

# ***Mediterrano***



**Turkish & Mediterranean Cuisine Of New Hampshire**

Welcome to our restaurant.

We will do our best to assure that your stay with us is pleasant, relaxing and punctuated with healthy and delicious meals.

The Mediterranean diet is well known for being healthy and nutritious. In line with this, at Mediterrano we ardently believe in fresh, high quality ingredients. Whenever possible we make strong efforts to source our protein and produce from local farmers and purveyors. In addition, we strive to craft victuals that nourish your body as well as your senses.

We flavor our foods with distinctive Turkish & Mediterranean herbs to make your dining experience unique and delightful.

Sit back , put your cares behind you and enjoy the time you spend with us.

Chef de Cuisine

John Kalem

# LUNCH MENU

## SOUPS & SALADS

- Red Lentil Soup (F-G-D-N-S)** **3.99**  
*A blend of red lentil beans, seasoning, vegetable and fresh herbs.*
- Mediterranno House Salad (F-G-D-N-S)** **6.99**  
*Green mix, tomatoes, cucumbers, carrots, corn, olives tossed in chef's special dressing.*  
*Add white cheese 1.00 | Add Chicken Gyro 2.99*
- Shepard Salad (F-G-D-N-S)** **7.99**  
*A Mediterranean classic, chopped tomato, cucumbers, onions, parsley tossed in our chef's special dressing.*  
*Add white cheese 1.00*

## COLD APPETIZERS

*(Recommended House Made Lavas Bread)*

- Stuffed Grape Leaves (F-G-D-N-S)** **4.99**  
*Extra thin vine leaves stuffed with rice ,vegetable and herbs.*
- Mediterranean Salsa (F-G-D-N-S)** **5.99**  
*Blended tomatoes, onions, bell peppers, parsley, garlic and crushed walnuts mixed with olive oil, herbs, and pomegranate sauce.*
- Babaganoush (F-G-D-N-S)** **6.99**  
*Pureed smoked eggplant, tahini, garlic with freshly squeezed lemon juice, and extra virgin olive oil.*
- Hummus (F-G-D-N-S)** **5.99**  
*Flavorful pureed chickpeas blended with a creamy tahini sauce, lemon juice, extra olive oil and a hint of garlic.*
- Meze Platter (F-G-D-N-S)** **12.99**  
*Great for sampling and sharing! Includes All of the above cold appetizers*
- Lavash Bread (F-G-D-N-S)** **1.99**  
*Fresh made hollow bread.Only sauce has dairy. Recommended with all the appetizers above.*

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## HOT APPETIZERS

<b>Falafel (F-G-D-N-S)</b>	<b>4.99</b>
<i>Chickpeas blended with celery, onions, garlic and herbs, served with our tahini sauce.</i>	
<b>Kibbeh (F-G-D-N-S)</b>	<b>6.99</b>
<i>Kibbeh is Lebanese dish made of bulgur with minced onion, garlic, red pepper, ground lamb and herbs. The best-known variety of a torpedo-shaped fried croquette. Serve with garlic yogurt dipping sauce. Only sauce has dairy.</i>	
<b>Spinach Pie (F-G-D-N-S)</b>	<b>5.99</b>
<i>Flaky filo sheets are layered with a spinach and white cheese filling.</i>	
<b>Ask for Appetizer Special</b>	<b>MP</b>

## VEGETABLE AND SEAFOOD SELECTIONS

<b>Mixed Vegetable Casserole (F-G-D-N-S)</b>	<b>6.99</b>
<i>Seasonal vegetables cooked in tomato sauce. Served with our homemade Rice.</i>	
<b>Add Shrimp (\$4.00) * Add Lamb (\$3.00) * Add Beef (\$3.00) * Add Chicken (\$2.00)</b>	
<b>Shrimp Kebab (F-G-D-N-S)</b>	<b>10.99</b>
<i>Served with homemade Rice and fresh greens, onion salad, pickled cabbage with chef's special dressing.</i>	
<b>Falafel Plate (F-G-D-N-S)</b>	<b>6.99</b>
<i>Served with homemade rice, onion salad, fresh greens, pickled red cabbage and falafel sauce.</i>	
<b>Mixed Vegetable Kebab (F-G-D-N-S)</b>	<b>6.99</b>
<i>Seasonal vegetables skewered and grilled. Served with homemade Rice and fresh greens, onion salad, pickled cabbage with chef's special dressing.</i>	

## TRADITIONAL KEBABS

*All skewered kebabs are freshly prepared, marinated and grilled. They are served with homemade Rice and fresh greens, onion salad, pickled cabbage with chef's special dressing*

<b>Chicken Doner/Gyro Kebab (F-G-D-N-S)</b>	<b>8.99</b>
<i>Slices of freshly seasoned chicken slow-cooked on a large vertical spit.</i>	
<b>Adana Lamb Kebab (F-G-D-N-S)</b>	<b>8.99</b>
<i>Grilled ground lamb seasoned with herbs and red bell peppers. It's very authentic Turkish Dish.</i>	
<b>Lamb Shish Kebab (F-G-D-N-S)</b>	<b>10.99</b>
<i>Tender cubes of Lamb marinated in our house sauce and grilled on skewers.</i>	
<b>Beef Shish Kebab (F-G-D-N-S)</b>	<b>9.99</b>
<i>Tender cubes of Beef marinated in our house sauce and grilled on skewers.</i>	
<b>Chicken Shish Kebab (F-G-D-N-S)</b>	<b>8.99</b>
<i>Tender cubes of chicken breast marinated in our house sauce and grilled on skewers.</i>	
<b>Kofte Kebab (F-G-D-N-S)</b>	<b>7.99</b>
<i>Ground Lamb and Beef patties seasoned with onions, parsley and herbs.</i>	

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## WRAPS

*Choice of meat down the below wrapped with greens and yogurt sauce. Serve with fresh greens, onion salad and pickled cabbage with chef special dressing*

Chicken Gyro Kebab Wrap (F-G-D-N-S)	6.99
Lamb Kebab Wrap (F-G-D-N-S)	8.99
Beef Kebab Wrap (F-G-D-N-S)	7.99
Chicken Shish Kebab Wrap (F-G-D-N-S)	7.99
Adana Lamb Kebab Wrap (F-G-D-N-S)	7.99
Kofte Kebab Wrap (F-G-D-N-S)	6.99
Falafel Wrap (F-G-D-N-S) (Add White Cheese \$1.00 Add Humus \$1.00)	5.99

## SIDES

French Fries (F-G-D-N-S)	1.99
Black Olives (F-G-D-N-S)	2.99
Traditional Rice (F-G-D-N-S)	2.99
White Cheese (F-G-D-N-S)	3.99

## KIDS MENU(ONLY 0-12 YEARS OLD)

Mini Chicken Kebab (F-G-D-N-S) With French Fries	5.99
Mini Kofte Kebab (F-G-D-N-S) With French Fries	5.99
Chicken Tenders (F-G-D-N-S) With French Fries	5.99

## HOMEMADE DESSERTS

Baklava (F-G-D-N-S)	5.99
<i>Baklava is a sweet pastry made of layers of filo pastry filled with chopped walnut and sweetened with our home made syrup.</i>	
Keskul (F-G-D-N-S)	4.99
<i>Keskul is almond base milk pudding.</i>	

Ask for Debra's Specials MP

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