

MEDITERRANO MENU

Turkish & Mediterranean Cuisine Of New Hampshire

We Love What We Do!

Our menu is only two page ; because we make what we make good!

All our food homemade ,from scratch daily!

We care about our guests who have any food allergies !

G: Gluten S: Shellfish N: Nut F: Fried D: Dairy (Red: *Contains* Black: *Does Not Contain*)

The Mediterranean diet is well known for being healthy and nutritious. In line with this, at Mediterraneo 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.

SOUPS & SALADS

Red Lentil Soup (F-G-D-N-S) 3.99

A blend of red lentil beans, seasoning and fresh herbs.

Mediterrano House Salad (F-G-D-N-S) 7.99

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) 8.99

A Mediterranean classic, chopped tomato, cucumbers, onions, parsley tossed in our chef's special dressing.

Add white cheese 1.00

COLD APPETIZERS

(Recommended with House Made Lavas Bread)

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

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HOT APPETIZERS

Falafel (F-G-D-N-S)	4.99
<i>Chickpeas blended with celery, onions and garlic served with our tahini sauce.</i>	
Stuffed Portobello Mushroom (F-G-D-N-S)	6.99
<i>Mushroom stuffed with ground lamb, oven baked with shredded cheese on top, served yogurt sauce</i>	
Spinach Pie (F-G-D-N-S)	5.99
<i>Flaky filo sheets are layered with a spinach and white cheese filling.</i>	
Fried Calamari (F-G-D-N-S)	9.99
<i>Golden crisp deep fried served with our chef special citrus sauce</i>	
Try our %100 natural homemade Turkish yogurt (from fresh raw milk)	4.99

TRADITIONAL KEBABS

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

Chicken Doner/Gyro Kebab (F-G-D-N-S) 12.99

Slices of freshly seasoned chicken slow-cooked on a large vertical spit.

Adana Lamb Kebab (F-G-D-N-S) *chef's signature* 14.99

Grilled ground lamb seasoned with herbs and red bell peppers. It's very authentic Turkish Dish.

Lamb Shish Kebab (F-G-D-N-S) 17.99

Tender cubes of Lamb marinated in our house sauce and grilled on skewers.

Beef Shish Kebab (F-G-D-N-S) 15.99

Tender cubes of Beef marinated in our house sauce and grilled on skewers.

Chicken Shish Kebab (F-G-D-N-S) 14.99

Tender cubes of chicken breast marinated in our house sauce and grilled on skewers.

Kofte Kebab (F-G-D-N-S) 12.99

Ground Lamb and Beef patties seasoned with onions, parsley and herbs.

Mixed Shish Kebab (F-G-D-N-S) 19.99

Combinations of Lamb, Beef and Chicken

Beyti Kebab (F-G-D-N-S) 16.99

Beyti is A Turkish Dish consisting of vegetable, lamb ,herbs .Grilled on the skewers.

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See Back Page For More Selections

VEGETABLE AND SEAFOOD SELECTIONS

Mixed Vegetable Sautee (F-G-D-N-S) 11.99

Seasonal vegetables sautéed in tomato sauce . Served with our homemade Rice.

Add Shrimp (\$6.00) * Add Lamb (\$5.00) * Add Beef (\$5.00) * Add Chicken (\$3.00)

Shrimp Kebab (F-G-D-N-S) 19.99

Served with homemade Rice and fresh greens, onion salad, pickled cabbage with chef's special dressing.

Falafel Plate (F-G-D-N-S) 10.99

Served with homemade rice, onion salad, fresh greens, pickled red cabbage and falafel sauce.

Mixed Vegetable Kebab (F-G-D-N-S) 10.99

Seasonal vegetables skewered and grilled. Served with homemade Rice and fresh greens, onion salad ,pickled cabbage with chef's special dressing

Ask About Our Daily Fresh Fish Special!

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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) 9.99

Lamb Kebab Wrap (F-G-D-N-S) 12.99

Beef Kebab Wrap (F-G-D-N-S) 11.99

Chicken Shish Kebab Wrap (F-G-D-N-S) 11.99

Adana Lamb Kebab Wrap (F-G-D-N-S) 10.99

Kofte Kebab Wrap (F-G-D-N-S) 9.99

Falafel Wrap (F-G-D-N-S) (Add White Cheese \$1.00 Add Humus \$1.00) 7.99

SIDES

French Fries (F-G-D-N-S) 1.99

Black Olives (F-G-D-N-S) 3.99

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