

MEDI TERRA

western mediterranean

lunch menu

for the table

grilled za'atar pita
6 | 12

house-made hummus

charcuterie board
32 | 46

assorted artisanal
cheeses and cured meats
imported from france,
spain & italy, served with
chef's accompaniments

tapas

grilled octopus 16
house made hummus,
cucumbers, arugula

garlic shrimp 16
lemon, smoked paprika,
white wine

ahi tuna tartar 16
cornichons, cucumber,
julienne fries

steamed mussels 18
fennel, chorizo, wine,
light cream broth

spanish clams 18
chorizo,
ginger butter beans

truffle burrata 12
kamoto tomatoes,
balsamic glaze

croquetas de jamon 14
jamon serrano,
manchego cheese, aioli

filet mignon carpaccio 16
arugula, shaved parmigiana

soups

soups are a vital part of the culinary heritage of the mediterranean. from winter warmers to summer coolers there's an intense flavored soup for every season.

gazpacho 10

traditional spanish - cold
tomato, cucumber, grape

soupe au pistou 10

traditional provençale - warm
seasonal vegetables, small pasta,
french basil pesto
(no pine nuts)

salads

throughout the mediterranean, lunch and salads are synonymous and nowhere else exists a wider variety of these flavorful dishes.

sheppard salad 12

tomato, cucumber, scallions, sumac,
vinaigrette, feta cheese

roasted goat cheese salad 14
mesclun, arugula, candied walnuts,
shallot balsamic vinaigrette

salade lyonnaise 16
lardon, frisée, mushrooms,
croutons, poached egg

chicken fattoush salad 16
grilled chicken, romaine, couscous, tomatoes,
cucumbers, green onion, mint, citrus dressing

smoked duck breast salad 18
mesclun, orange, candied walnuts,
orange vinaigrette

bistro steak salad 20
skirt steak, mixed greens, roasted potatoes,
cherry tomatoes, olives, onion,
gorgonzola dressing

salade niçoise 20
grilled tuna, bell peppers, tomatoes,
green beans, niçoise olives, hard-boiled eggs