

# LENT VEGAN MENU

## FAMILY STYLE

|                                                                                                                                                                                                                                          |                                |
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| <b>Vegan Hafleh</b> <i>(Must be ordered for all guests in party. Minimum party of 2)</i>                                                                                                                                                 | 32 per person                  |
| Hammos, Tabbuleh, Red Tabbuleh, Muhammara, Sarma, Pickles, Olives, Vegetables, Cabbage Salad, Spinach Fatayer, Veggie Trio Kbbeh (Garden Kbbeh, Kbbeh Aadas, Kbbeh Batata).<br>Entrée: Falafel, Mousakka, Bulgur Pilaf and Potato Fries. |                                |
|                                                                                                                                                                                                                                          | <i>No substitutions Please</i> |

## LENT SPECIALS

|                                                                                                                |    |
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| ◆ <b>Baki Kofta</b> Special Baki kofta mixed with garbanzo, tahini & spices                                    | 11 |
| ◆ <b>Vegetarian Mantee</b> Mini veggie pies, oven baked and topped with tomato sauce & non-dairy yogurt sauce. | 13 |
| ◆ <b>Tahini Bread</b> Our popular tahini bread. ( 2 pieces )                                                   | 5  |
| ◆ <b>Vegan Lentil Soup</b> Carousel specialty since 1983.                                                      | 6  |
| ◆ <b>Vegan Bulgar Pilaf</b>                                                                                    | 5  |

## MEZA – APPETIZERS



**Baki Kofta**

|                                                                                                                                                                          |    |
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| <b>Hammos</b> Crushed garbanzo with sesame oil, lemon juice and garlic.                                                                                                  | 8  |
| <b>Tabbuleh</b> Parsley, cracked wheat, tomatoes, onion, lemon and olive oil.                                                                                            | 8  |
| <b>Veggie Trio Kbbeh</b> Kbbeh Aada, Kbbeh Batata and Garden Kbbeh (2).                                                                                                  | 15 |
| <b>Eggplant Salad</b> Roasted eggplant, mixed with fresh vegetables.                                                                                                     | 10 |
| <b>Mousakka</b> (Our tastiest eggplant dish) Eggplants, baked with onions, tomatoes, chic peas, and peppers.                                                             | 10 |
| <b>Fattoush Meza (Lebanese Salad)</b> Sliced cucumbers, tomatoes, onion, bell peppers, parsley, fresh mint, spices and toasted Pita bread, mixed with a lemony dressing. | 11 |
| <b>Muhammara</b> A spicy dip made of crushed walnuts, red pepper paste, and pomegranate juice.                                                                           | 9  |
| <b>Red Tabbuleh (Eech)</b> . Bulgur mixed with Sauteed tomatoes, onion & fresh herbs.                                                                                    | 9  |
| <b>Sarma</b> Grape leaves, stuffed with rice and vegetables.                                                                                                             | 8  |
| <b>Falafel Meza</b> Spheres of crushed chickpeas and spices, fried and served with lettuce, tomatoes, parsley, and Tahini.                                               | 8  |
| <b>Spinach Fatayer</b> Fresh baked dough, stuffed with spinach, onion, lemon juice, olive oil, and pine nuts.                                                            | 9  |
| <b>Fool Mudammas Meza</b> Fava bean stew with chic peas, garlic, parsley, tomatoes, olive oil, and lemon juice.                                                          | 10 |

## VEGETARIAN DINNER PLATES

*Served with Cabbage Salad (Substitute Armenian Salad 2.00, Greek or Fattoush 3.00),  
Served with seasoned pita, and a choice of bulgur wheat pilaf, potato fries or vegetable medley.*

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| <b>Falafel Plate</b> Spheres of crushed chic peas and spices, fried and served with lettuce, tomatoes, parsley, and Tahini sauce. Served with Hammos.                              | 17 |
| <b>Mousakka (Our tastiest eggplant dish)</b> Eggplants, baked with onions, tomatoes, chic peas, and peppers. Served with bulgur wheat pilaf, potato fries or vegetable medley.     | 18 |
| <b>Jebell Moossa Vegan</b> Falafel, Hammos, Mousakka (Our tastiest eggplant dish), and Red Tabbule (Eech)                                                                          | 18 |
| <b>Vegetarian Delight Vegan</b> Assortment of Hammos (chic pea dip), Red Tabbule (Eech), Tabbule' (parsley salad), Muhammara (spicy walnut dip), and Sarma (stuffed grape leaves). | 19 |

## SALAD

|                                                                                                                                                                           |   |
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| <b>Fattoush Salad (Lebanese Salad)</b> Sliced cucumbers, tomatoes, onion, bell peppers, parsley, fresh mint, spices and toasted Pita bread, mixed with a lemony dressing. | 7 |
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Dinner