



\*Recommended by Southern Mississippi Heart Center as Heart Healthy\*





# MEDITERRANEO

## LUNCH

### COMBOS

- BARCELONA** Choose a cup of soup, house salad, and one Tapa.....11
- ALEXANDRIA** Choose any three different Tapas.....13

### TAPAS

- FRESH CEVICHE**  Fresh seafood marinated in citrus with avocado, tomato salsa, tortilla chips in a chilled martini glass.....8
- DOLMADES**  Grape leaves stuffed with seasoned beef, rice, and Mediterranean spices..... 6
- CRAB CAKES**  
Served with a white Remoulade sauce.....7
- TOASTED BEEF RAVIOLI WITH ROASTED PEPPER MARINARA**  
Flank steak braised with wild mushrooms, caramelized onions, and stuffed in homemade ravioli, then fried with a roasted pepper and tomato marinara on the side.....7
- PIQUILLO PEPPERS**  
Red Piquillo peppers stuffed with honey goat cheese, fried golden brown with a roasted pepper sauce.....6
- FRIED ARTICHOKE HEARTS**  
With a tangy Alioli sauce.....4
- HUMMOS**  Garbanzo beans pureed with garlic, Tahini, and fresh lemon. Served with Pita bread.....3
- SEARED TUNA**  Peppercorn crusted 6 oz fresh Yellowfin tuna with ginger lime soy and artichokes..... 7
- SMOKED AHI TUNA DIP**  
Fresh Yellowfin tuna smoked in house and served with crostini crackers.....5

### SOUPS & SALADS (Add Chicken: 4.00, Add Shrimp: 4.00 Add Salmon: 5.00)

- AUTUMN SALAD**  
Sliced pears, arugula, mixed greens, toasted pecans, Gorgonzola cheese, bacon, sherry vinaigrette.....10
- GREEK SALAD**  
Traditional salad with Feta cheese, lettuce, tomatoes, olives, onions, and Greek vinaigrette.....8
- MEDITERRANEO SALAD**  
Romaine lettuce, onions, tomatoes, balsamic vinaigrette, pita chips, sumac spice.....7

## FRENCH ONION SOUP

With Gruyere cheese.....4/7

## EGYPTIAN LENTIL SOUP

Delicious traditional soup made with red lentils, carrots, and cumin.....4/7



## LUNCH

### SANDWICHES (choice of one side)

#### GYROS SANDWICH

Thinly sliced lamb in Pita bread, served with lettuce, onion, tomato, and Tzatziki sauce.....8

#### KABOB SANDWICH

Choice of grilled chicken breast or prime beef tenderloin wrapped in pita bread with Tahini sauce, lettuce, tomato, onion, and cucumber.....8

#### VEGETARIAN FALAFEL SANDWICH

Fried patties made with garbanzo beans, spices, wrapped in pita bread with Tahini sauce, lettuce, tomato, onion, and cucumber.....7

#### OPEN FACED RIBEYE STEAK SANDWICH

Prime ribeye steak sandwich in french bread with gruyere cheese, sautéed red onions, mushrooms, mayo, and a balsamic bbq sauce.....12

#### SHRIMP POBOY

Fried fresh gulf shrimp, served fully dressed on French bread.....8

#### MED CHICKEN PHILLY

Grilled chicken topped sautéed with tomato, roasted peppers, onions, and melted Gruyere cheese. Served on French bread.....9

#### CRAB CAKE SANDWICH

Our special lump crab cakes served on French bread with tomatoes, and lettuce, topped with a white Remoulade sauce.....10

### ENTREES (choice of side and house salad: add \$2.00 for Greek or Caesar Salad)

#### THREE COURSE LUNCH

Comes with house salad, choice of any entrée below, and one of our fresh baked in house desserts.....15

#### CHICKEN MEDITERRANEO

Panko bread crusted chicken breast, roasted and stuffed with Goat cheese, red peppers, and spinach.....13

#### GRILLED SALMON

Salmon marinated in a smoky Ancho chili and garlic paste, then grilled and topped with basil pesto.....14

#### PETIT FILET MIGNON

Grilled 6 oz Certified Angus Prime beef tenderloin prepared with herbs and our house marinade.....15

#### SHRIMP SCAMPI PASTA

Sauteed Gulf Shrimp in a creamy herbed lemon garlic sauce, mixed with angel hair pasta.....14

## MAHI MAHI

Grilled fresh 7oz Mahi steak with a choice of a garlic Beurre Blanc or onion basil vinaigrette.....14

**SIDES** Garlic Mashed Potatoes, Basil Pesto Pasta, Basmati Rice, Fries, Seasonal Vegetable.....3

**DRINKS** Coke, Diet Coke, Sprite, Sweet/Unsweet Tea, Coffee, Hot Moroccan Mint Tea.....2



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## DINNER

### TAPAS

#### FRESH SHRIMP CEVICHE

Fresh Gulf Shrimp marinated in citrus with avocado, tomato salsa, tortilla chips in a chilled glass.....10

#### SEARED JUMBO SCALLOPS

U-9 sea scallops served with avocado and spicy cilantro mayo.....12

#### TOASTED BEEF RAVIOLI WITH ROASTED PEPPER AND TOMATO MARINARA

Flank steak braised with wild mushrooms, caramelized onions, and stuffed in homemade ravioli, then fried with a roasted pepper and tomato marinara on the side.....9

#### CALAMARI FRITTI

Fried calamari topped with Parmesan cheese and lemon, with a Spanish Alioli sauce.....8

#### SPANISH GARLIC SHRIMP

Fresh shrimp sautéed in olive oil with garlic, Cointreau, and lemon.....10

#### DOLMADES

Grape leaves stuffed with seasoned beef, rice, and Mediterranean spices, served with Tzatziki sauce.....8

#### CRAB CAKES

With a white Remoulade sauce.....10

#### PIQUILLO PEPPERS

Red Piquillo peppers stuffed with honey goat cheese, fried golden brown.....7

#### FRIED ARTICHOKE HEARTS

With a tangy Alioli sauce.....8

#### HUMMOS

Garbanzo beans pureed with garlic, Tahini sauce, and fresh lemon juice.....5

#### SMOKED AHI TUNA DIP

Yellowfin tuna mesquite smoked in house and served with crostini crackers.....9

#### SEARED TUNA

Seared peppercorn crusted Yellowfin tuna with ginger lime soy and marinated artichokes.....10

### SALADS

## AUTUMN SALAD

Sliced pears, arugula, mixed greens, toasted pecans, Gorgonzola cheese, bacon, sherry vinaigrette.....10

## GREEK SALAD

Feta cheese, lettuce, tomatoes, olives, onions, with our home made Greek vinaigrette.....8

## MEDITERRANEO SALAD

Romaine lettuce, onions, tomatoes, pomegranate vinaigrette, pita chips, and sumac spice.....8

## SOUPS

### FRENCH ONION SOUP

With Gruyere cheese.....4/7

### EGYPTIAN LENTIL SOUP

Delicious hearty traditional soup made with red lentils, carrots, and cumin.....4/7



## ENTREES (choice of two sides and a house salad, one side for pasta dishes)

### GYROS PLATE

Tender shaved lamb served with pita bread, onions, lettuce, tomatoes, and Tzatziki sauce.....14

### STUFFED EGGPLANT

Half eggplant stuffed with ground beef, marinara and Bechamel sauce. Topped with aged Parmigiano Reggiano cheese.....18

### CHICKEN MEDITERRANEO

Panko breaded 9 oz chicken breast stuffed with Goat cheese, red peppers, spinach, and then fried.....22

### “ROPA VIEJA”

Cuban style grilled flank steak with tomatoes, onions, peppers and garlic in tomato chili sauce served over basmati rice.....18

### FILET MIGNON

Grilled 10 oz Certified Angus Prime filet of beef prepared with herbs and our house marinade.....29

### RIBEYE

Grilled 12 oz Certified Angus Prime Ribeye steak prepared with our house marinade.....27

### NEW ZEALAND LAMB CHOPS

Double cut lamb chops marinated in herbs, grilled, and served with a balsamic reduction.....25

### NORWEGIAN SALMON

Salmon marinated in a smoky Ancho chili and garlic paste, then grilled and topped with basil pesto.....23

### HERB MARINATED PORK CHOP

Grilled and served with an apricot chutney.....20

### MAHI MAHI

Grilled fresh 9oz Mahi steak with a choice of a garlic Beurre Blanc or Onion Basil Vinaigrette.....22

### SHRIMP SCAMPI PASTA

Sauteed Gulf Shrimp in a creamy herbed lemon garlic sauce, mixed with angel hair pasta .....22

### SEAFOOD PASTA PUTTANESCA

Mildly spicy marinara pasta with capers, tomatoes, garlic, kalamata olives, sautéed with shrimp and calamari, while mixed with linguini.....22

**SIDES** (\$4 Ala Carte)

- Garlic Mashed Potatoes
- Seasonal Vegetable
- Corn Maque Choux
- Basil Pesto Pasta
- Basmati Rice with Vermicelli

**HOMEMADE DESSERTS**

- Limoncello Tiramisu, Godiva Chocolate Cake, Bananas Foster Bread Pudding.....6
- Chocolate Ice Cream, Vanilla Ice Cream, Assorted Baklava.....4

**DRINKS**

- Coke, Diet Coke, Sprite, Sweet/Unsweet Tea, OJ, Coffee, Hot Moroccan Mint Tea.....2