**GLUTEN-FREE** 



10





13

18

18

17



### MEDITERRANEAN KITCHEN

# MEDITERRANEAN DIPS

# PICK THREE 26

HUMMUS

Puree of chick peas mixed with sesame tahini, spices

and extra virgin olive oil

BABA GHANOUSH

Char-grilled smoked eggplant puree

Char-grilled smoked eggplant puree flavored with tahini, garlic, olive oil and lemon juice

Well chopped, tomato, peppers, garlic, walnuts, onion, hot spices, olive oil and lemon juice

G LABNEH 10

Yogurt mixed with fresh dill, garlic, walnuts and olive oil

® GGPLANT SALAD 11

Char- grilled smoked eggplant mixed with chopped red and green pepper, dill, garlic and olive oil

Finely chopped baby cucumber blended with garlic, yogurt, dill and mint

WHIPPED RED CAVIAR 10

Red caviar mixed with white bread, olive oil and lemon juice

(II) (III) AJVAR 10

Roasted red peppers and eggplants, mixed with pure sunflower oil and distilled vinegar. Mildly spicy

PINK QUEEN 10

Boiled and shredded red beets mixed with plain yogurt, garlic salt and black pepper

LOKAL'S FAVORITE DIPS PLATTER 38

Hummus, baba ganoush, spicy veggie, labneh, red caviar

### SOUP AND SALADS

### CHICKEN SOUP 12

Hearty vegetable based chicken soup

SHEPHERD 15

Finely diced tomatoes cucumbers, green peppers, onions, parsley, tossed in olive oil and fresh lemon juice.

GREEK 16

Lettuce, fresh tomato, cucumber, Kalamata olives, red onion, feta cheese, stuffed grape leaves, olive oil and lemon juice

lokal garden salad 15

Mixed green lettuce, parsley, cucumber, arugula, tomato with olive oil and lemon juice.

GI GF ARUGULA & PEAR 16

Fresh arugula with thinly sliced pear, walnuts, blue cheese, dried canberries, olive oil and honey vinaigrette

(B) (B) (B) AVOCADO & TOMATO

Fresh tomato, cucumber, red onion, avocado, corn,

fresh parsley, tossed with olive oil and lemon juice

BEETROOT AND FETA CHESEE 15

BEETROOT AND FETA CHESEE

Beetroots, feta cheese, parsley, mixed with lemon

# vinaigratte, garnished with golden raisins and walnuts SALAD ADD-ONS

GRILLED CHICKEN 12 CALAMARI 12 SALMON 13 AVOCADO 3 SHRIMP 13 FETA CHEESE 2.5

### MEZZES AND SMALL PLATES

STUFFED GRAPE LEAVES

Grape leaves stuffed with rice, pine nuts,

currants and herbs

TABBOULEH

Cracked wheat mixed with green peppers,
scallions, tomato and parsley

Boiled lentils mixed with cracked wheat, scallions,
parsley and onion

MIXED OLIVES (with pits)

Combination of Mediterranean olives mixed with

lemon juice, garlic, oregano, chili flakes and olive oil

FETA CHEESE AND MIXED PICKLES

12

French feta with mixed pickles

CHEESE PASTRIES 13

Fried cigar shaped crispy pastries stuffed with feta cheese and dill

Thickpeas, onions, celery seasoned with garlic parsley and herbs, served with tahini sauce

FRIED CALAMARI 17
Light fried calamari served with tartar sauce

GAMBAS AL AJILLO 17

Shrimp sautéed with olive oli, garlic, paprika, lemon juice and parsley Served with garlic bread

CALF'S LIVER
Albanian style fried Calf's Liver, served with onion and seasoned with sumac

**CRAB CAKES**Crab cakes served with fresh greens and

chipotle aioli sauce

**ZUCCHINI PANCAKES**Pan fried zucchini pancakes served with garlic yogurt sauce

GRILLED PORTUGUESE OCTOPUS

Grilled Octopus marinated with olive oil, lemon

juice and vinegar served with tomatoes and onion

GRILLED CALAMARI 17

Grilled calamari mixed with roasted red pepper, mint, garlic, red onion with parsley

**GRILLED BEEF SOUJOUK**Char grilled beef soujouk over home fries

STUFFED PEPPER ROLLS

Char-crilled red hell teppers, marinated with ture olive oil Jemon juice and

Char-grilled red bell peppers, marinated with pure olive oil, lemon juice and vinegar, stuffed with labneh yogurt

LOKAL WINGS 18

8 pc chicken wings served with celery, carrots and blue cheese sauce on the side. Please specify Mild or Spicy



Please inform your server if you have any food allergies before ordering.







39

39

30

### MEDITERRANEAN KIT

# ENTRÉES

# CHICKEN SHISH 27 Marinated Chunks of chicken char grilled Served with rice and vegetables GRILLED MEATBALLS 27

GRILLED MEATBALLS

Char-grilled ground lamb seasoned with Turkish spices

Served with rice and vegetables

LOKAL BURGER 26

Homemade lamb burger with lettuce, tomato, caper mayo Served with home fries or house salad Optional cheese: Feta, American, Swiss, (add \$2.50)

CHICKEN PAILLARD 28

Grilled chicken breast, with arugula, tomato, red onion tossed with olive oil, vinegar and lemon juice.

Garnished with parmesan cheese

SKIRT STEAK 36

Long cut of beef steak, served with home fries, sautéed vegetables and chimichurri sauce on the side

STUFFED CABBAGE 28

Cabbage stuffed with ground lamb and beef, rice and herbs cooked with olive oil and tomato sauce

Served with yogurt

LAMB SAUTÉED 35

Marinated chunks of lamb sautéed with tomatoes mushrooms, red and green pepper, garlic and onions Served with rice on the side

LAMB CHOPS 39
Marinated Baby Lamb chops char-grilled

Served with rice and vegetables

VEGETARIAN CASSEROLE 24

Mixed vegetables baked in tomato sauce. Served with rice on the side

FALAFEL ENTRÉE 24

Chunks of Falafel balls served over a bed of hummus, with rice and vegetables on the side

FOUR CHEESE RAVIOLI 24

Italian four cheese ravioli, topped with home made marinara sauce and garnished with parmesan cheese

### SEAFOOD ENTREES

# **MEDITERRANEAN SEA BASS**Whole Fresh Mediterranean sea bass grilled

Whole Fresh Mediterranean sea bass grilled Served with house salad

### ROYAL DORADO

Exquisite and delightful whole Greek Orata grilled Served with house salad

### SALMON FILLET

Marinated fillet of fresh salmon grilled Served with house salad

### GRILLED SHRIMP 30

Marinated Grilled shrimp and grilled veggies Served with house salad

### SALMON IN VINE LEAVES 29

Fresh vine leaves stuffed with chunks of marinated salmon char grilled. Served with house salad

#### SHRIMP CASSEROLE 36

Prime quality jumbo shrimps, oven baked in a clay pot with tomatoes, green and red peppers, mushrooms, garlic and topped with Italian mozzarella cheese, served with rice on the side



### **ALWAYS FRESH!**

Our seafood arrive every morning in minimum numbers, they are usually gone by the end of the day.

### SIDE DISHES

RICE	7
FRENCH FRIES	8
Sautéed asparagus	10
CARROT AND CUCUMBER SLICES	7
MIXED SAUTÉED VEGETABLE	10
HOME FRIES	9
HOME-MADE CHIPS	6
RED BEETS	7
MIXED PICKLES	8

### CHILDREN'S MENU

KIDS CHEESE PIZZA 14
CHICKEN TENDERS & FRIES 15
KIDDIE SIZE RAVIOLI IN HOMEMADE TOMATO SAUCE 16
GRILLED CHICKEN BREAST & RICE 17

### KIDDIE DRINKS

- SHIRLEY TEMPLE
- CRANBERRY JUICE
- HOMEMADE LEMONADE
- APRICOT JUICE
- ORANGE JUICE
- APPLE JUICE





**MEDITERRANEAN KITCHEN** 

473 Columbus Ave , New York, NY 10024 Tel: 212.595.5554 www.lokal83.com

BRUNCH

LUNCH

DINNER

BAR