

 Fettuccine con Pollo e Alfredo	12.95
Organic chicken breast sautéed with mushrooms and green onions served over fettuccine pasta with Alfredo sauce.	
 Fettuccine "Paglia e Fieno" (Straw and Hay)	12.95
Traditional and spinach fettuccine, prosciutto, mushrooms and peas, all tossed in Alfredo sauce.	
 Baked Rigatoni with Bolognese Meat Sauce	13.95
Rigatoni pasta tossed into Bolognese meat, marinara and Alfredo sauces, baked in our Wood Stone oven and topped with mozzarella and Parmigiano cheese.	
Tortelloni con Pollo	13.95
Cheese tortellini, spinach fettuccine, roasted red bell peppers, sun dried tomatoes, julienne red onions & organic chicken breast sautéed in Genovese pesto sauce.	

Pizza dal Forno – Pizza

(8" individual pizzas. We make our pizza sauce from scratch using fresh Roma tomatoes)



Pizza Margherita

9.95

This pizza with fresh Roma tomato sauce, fresh mozzarella, and fresh basil will be displaying the national colors of Italy, topped with Parmigiano cheese.



Pizza Vegetariana

9.95

This pizza is served with a base of fresh Roma tomato sauce, mozzarella cheese, fresh Roma tomatoes, red and green bell peppers, zucchini, yellow squash, julienne red onions, mushrooms and sliced black olives, topped with Parmigiano cheese.

Pizza alla Siciliana

9.95

Pepperoni, fresh Roma tomatoes, mushrooms, red and green bell peppers, julienne red onions, sliced black olives, fresh Roma tomato sauce, mozzarella and Parmigiano cheeses.

Pizza Quattro Stagioni- “Four seasons” pizza

9.95

Prosciutto ham, finely chopped artichokes, mushrooms and sliced black olives each cover a quarter of this pizza served with a base of fresh Roma tomato sauce and mozzarella cheese, topped with Parmigiano cheese.

Lahmacun-*Spicy Eastern Mediterranean Pizza with Meat*

12.95

A superb combination of ground lamb, red and green bell peppers, tomatoes, fresh herbs and spices, it melts as it cooks into thin, flat dough, which is then garnished with fresh greens and rolled into a tube for easier eating.

Sandwiches-Sandvic-Bocadillo-Panino

(Our sandwiches are served with a side salad topped with marinated tomatoes and lemon garlic dressing)

Egyptian Chicken Breast Sandwich

Full
12.95

Half
7.95

Juicy organic chicken breast marinated in yogurt, cardamom, curry and turmeric seasoning, broiled and served on flat bread with baby greens and tomato slices.

Gyro Sandwich

12.95

7.95

Grilled seasoned ground beef slices served with baby greens, tomato slices tahini and tzatziki sauces on flat bread.



Falafel Sandwich

12.95

7.95

These tasty vegetarian patties are originally from Egypt where they are known as ta'miyah. Fried patties of garbanzo beans and spices garnished with tomatoes, fresh herbs, greens and tahini sauce on flat bread is the Lebanese/Syrian way of serving this sandwich.

Pan Bagnat

14.95

Not available

Grilled fresh salmon fillet, red bell peppers, tomatoes, cucumbers, red onions, hard boiled egg slices and tapenade, served with garlic olive oil on a baguette.

Zuppe-Soupa –Corba –Potage-Soup-Chorba

	<u>Bowl</u>	<u>Cup</u>
 Turkish Spinach and Lentil Soup Mildly spiced lentil soup with fresh spinach.	7.95	4.95
Soup du Jour Soups prepared daily with fresh ingredients.	7.95	4.95

Desserts-Dulce-Dolce-Tatli

Tiramisu 7.75

Meaning “carry me up”, this dessert is a light composition of lady fingers dipped in Starbucks Coffee-Marsala wine mixture, then layered with Mascarpone cheese and shaved chocolate, and served with our homemade caramel sauce.



Crème Caramel 7.25

Mediterranean custard, baked in a caramel-coated mold, chilled and glazed with caramel sauce. This is also known in France as *crème renversee*, in Italy as *crema caramela* and in Spain as *flan*.

Baklava 6.75

Baklava is very popular in Greece, Turkey and the Middle East. This sweet dessert is made with many layers of butter drenched Phyllo pastry, spices and chopped walnuts, baked and finished with honey lemon syrup.

Kunefe 7.00

This popular Turkish dessert is best when it is served hot. Our Kunefe is made with shredded Phyllo pastry, butter and walnuts, Mascarpone and Kasserri cheese. Baked in our Wood Stone oven, topped with pistachio nuts and finished with honey lemon syrup.

Choc’ late Lovin Spoon Cake 7.75

A giant mouthful chocolate pudding between two layers of dark, moist Chocolate-drenched chocolate cake.

Crème Brulee Cheesecake 7.75

The marriage of two great classics; the rich perfection of Madagascar vanilla bean flecked crème brulee layered a-mingle with the lightest cheesecakes to create something unimaginably luscious. Hand-fired and mirrored with burnt caramel.

Mediterranean Grill

The Mediterranean Grill opened for business on 5 January 2004. The restaurant features colorful versions of a blue ceiling and facades to create an outdoor Mediterranean alley atmosphere showcasing food from the countries that coast the Mediterranean Sea. The entrees are updated on a regular basis to reflect the most appropriate for the season. The food is prepared from the freshest ingredients to your satisfaction under our chef's meticulous attention to each presented plate. Our friendly staff will recommend the wine and beer most appropriate for your visit and cater to your every need.

The Food

Mediterranean food, by most accounts, is most sensuous. By virtue of its earthiness, the finest and freshest ingredients are prepared from scratch. To us, the real beauty is in the food's content and flavor, which comes from thousands of years of understanding its needs and wants and what suits the best to savor the taste of those who order the food.

Mediterranean food spans Turkey in the North East and Egypt in the South East and continues with those countries lapping the Mediterranean Sea ending in Spain and Morocco.

Olive oil is the best-known ingredient of the Mediterranean diet. "Extra Virgin" olive oil is used mainly in fresh salads and "Pure" olive oil is used for the cooked entrees.

Herbs grow wild in the mountains and on the seashores. Oregano, laurel, thyme, dill and basil are the classical Mediterranean herbs. Their intense aromas are a wonderful adjunct to a diet which fresh or lightly grilled ingredients play such a major part. Cumin, pepper, turmeric, cinnamon and coriander dominate North African cooking, together with caraway and chilies. In the Eastern Mediterranean, mint, parsley, sesame and rose-pedals are extensively used. Finally, Mediterranean garlic comes in many varieties, and is used in practically every dish. A pinch of saffron is used to give an extraordinary flavor and color to risotto or paella.

The Meal

The perfect Mediterranean meal is a sensuous experience equaled by none. From the moment the eye catches the food and matches it to its surroundings, until the moment the smell senses are activated by the fresh taste of the meal, the end result is to be savored by our guests.

The Procedure

In Mediterranean regions, mealtime is a definite family event. It all starts with gathering around the table with some piping hot flat bread, lavosh and/or focaccia bread and a lot of love. Those gathered around would break the bread and pass it around, each dipping into their preferred territory of the masatray of the day (appetizer tray). After there has been sufficient time to consume and appreciate the appetizer course, some wine is used to prime the taste buds for the next encounter in order. Meanwhile, the entrée plates are being meticulously prepared.

The Bread

Our thoughts reside with what you, our guest, receive when you visit us. Our flat, lavosh and focaccia breads start with dough that is mixed and kneaded every morning in house. Then it is baked in the Woodstone oven and served piping hot. This is our way of connecting the food to the earth that grows it, back to the people who live on its generous givings.

The Appetizers

The food we serve comes from thousands of years of arduous preparation aimed to understand natural food preservation. Grape leaves, for example, used to be picked in the middle of the season, when pH-level was suited to the taste of the filling content (first press olive oil and lemon mix). Back then, the leaves would be individually cleaned and stacked in salt water to preserve them. Nowadays, the tradition continues with each leaf being wrapped with the home-made mix that savors the taste and reminds our guests of how the food and the earth that grows it are still naturally connected.

The Desserts

From phyllo-dough based pastry (Baklava) to an Italian tiramisu, the Mediterranean meal is only complete once the sweet tooth craving has been satisfied.



DINNER MENU

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Gluten free



Vegetarian

Antipasti - Tapas - Mezzes - Appetizers



Antipasto Misto

13.95

An assortment of freshly grilled vegetables, artichoke hearts, fresh mozzarella, fresh basil and Sicilian Caponata (*a rich tomato relish with eggplant, capers, pine nuts and olives*), lightly drizzled with extra virgin olive oil and balsamic wine vinegar. Chilled and served with flat bread.



Mozzarella Caprese

12.95

Fresh mozzarella, fresh Roma tomatoes and fresh basil, lightly drizzled with extra virgin olive oil and balsamic wine vinegar. Chilled and served with flat bread.



Stuffed Grape Leaves

10.95

Delicate and hand rolled grape leaves, stuffed with a heavenly blend of rice, onions, tomatoes, fresh dill, pine nuts, currents, lemon juice and mint, and cooked in olive oil.



Hummus

8.95

Hummus is now part of the global menu, made by garbanzo beans pureed with tahini sauce, garlic and fresh lemon juice, topped with chopped parsley, paprika and extra virgin olive oil and served with flat bread *"fresh cut vegetables may be substituted for gluten free option"*.



Bisara

8.95

Bisara is an Egyptian fava bean puree made with an abundance of fresh green herbs and spices, and eaten in the same manner that Lebanese and Palestinians eat hummus, as part of a meze table with flat bread. Bisara is flavored with fresh mint, coriander, Italian parsley and dill *"fresh cut vegetables may be substituted for gluten free option"*.



Baba-Ghannouj

8.95

Baba-Ghannouj is a Middle Eastern puree of roasted eggplant, tahini, fresh lemon juice, extra virgin olive oil and garlic, topped with chopped parsley, paprika and served with flat bread *"fresh cut vegetables may be substituted for gluten free option"*.



Muhammara

8.95

Famous Muhammara comes from Aleppo in Syria. This blend of walnuts, roasted red bell peppers, and pomegranate molasses is used as a dip or a spread and served with flat bread *"fresh cut vegetables may be substituted for gluten free option"*.



Tapenade

8.95

A South of France specialty from the Provence: a blend of black and green olives, garlic, capers, anchovies, Dijon mustard, fresh lemon juice, extra virgin olive oil and a touch of cognac, served with flat bread *"fresh cut vegetables may be substituted for gluten free option"*.



Spinakopita

10.95

Fresh spinach, feta cheese and green onions, rolled in a spiral shape with handmade phyllo dough, topped with sesame and nigella seeds and baked in the Wood Stone oven, served with spring greens and plain yogurt.



Mini Lamb Brochettes

14.95

Marinated lamb cubes skewered and broiled to perfection, served with fresh greens, marinated red onions and spices.



Mini Chicken Brochettes

14.95

Marinated organic chicken breast cubes skewered and broiled to perfection, served with fresh greens, marinated red onions and spices.



Appetizer Sampler

12.95

Choose three from Hummus, Baba-Ghannouj, Muhammara, Tapenade or Bisara, served with flat bread *"fresh cut vegetables may be substituted for gluten free option"*.

*** Our flat bread is made by hand with organic flour daily. Additional flat bread order will be \$2.50

Insalate-Salata-Salade-Salad



Insalata Frutti di Mare

18.95

Marinated shrimp, scallops, calamari and mussels on a bed of organic baby greens with lemon, Roma tomatoes, red and green bell peppers, cucumbers, julienne red onions, sun dried tomatoes and tossed with Dijon dill dressing.



Insalata D'estate

19.95

This salad is resplendent with the flavors and colors of the Mediterranean Riviera: organic baby greens, oranges, Roma tomatoes, red and green bell peppers, julienne red onions, cucumbers, sun dried tomatoes, and splashed with extra virgin olive oil, balsamic vinegar, and Dijon dill dressing. Topped artfully with fresh grilled salmon.



Insalata di Spinaci

12.95

Fresh spinach leaves, mushrooms, red onions, crisp prosciutto ham, lemon mustard vinaigrette topped with feta cheese, Parmigiano cheese and toasted almonds.



Greek Salad

12.95

Fresh hand cut crisp romaine lettuce tossed with cucumbers, Roma tomatoes, julienne red onions, red and green bell peppers and lemon garlic vinaigrette topped with feta cheese, Kalamata olives and fresh mint.



Caesar Salad

10.95

Fresh hand cut crisp romaine lettuce with tangy Caesar dressing, Parmigiano cheese and croutons.

Add Organic Chicken Breast

7.95

Add Grilled 8oz. Fresh Salmon Fillet

11.95

Add Anchovies

3.25

Paste-Makarna-Pasta

Entrees are served with choice of soup or house salad.

Add 2.50 for side Caesar or 3.50 for side Greek salad or side spinach salad.



Gnocchi Di Ricotta e Spinaci

20.95

Our homemade spinach and ricotta dumplings served with caramelized red onions, mushrooms, roasted red bell peppers, sun dried tomatoes, scallions, garlic and white wine, topped with Parmigiano cheese.



Lasagna di Verdure

20.95

Wood Stone oven baked lasagna with spinach, zucchini, squash, red and green bell peppers, green beans caramelized onions, ricotta cheese, mozzarella cheese, marinara and cream sauce topped with Parmigiano cheese.

Lasagna con Pollo

20.95

Wood Stone oven baked lasagna with organic chicken breast, caramelized onions, pesto, ricotta, mozzarella and Alfredo sauce topped with Parmigiano cheese.

Lasagna Romagnola

20.95

Wood Stone oven baked lasagna with Bolognese meat sauce, marinara, mozzarella and Parmigiano cheese, topped with Alfredo sauce and Parmigiano cheese.



Baked Rigatoni with Bolognese Meat Sauce

20.95

Rigatoni pasta tossed into Bolognese meat, marinara and Alfredo sauces, baked in the Wood Stone oven and topped with mozzarella and Parmigiano cheese.



Seafood Linguine

25.95

Linguine pasta, prawns, fresh clams, fresh mussels, scallops and calamari tossed in garlic dill cream sauce with Parmigiano cheese.

Entrée-Entrante

*Entrees are served with choice of soup or house salad.
Add 2.50 for side Caesar or 3.50 for side Greek or side spinach salad.*



Imam Bayildi (The Imam Fainted)

21.95

According to the legend, the chef of an Imam first prepared this stuffed eggplant dish. It was so delicious that the Imam was swooning in ecstasy. We have no guarantees that our guests will swoon in ecstasy, but eggplant lovers will enjoy, this dish of stuffed and baked eggplants with sautéed onions, peppers and tomatoes. Served with basmati rice.



Chicken Brochette

24.95

Marinated organic chicken breast broiled to order on a skewer. Served over a bed of basmati rice, seasonal fresh vegetables with a side of garlic aioli.



Salmone Amaretti

25.95

Fresh pan seared salmon with sweet roasted nut butter served with basmati rice and seasonal fresh vegetables.



Paella

25.95

Steamed fresh mussels and clams with sautéed prawns, squid and organic/free range chicken, baked in the oven with tomatoes, peas and saffron rice.



Mediterranean Shrimp Kabob

25.95

These nine prawns are marinated in garlic, extra virgin olive oil, fresh squeezed lemon juice and fresh oregano then skewered and broiled to perfection. Served over a bed of basmati rice and seasonal fresh vegetables.



Swordfish Kabob

26.95

Fresh swordfish marinated in extra virgin olive oil, garlic, fresh squeezed lemon juice and fresh rosemary then skewered and broiled to perfection. Served over a bed of basmati rice and seasonal fresh vegetables.



Souvlaki

23.95

Marinated pork tenderloin broiled to order on a skewer. Served over a bed of basmati rice, seasonal fresh vegetables and side of tahini sauce.



Shish Kabob

25.95

Marinated lamb broiled to order on a skewer. Served over a bed of basmati rice, seasonal fresh vegetables and side of tahini sauce.



Lamb Chops

31.95

Marinated lamb chops in extra virgin olive oil, black pepper, fresh oregano and a hint of garlic. Broiled and served with roasted baby red potatoes and seasonal fresh vegetables.

Tournedos St. George

31.95

Eight ounces of beef tenderloin broiled to perfection and topped with tri color peppercorn sauce. Served with roasted baby red potatoes and seasonal fresh vegetables.



Medaglioni di Manzo al Funghetto

31.95

Eight ounces of beef tenderloin medallions, sautéed with Portobello mushrooms, garlic and Marsala wine, and served with roasted baby red potatoes and seasonal fresh vegetables.



Baharat Rubbed Grilled Rib Eye Steak

32.95

Sixteen ounces of rib eye steak rubbed with Baharat and grilled to perfection. Baharat is a mix of Middle Eastern spices used all around the Mediterranean. Served with roasted baby red potatoes and seasonal fresh vegetables.



Saltimbocca alla Romana

26.95

Veal medallions sautéed with prosciutto, fresh sage and Marsala wine, and topped with fresh mozzarella, served with roasted baby red potatoes and seasonal fresh vegetables.

Desserts-Dulce-Dolce-Tatli

Tiramisu

7.75

Meaning “carry me up”, this dessert is a light composition of lady fingers dipped in Starbucks Coffee-Marsala wine mixture, then layered with Mascarpone cheese and shaved chocolate, and served with our homemade caramel sauce.



Crème Caramel

7.25

Mediterranean custard, baked in a caramel-coated mold, chilled and glazed with caramel sauce. This is also known in France as *crème renversee*, in Italy as *crema caramela* and in Spain as *flan*.

Baklava

6.75

Baklava is very popular in Greece, Turkey and the Middle East. This sweet dessert is made with many layers of butter drenched Phyllo pastry, spices and chopped walnuts, baked and finished with honey lemon syrup.

Kunefe

7.00

This popular Turkish dessert is best when it is served hot. Our Kunefe is made with shredded Phyllo pastry, butter and walnuts, Mascarpone and Kasserri cheese. Baked in our Wood Stone oven, topped with pistachio nuts and finished with honey lemon syrup.

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7.75

A giant mouthful chocolate pudding between two layers of dark, moist Chocolate-drenched chocolate cake.

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The Desserts

From phyllo-dough based pastry (Baklava) to an Italian tiramisu, the Mediterranean meal is only complete once the sweet tooth craving has been satisfied.