

HUMMUS KITCHEN

SOUPS & SALADS

- * **MEDITERRANEAN CHOPPED SALAD**
such a simple and healthy salad - tomatoes, cucumbers, onions, parsley and mint mixed with lemon and extra - virgin olive oil 11
add tahini 1.5
add chicken 5
- * **SUPER-HEALTHY SALAD**
quinoa, apricot, cranberry, walnuts & yam with fresh lemon juice topped with mint dressing 13
- * **GARDEN VEGETABLE SOUP**
carrots, potatoes, butternut and green squash, and celery 6.5

SOUP OF THE DAY *please ask your server*

LARGE SALADS

great as a main course or a shared appetizer

- * **HUMMUS KITCHEN SIGNATURE SALAD**
a variety of our entire lineup of vegetables and cooked chickpeas garnished with pomegranate seeds and olive oil balsamic dressing 15
- WARM CHICKPEA SALAD**
baby spinach, grilled zucchini, roasted red pepper, warm chickpeas, roasted eggplant & a hard-boiled egg, served with tahini & lemon 13.5
- CHICKEN SALAD**
strips of grilled chicken breast laying on organic mixed greens with chopped tomatoes, cucumbers and garnished with walnuts in light olive oil balsamic dressing 16
without chicken 11

Our menu, simple and folksy, draws inspiration from Mediterranean cuisine, a seasonal kitchen that employs top end raw ingredients: vegetables, whole grains and beans.

Our food is filled with the heat of its birthplace, with simple, rich and healthy flavours, food that is filling and healthy, to which people always come back.

MAZZE (The Mediterranean Appetizer)

choose any three 16

* VEGAN

- * **HUMMUS**
hummus topped with whole chickpeas, spices & olive oil 5.5
- * **MAJADRA RICE**
traditional rice & lentil dish 5.5
- BUREKA**
two pieces of puff pastry stuffed with potato & mushroom 6.5
- * **BEETS**
beets with celery & walnuts in balsamic vinegar sauce 5.5
- * **MORROCAN CARROTS**
carrots marinated in our secret spicy sauce 5.5
- * **STUFFED GRAPE LEAVES**
stuffed w/ basmati rice, topped w/ organic soy yogurt & dill 6.5
- * **MEDITERRANEAN CHOPPED SALAD**
smaller portion of the same wonderful salad 6
- * **THE FALAFEL**
balls made from ground greens, chickpeas, and herbs serve with tahini sauce 6
- COUSCOUS TABULE**
parsley, tomato, couscous, & mint with lemon dressing ... 6
- * **BABAGANUSH**
broiled eggplant mixed with tahini paste 5.5
- * **GREEN QUINOA**
quinoa mixed with mint, basil, and lemon dressing 6.5
- * **BABY EGGPLANT**
served with tahini & lemon dressing 6.5
- * **OVEN ROASTED CAULIFLOWER**
topped with tahini and extra - virgin olive oil 6.5

STARTERS

- CAULIFLOWER & SMOKED SALMON**
served with lemon dressing 9
- * **SPINACH STUFFED MUSHROOMS**
mushrooms filled with creamy sauteed spinach & herbs 9
- MINI MIDDLE EASTERN MEATBALLS**
served over roasted eggplant w/ tahini sauce 9

LAFFA (The Mediterranean Wrap)

- * **FALAFEL**
falafel with hummus, chopped salad pickles, & tahini 9.5
- * **VEGGIE**
hummus, roasted eggplant, roasted red pepper, baby spinach, & chickpeas 12
- SABICH**
eggplant, hard boiled egg, hummus, tahini, Israeli salad, french fries & amba 13
- MOROCCAN**
roasted chicken, hummus, mild harisa sauce, cucumbers, & parsley 14
- KEBAB**
ground beef & lamb sirloin kebab, hummus, tahini & chopped salad 14
- SCHNITZEL**
breaded chicken cutlet, with hummus, tahini, salad & pickles 14
- SHAWARMA**
chicken shawarma recipe, with hummus, chopped salad & tahini 16

PLATTERS

poultry

- CHICKEN KEBAB**
tender chunks of chicken, grilled & marinated in the chef's own blend 19
- CHICKEN COUSCOUS**
braised cooked chicken with raisins, onion & cinnamon served on couscous, and assorted vegetables 19
- CHICKEN SCHNITZEL**
fried Mediterranean style: Za'atar, parsley & cilantro 19
- MEDITERRANEAN RED CHICKEN**
boneless, marinated in Chraime Moroccan sauce: sweet & hot red peppers, lemon, cilantro and garlic. Served in a hot pan with a side of Majadra rice 20
- GRILLED CHICKEN**
served with Mediterranean chopped salad 18
- SHAWARMA PLATTER**
secret chicken shawarma recipe with chopped salad, mesculn and majadara rice or french fries 20
- SPRING CHICKEN**
Served with mixed vegetables on a skewer over rice 21

meat

- TAHINI KEBAB**
ground beef & lamb grilled & seasoned with onions, parsley and spices, topped with green tahini 21
- SENI'YA**
traditional stew of ground beef & lamb seasoned with onion, parsley & spices, topped with white tahini & pine nuts. Served in a hot pan 19
- MIXED GRILL**
chicken kebab, kofite kebab, baby chicken, served over majadara rice & french fries 34
- THE KITCHEN BURGER**
100% pure Angus beef burger served with lettuce, tomatoes, and onions & french fries 15.5

fish

- CHRAIME MOROCCAN FISH**
fresh tilapia filet cooked in sweet & hot red peppers, lemon, cilantro, & garlic. Served with couscous 19.5
- HERBAL TILAPIA**
fresh mixed green herbs over tender baked tilapiafilet, served with green quinoa salad 19.5

vegan/vegetarian

- * **VEGETARIAN COUS-COUS**
assortment of vegetables, chickpeas, & raisins 13.5
- * **STUFFED QUINOA & LENTIL BUTTERNUT SQUASH**
topped with spicy house sauce, chopped salad, and mesclun 14
- VEGGIE BALLS**
chickpea & lentil balls served over vegetarian couscous topped with spicy sauce 15
- * **FRENCH FRIES**
side order of fries, crispy and seasoned to perfection 6

HUMMUS

VEGAN

- * **CHICKPEA HUMMUS**
topped with whole chickpeas, paprika & extra virgin olive oil 9
- * **LIGHT HUMMUS** (390 cal.)
topped with whole chickpeas, served with carrots & celery 11
- * **MUSHROOM HUMMUS**
topped with stew of whole wild mushrooms & onions 13
- EGYPTIAN HUMMUS**
topped with fava beans, tahini, paprika, extra virgin olive oil and hard boiled egg 13
- CHICKEN HUMMUS**
topped with tender chunks of chicken, paprika, parsley & extra virgin olive oil 14
- SIRLOIN HUMMUS**
stew of ground beef and lamb, onions, paprika, parsley & extra virgin olive oil 14
- * **THE HUMMUS KITCHEN**
large sampler platter of 4 types of hummus: Chickpea, Mushroom, Tahini & Egyptian 16

SHAKSHUKA

- CLASSIC**
Mediterranean tomatoes, peppers & onion served with 2 eggs sunny side up 11
- GREEN SHAKSHUKA**
with spinach 13

DESSERTS

- MOUSE CAKE**
Mouth watering chocolate and coconut mouse cake 8
- THE KITCHEN KADAIF**
halva parfait on shredded filo dough topped with chocolate.....7
- MOLTEN CHOCOLATE CAKE**
filled with nuggets of halva, served with Anis vanilla sauce (Baked to order. Allow extra 10 minutes) 7
- BAKLAVA**
pastry made of layers of filo dough filled with chopped walnuts and pistachios and sweetened with honey 6
- MALABI**
Mediterranean flan, topped with rose water, coconut, pistachio & grenadine 6

Our brunch menu is available Saturday