

>> mezza

Flatbread zattar or feta	8
Grilled Artichoke ^{GF}	12
Feta & Olives ^{GF}	10
Dips ^{GF*} pick one, two, or three: hummus, baba ghanouj, lebni, or muhammara	8/15/21
Falafel ^{GF} (4)	6
Cauliflower ^{GF}	7
Seasonal Raw Vegetables ^{GF} with ziziki	10
Hummus with Lamb & Pine Nuts ^{GF*}	15
Grape Leaves ^{GF} vegetarian or lamb	6/8
Moussaka ^{GF} vegetarian or lamb	12/14
Crispy Calamari	10
Haloumi Cheese ^{GF}	12
Kibbie Naya** steak tartar	15

>> salads & soups

add: chicken 7, gyro 7, salmon 8, shrimp 8

Mediterranean Salad ^{GF} tomato, onion, cucumber, radish, bell pepper, mint, olive oil & lemon juice	6/8
Greek Salad ^{GF} romaine lettuce blend, tomato, cucumber, kalamata olives, feta & Greek vinaigrette	6/8
Tabouli parsley, wheat, tomato, onion, olive oil & lemon juice	6/8
Arugula Salad ^{GF} arugula blend, grape tomatoes, pine nuts, fennel, goat cheese & shallot balsamic vinaigrette	6/8
Soup ^{GF} cup/bowl lentil or tomato basil	4/6

>> entrees

Gyro roasted strips of lamb, tomato, saffron rice & ziziki sauce	14
Lamb Burger ^{GF*} arugula, tomato, cucumber, tahini, feta & handcut fries	14
Rotisserie Chicken ^{GF*} half chicken, saffron rice & garlic sauce	14
Saffron Chicken ^{GF*} sautéed chicken & mushrooms in a creamy curry sauce & saffron rice	16
Lamb Chops ^{GF*} saffron rice & vegetables	27
Oven Roasted Trout ^{GF*} lemon butter caper sauce, saffron rice & sauteed spinach	20
Grilled Sea Bass ^{GF*} artichoke cream sauce, saffron rice & sauteed spinach	28

>> kabobs

saffron rice & vegetables	
Chicken ^{GF*}	16
Kafta ^{GF*}	16
Beef ^{GF*}	20
Lamb ^{GF*}	20
Salmon ^{GF*}	20
Shrimp ^{GF*}	20

>> sides

Handcut Fries ^{GF}	4
Saffron Rice	4
Kibbie fried (2)/baked	10
Sautéed Spinach ^{GF}	5
Vegetables ^{GF}	5
Coriander Potatoes ^{GF}	5

split charge for entrees 4

split charge for salads 2

substitution charge per side 2

18% gratuity for parties of six or more

GF=naturally gluten free. GF*=can be made gluten free with one easy modification.

Please let us know directly if you have any allergies. Normal kitchen operations involve shared cooking equipment and preparation areas. We will not assume any liability for adverse reactions to food consumed, or items one may come in contact with while dining at Terra Mediterranean.

Consuming raw or undercooked meats, poultry, seafood, or shellfish may increase your risk of food borne illness.