

TERRA

MEDITERRANEAN®

>> mezza

Flatbread zattar or feta	9
Feta & Olives ^{GF}	14
Hummus ^{GF}	9
Baba Ghanouj ^{GF}	9
Falafel ^{GF} (4)	6
Cauliflower ^{GF}	7
Hummus with Lamb & Pine Nuts ^{GF*}	18
Grape Leaves ^{GF} vegetarian or lamb	6/9
Moussaka ^{GF} vegetarian or lamb	12/16
Crispy Calamari	12
Haloumi Cheese ^{GF}	14
Kibbie Naya** steak tartar	18

>> salads & soups

add: chicken 8, gyro 8, salmon 10, shrimp 10

Mediterranean Salad ^{GF}	7/10
tomato, onion, cucumber, radish, bell pepper, mint, olive oil & lemon juice	
Greek Salad ^{GF}	7/10
romaine lettuce blend, tomato, cucumber, kalamata olives, feta & Greek vinaigrette	
Tabouli	7/10
parsley, wheat, tomato, onion, olive oil & lemon juice	
Caesar Salad	7/10
Soup ^{GF} cup/bowl	4/6
lentil or tomato basil	

>> entrees

Gyro	16
roasted strips of lamb, tomato, saffron rice & ziziki sauce	
Lamb Burger ^{GF*}	16
arugula, tomato, cucumber, tahini, feta & handcut fries	
Rotisserie Chicken ^{GF*}	16
half chicken, saffron rice & garlic sauce	
Saffron Chicken ^{GF*}	18
sautéed chicken & mushrooms in a creamy curry sauce & saffron rice	
Lamb Chops ^{GF*}	32
saffron rice & vegetables	
Oven Roasted Trout ^{GF*}	22
lemon butter caper sauce, saffron rice & sauteed spinach	
Grilled Sea Bass ^{GF*}	32
artichoke cream sauce, saffron rice & sauteed spinach	

>> kabobs saffron rice & vegetables

Chicken ^{GF*}	18	Lamb ^{GF*}	24
Kafta ^{GF*}	18	Salmon ^{GF*}	24
Beef ^{GF*}	24	Shrimp ^{GF*}	24

>> sides

Handcut Fries ^{GF}	5
Saffron Rice	4
Kibbie fried (2)/baked	12
Sautéed Spinach ^{GF}	5
Vegetables ^{GF}	5
Coriander Potatoes ^{GF}	5

>> dessert

Rice Pudding	6.50
Baklava	4

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.