



# Menu

## APPETIZERS

### Italian Bread & Sundried Tomatoes

Grilled Italian bread topped with sundried tomato based spread infused with mediterranean seasonings - cheese optional

### Dolmades

Grape leaves stuffed with seasoned rice, herbs, and spices, served with lemon wedges. Includes pine nuts and raisins.

### Ganoush

Choose from Babaganush (Smoked eggplant dip) or Avaganush (Fresh avocados and smoked eggplant)

### Hummus

Classic chickpea, Roasted red pepper, Sun-dried tomato, or Vibrant beet

### Ezme

Spicy ground vegetable dip including walnuts and a delicious pomegranate syrup.

### Tzatziki

A refreshing combination of Greek yogurt and cucumber with garlic and herbs.

### Eggplant Salad

Roasted eggplant with green and red peppers, fresh dill and other herbs.



Chef Lisa

### Marinated Olives and Feta

An assortment of Greek olives marinated in herbs and olive oil, accompanied by feta cheese cubes.

### Spinach Pie

Flaky phyllo pastries filled with spinach, feta cheese, and fresh herbs.

### Zucchini Pancake

Shredded and pan fried zucchini perfectly seasoned. Served with garlic yogurt and tomato sauce.

### Falafel Bites

Crispy chickpea fritters served with tahini sauce and pickled vegetables.

### Cigar Pies

Crispy phyllo rolls filled with feta cheese and fresh parsley.

### Calamari Fritti

Lightly battered and fried calamari rings served with a side of fresh lemon and spicy mayo.

### Stuffed Mushrooms

Mushrooms filled with a blend of breadcrumbs, garlic, herbs, and Parmesan cheese.

*Chef Lisa*



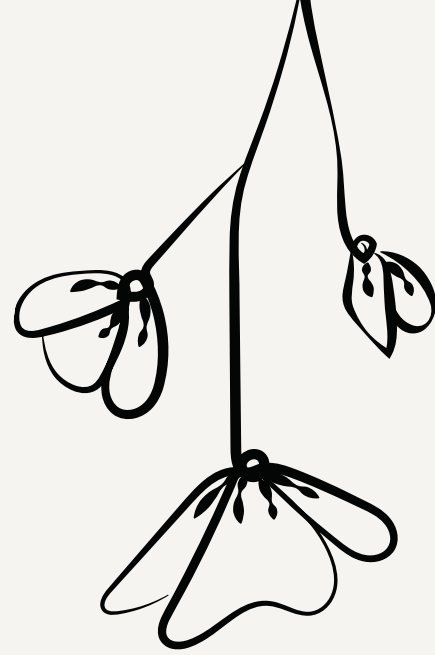
### Stuffed Eggplant

Slow-cooked

eggplant stuffed with onions, tomatoes, garlic, and herbs, simmered in olive oil. Includes pine nuts and raisins.

### Mediterranean Trio

An assortment of small dishes including tzatziki sauce, stuffed grape leaves, and roasted eggplant salad.



*Chef Lisa*

# SALADS

## Greek Salad

Crisp lettuce, tomatoes, cucumbers, red onions, Kalamata olives, and feta cheese tossed in a lemon-oregano dressing.

## Tabbouleh

Fresh parsley, mint, tomatoes, bulgur wheat, and a light lemon dressing.

## Caprese Salad

Slices of fresh mozzarella, ripe tomatoes, and basil drizzled with balsamic reduction and olive oil.

## Mediterranean Quinoa Salad

Quinoa tossed with cherry tomatoes, cucumbers, olives, feta cheese, and a lemon-herb vinaigrette.

## Roasted Beet and Arugula Salad

Oven-roasted beets with arugula, goat cheese, and candied walnuts, dressed with a citrus vinaigrette.

## Shepard's Salad

A refreshing mix of tomatoes, cucumbers, red onions, and parsley, dressed with lemon juice and olive oil.

## Beet Salad

Romaine lettuce or mixed green, red onion, apple, and beets. Pomegranate syrup dressing.

## Red Cabbage Salad

Simple yet savory combination of shredded red cabbage, red onions, and carrots garlic infused olive oil dressing.

*Chef Lisa*



# SEAFOOD AND MEAT

## Grilled Salmon with Dill Sauce

Fresh salmon fillet grilled and served with a creamy dill and lemon sauce.  
Mediterranean Shrimp Skewers: Marinated shrimp grilled on skewers with bell peppers and onions.

## Baked Cod with Olives and Tomatoes

Cod filets baked with a medley of olives, cherry tomatoes, garlic, and herbs.

## Grilled Sea Bass

Fresh sea bass marinated with herbs and grilled to perfection, served with lemon slices and seasonal vegetables.

## Salmon / Swordfish Wraps

Fish of choice wrapped in grape leaves, baked to perfection, drizzled with a dill dressing.

## Chicken Kebab

Grilled chicken skewers marinated in lemon, garlic, and oregano, served with tzatziki sauce.

## Chicken Saute

Sauteed breast of chicken with vegetables in a delicious red sauce. Spiciness to liking.

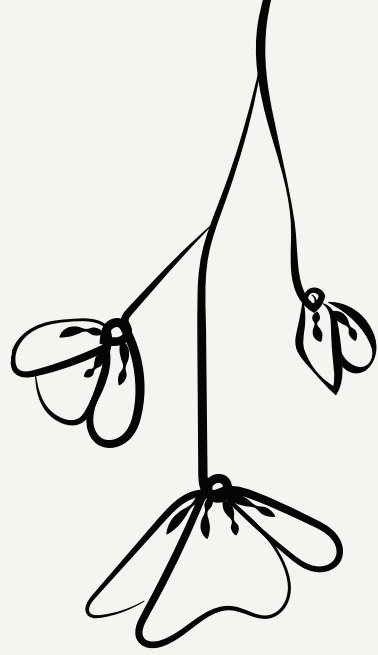
## Chicken Casserole

Sauteed chicken with mushrooms and vegetables in a red wine sauce, finished in the oven with mozzarella cheese on top.

## Lamb / Beef Kofta Kebabs

Ground meat of choice seasoned with spices and herbs, grilled on skewers and served with mint yogurt.

*Chef Lisa*



# M E A T

## Stuffed Peppers / Cabbage

Bell peppers or white cabbage, filled with seasoned ground beef, rice, and herbs, baked in a tomato sauce.

## Kebab Platter

Assortment of chicken, beef, and lamb kebabs served with grilled vegetables and sauces.

## Ground Lamb / Beef Kebab

Spicy minced lamb kebab grilled on skewers, served with flatbread, grilled tomatoes, and peppers.

## Hummus Casserole

Heated hummus with your choice of protein. Served with a tomato sauce.

# V E G E T A R I A N

## Eggplant Parmesan

Breaded eggplant slices baked with marinara sauce and mozzarella cheese.

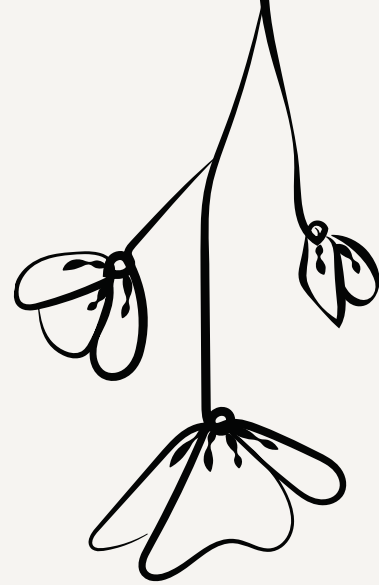
## Stuffed Zucchini Boats

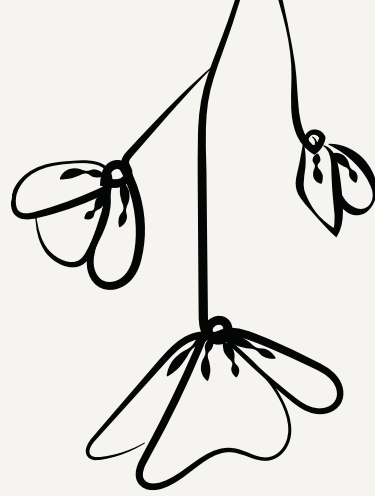
Zucchini halves filled with barley, tomatoes, bell peppers, and feta cheese.

## Vegetable Sauté or Bake

Combination of seasonal vegetables sautéed or baked to your liking.  
Sautéed Spinach: Included rice, tomatoes and garlic yogurt.

*Chef Lisa*





Kidney Beans and Carrots

Slowly cooked kidney beans  
with cubed carrots and potatoes

Saksuka

Slowly baked chickpeas and vegetables with  
sweet or spicy pepper paste.

Herbed Couscous

Fluffy couscous tossed with fresh herbs, dried fruits, and  
toasted almonds.

Roasted Potatoes with Rosemary

Oven-roasted potatoes seasoned with garlic, rosemary, and  
sea salt.

Grilled Vegetables

Assorted seasonal vegetables grilled with olive oil and  
Mediterranean herbs.

Orzo Pasta Salad

Orzo pasta mixed with sun-dried tomatoes, olives, pine  
nuts, and feta cheese.



*Chef Lisa*

## S I D E S

### Herbed Couscous

Fluffy couscous tossed with fresh herbs, dried fruits, and toasted almonds.

Roasted Potatoes with Rosemary: Oven-roasted potatoes seasoned with garlic, rosemary or lemon, and sea salt.

### Chickpeas Rice Pilaf

Long-grain rice cooked with softened chickpeas

### Mediterranean Potato Salad

Potatoes tossed with olive oil, lemon juice, capers, and parsley.

### Bulgur Pilaf

Bulgur wheat cooked with tomatoes, onions, peppers, and spices, offering a hearty and healthy side.  
Pasta in Red Sauce: Any desirable pasta in a garlic red sauce.

## D E S S E R T S

### Baklava

Layers of phyllo pastry filled with nuts and sweetened with honey syrup.

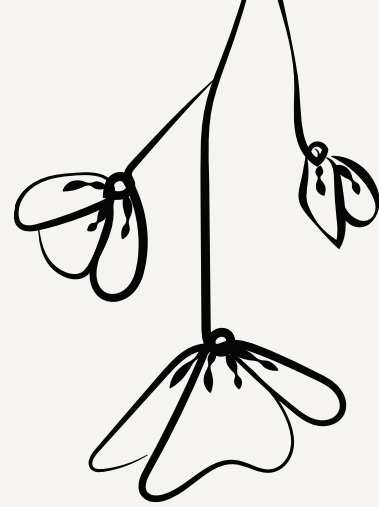
### Kataifi

Shredded phyllo pastry filled with nuts and soaked in sweet syrup.

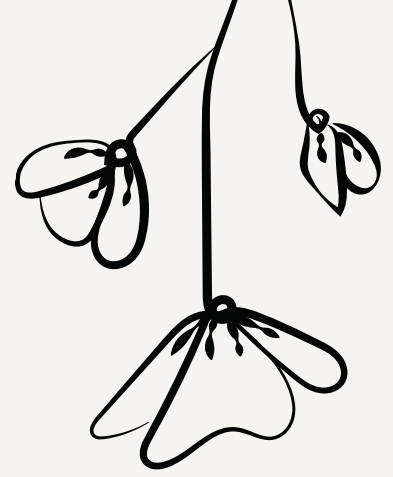
### Fresh Fruit Platter

An assortment of seasonal fruits elegantly arranged.

*Chef Lisa*







### Rice Pudding

Creamy rice pudding  
flavored with lemon zest and  
vanilla.

We also offer Kazandabi: Caramelized milk pudding  
with vanilla and cinnamon coating.

### Customization and Contact Information

Lisa's Mediterranean Catering Company is dedicated to  
bringing the rich and diverse flavors of the Mediterranean  
and

Türkiye to your event. We use the freshest ingredients and  
authentic recipes to ensure a memorable dining experience.

Dietary Accommodations:  
Vegetarian and Vegan Options  
Gluten-Free Selections  
Kosher-Friendly Dishes  
Nut-Free and Allergen-Conscious Preparations

Contact Us

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*Chef Lisa*