

• SNACK 'N' CHAT •

- 8 - each

VEGAN Greek Green Olive Tapenade

- Toasted almonds w/ crostini -

VEGAN **Gf** Mediterranean Olives

Veggie Baked Cheesy Filo Pies

Gf Greek Feta-Wild Oregano

Gf Prosciutto Wrapped Dates

- ricotta, walnut (4) -

Boquerones

- white anchovies, crostini, pink peppercorns -

SPICY Nduja ~ Ricotta Spread

- Italian salami w/ Crostini -

• MEDITERRANEAN DIPS •

served w/ grilled pita -7- each / veggie sticks extra - 3 -

4 Dip Combo - 15 -

Feta/Sun-dried Tomato

- roasted red bell peppers -

VEGAN Melitzana

- grilled smoky eggplant, olive oil, garlic -

Tzatziki

- Greek yogurt, cucumber, garlic -

VEGAN Hummus-Sumac

- chick-pea, tahini, garlic, lemon -

• GREEK CHEESE PLEASE •

Sheep/Goat - 14 -

👍 Flamed Cheese Saganaki

- Kefalotiri w/brandy - lemon juice- pita x 2 -

Gf Grilled Halloumi

- lemon- olive oil drizzle, fresh mint -

• SALADS •

small - 8 - large - 14 -

Rustic Greek Salad

- cucumber, plum tomato, bell peppers, red onions, kalamata olives, bulgarian feta, mint -

St. Tropez

- fresh spinach, dates, walnuts, blue cheese, orange segments, olive oil-lemon vinaigrette -

• SIDES •

- 7 - each

Gf **VEGAN** Roast Greek Potatoes

- Lemon, Oregano, Olive Oil -

Turmeric Spiced Fries

Gf **VEGAN** Basmati Rice

Herbed Orzo Pilaf

Gf **VEGAN** Sautéed Spinach

- garlic, lemon -

Gf **VEGAN** Chickpea Salad

- bell peppers, celery, carrots, red onion -

Gf **VEGAN** Grilled Asparagus

- Greek olive oil drizzle -

• Grilled Pita •

Greek olive oil- Greek oregano drizzle

pita basket x 1

- 1.50 -

pita basket x 2

- 3 -

pita x 1 w/ side humus

- 2 -

• MEZE ~ APPETIZERS •

Vegetarian-Vegan

- | | |
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| Gf Roast Beets - Arugula – topped w/feta, mint, almonds - 14 - | Spinach & Feta Balls – Lightly fried w/dipping Lemon-Zaatar Aioli - 12 - |
| Baked Filo Spinach Pies – Spinach-Ricotta (4) - 10 - | Gf Turkish Eggplant Stew – w/ tomato, onions, feta, mint, walnuts/pine-nuts - 12 - |
| Gf ^{VEGAN} Giant Greek Lima Beans – Stewed w/tomato, onion, garlic, bell pepper - 9 - | ^{VEGAN} The Vegan Flatbread – roast eggplant spread, fresh spinach, kalamata olives, sun-dried tomato, piquillos. - 12 - |
| Gf ^{VEGAN} Stuffed Grape Leaves – herbed arborrio rice, pine-nuts (6) - 8 - | Gf ^{VEGAN} Mama Lucy's Lentil Stew – carrots, onion, celery, tomato, garlic, white wine, spinach, Moroccan spice - 12 - |
| Gf Grilled Zucchini – crumbled feta, fresh mint, olive oil - 10 - | |

Gf From the Sea

- | | |
|---|---|
| Grilled Sardines – pine-nuts - 12 - | Wild "Head On" Grilled Prawns (2) - 21 - |
| Chef Maykels Fish Ceviche – Fresh Corvina, Cilantro, Lime - 16 - | Grilled Octopus – Served w/chickpea salad - 19 - |

Meats

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|--|---|
| Gf Merguez – Moroccan spiced lamb sausage w/ stewed lima beans - 12 - | Gf Keftedes – beef, onion, mint, parsley, grilled meatballs, tzatziki side (4) - 10 - |
| Gf Lamb Meatballs – tzatziki side (4) - 12 - | ^{SPICY} Baked Lamb Filo Rolls – Moroccan spiced up ground lamb (4) - 12 - |
| Gf Grilled Chicken Breast – Yogurt Marinated. Served w/ chick-pea salad - 14 - | Gf Grilled Lamb Loin Chops – (2) - 16 - |

• MAINS •

Gf Fresh Mediterranean Grilled Fish


topped w/ Greek olive oil~fresh lemon~Greek oregano (latholemono)

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| Whole Branzino – Delicate, mild, flaky. Filleted table-side on request + also know as Lavraki, Loup de Mer or Mediterranean Sea Bass - 32 - |
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Gf Seafood

- | | |
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| Fresh Wild Cod Casserole – baked w/ fresh tomato, olives, capers, wine, feta. - 25 - | ^{SPICY} Harissa Spiced Wild Shrimp – Sautéed w/ cherry tomatoes, garlic, onions, chickpeas, bell peppers. Served w/ basmati rice & topped w/toasted almonds, fresh basil - 26 - |
| Grilled Salmon Filet – arugula salad - 24 - | |

Meats

- | | |
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|  Slow Braised Lamb Shank – Greek red wine reduction served over orzo - 30 - | Greek Lemon Chicken – bone-in thighs braised w/wine, dijon, lemon, capers, olives, garlic, artichokes w/ orzo side. - 24 - |
| Gf Baked Lamb Mousaka – grilled eggplant, labneh-cheese topping - 22 - | Gf Baby Rack of Lamb – NZ. grilled & served with Greek potatoes - 44 - |
| Steak Frites – 12 oz Vazio w/ fries - 28 - | |

SWEET ENDINGS

- 9 - each

Gf 3 Cheese Mousse

- Goat~Marscapone~Labneh topped w/ spiced berry compote, almonds, mint -

Gf Artisan Gelato

- Passion-fruit or Pistachio -

"Mama Lucy's"

Lemon-Coconut Cake

- w/ passion-fruit gelato -

VEGAN Baklava Fingers

- filo baked, walnuts, olive oil. Topped with pistachios -

Gf Almendrado

- Almond crusted Artisan Gelato, Greek honey drizzle -

Gf Dark Chocolate Mousse

- w/ouzo, sea-salt & spiced fruit compote -

DESSERT WINES

- 8 - each

Greek Port

Chocolate Wine

Moscato

Beverages

Natural Greek water

- Still or sparkling -
6

Soda

- can coke, diet, sprite -
3

HAPPY HOUR MENU

Monday - Friday 5-7pm

Happy PLATES - 5 - each

VEGAN **Gf** Mediterranean Olives

Boquerones

Veggie Baked Cheese Filo Pies

VEGAN **Gf** Stuffed Grape Leaves

Choice of any Dip

- w/grilled pita -

SPICY Nduja- Ricotta Spread

- Italian Spicy Salami w/Crostini -

VEGAN Greek Olive Tapenade

- Green Olive, Almonds, Crostini -

Happy DRINKS

Wine of the Day

- White~Red~Rose~Bubbles -
Glass - 6 - / Bottle - 22

Happy Beer

- 4 -

Meli's Sangria

- Red wine, fresh fruits, no added sugar. - 6 / 22 carafe -

WE WELCOME YOU TO



..... WHO WE ARE

A Mediterranean inspired Restaurant & Wine Bar with a big Greek stamp. Family owned & operated. A casual, lively ambience with friendly & sincere service.

..... WHAT WE OFFER

- * Live Music * Happy Hour * Natural & Organic Wines * Wine tastings & dinners
- * Vegan & Gluten Free Options * Reservations accepted * Private Event Space
- * Complimentary parking * Simply prepared, fresh Mediterranean cuisine
- * Our exclusive wines are available at retail price to take home

..... WHEN

* Monday through Friday 5 - 11 pm * Saturday 6 - 11 pm

HAPPY HOUR

Monday through Friday 5 - 7 pm

LIVE MUSIC

Thursday, Friday & Saturday 8 - 11 pm

WINE TASTINGS

Follow us on Facebook & Instagram or at www.barmeli.com