

Tabboule

90 N Maple Ave 07450-3212 · +19174968513 · Updated: Jan 14, 2026

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COLD APPETIZERS 6

Hummus

spread of pureed garbanzo beans, garlic, lemon and tahini (sesame paste) sauce

AVAILABLE OPTIONS

Small: \$4.99

Large: \$9.50

Baba Ghannouj

spread of grilled eggplant, garlic, lemon and tahini sauce

AVAILABLE OPTIONS

Small: \$4.99

Large: \$9.50

Yogurt Cucumber

dip of yogurt, cucumber, garlic and herbs

AVAILABLE OPTIONS

Small: \$4.99

Large: \$9.50

Lebne

spread of rich lebanese yogurt with mint and garlic

AVAILABLE OPTIONS

Small: \$5.00

Large: \$9.50

Muhamara

spread of crushed walnuts, chili and pomegranate

AVAILABLE OPTIONS

Small: \$5.99

Large: \$9.50

Grape Leaves

stuffed grape leaves filled with rice, finely diced tomatoes, parsley, lemon and olive oil

\$5.99

HOT APPETIZERS 10

Falafel (3)

a golden crispy mixture of garbanzo and fava beans with mixed lebanese spices

\$5.99

Spinach Pies (3)

savory pastry stuffed with spinach, onions, lemon and authentic spices

AVAILABLE OPTIONS

\$5.99

With Feta Cheese: \$5.99

Grilled Mushrooms

grilled marinated jumbo mushrooms

\$5.99

Grilled Eggplant

\$5.99

Phool

fava beans sauteed in garlic, lemon juice and olive oil

\$5.99

Kibbe (3)

bulgar wheat and beef shell stuffed with sauteed beef, onions and pine nuts

\$7.99

Lebanese Cheese Sticks (4)	\$7.99
golden fried blend of cheeses wrapped in crispy filo dough	
Soujouk	\$7.99
sauteed beef sausage made with traditional armenian spices and tomatoes	
Ma'anik	\$7.99
traditional lebanese sausages of ground beef, pine nuts and spices	
Calamari Rings	\$8.99

HOT APPETIZERS - ARAYAS 4

Falafel	\$7.99
lettuce, tomatoes, pickles and yogurt cucumber sauce	
Hot Chili Pita	\$5.99
spicy chili paste, onion and lebanese spices	
Beef	\$7.99
seasoned minced beef and onions	
Cheese	\$7.99
lebanese grated halloumi cheese	

SOUP 3

Lentil Soup	AVAILABLE OPTIONS
	Cup: \$3.99
	Bowl: \$4.99
Chicken Soup	AVAILABLE OPTIONS
	Cup: \$3.99
	Bowl: \$5.99
Shrimp Soup	AVAILABLE OPTIONS
	Cup: \$4.99
	Bowl: \$6.99

SALADS 8

Fattouche	AVAILABLE OPTIONS
romaine, tomatoes, cucumbers, onions and parsley mixed with baked pita chips and a house dressing. for a low carb option ask us to leave out the pita	Small: \$4.50
	Large: \$8.50
Tabboule	AVAILABLE OPTIONS
finely chopped parsley, tomatoes, onions and bulgar wheat mixed with lemon and olive oil dressing	Small: \$4.50
	Large: \$8.50

Shepherd Salad	AVAILABLE OPTIONS
finely chopped cucumber, tomatoes, onions and parsley mixed with our house dressing	Small: \$4.50
	Large: \$8.50
Lima Bean Salad	AVAILABLE OPTIONS
jumbo lime beans and parsley mixed with garlic, lemon and olive oil dressing	Small: \$4.50
	Large: \$8.50
Falafel Salad	\$13.99
our fattouche salad topped with delicious crumbled falafel	
Shawerma Salad	\$13.99
our fattouche salad topped with your chicken or beef shawerma	
Five Bells Salad	\$8.50
our fattouche salad topped with mushrooms, pepper, olive and cheese	
Greek Salad	\$8.50
greens, feta cheese, seedless kalamata olives and balsamic vinaigrette dressing	

WINGS 2

Tabboule Wings	AVAILABLE OPTIONS
grilled wings tossed in our signature garlic cilantro spice mix	6 Pieces: \$6.95
	12 Pieces: \$11.95
Five Bells Wings	AVAILABLE OPTIONS
served with blue cheese	6 Pieces: \$5.99
	12 Pieces: \$9.99
	25 Pieces: \$18.99
	50 Pieces: \$34.99
	100 Pieces: \$69.99

PITA SANDWICHES 11

Hummus Pita	\$5.99
with olive oil	
Falafel Pita	\$7.99
with tahini sauce	
Veggie Meesha Pita	\$7.99
special pita wrap made with baba ghanouj, tabboule and our vegetable omelet (no lettuce, tomatoes or pickles)	
Beef Or Chicken Shawerma	\$8.99
Chicken Kabob	\$8.99
with garlic sauce	
Beef Or Lamb Kabob	\$9.99
with onions and hummus	

Kafta Kabob	\$8.99
with onions and hummus	
Grilled Tilapia	\$8.99
with tahini sauce	
Grilled Shrimp	\$8.99
with shrimp sauce	
Ma'anik	\$8.99
labanese sausage	
Soujouk	\$8.99
spicy armenian sausage	

BAKED PITA 3

Veggie Bell Pita	\$9.99
diced tomatoes, onions, olives, pepper and cheese	
Roast Beef Pita	\$9.99
topped with lettuce, tomatoes and mayo	
Beef Pita	\$9.99
ground beef seasoned with vegetables	

PLATTERS 12

Beef Shawerma	\$12.99
marinated beef and lamb steaks rotisserie grilled on a vertical spit. served with onions and tahini (sesame paste) sauce	
Chicken Shawerma	\$12.99
marinated slices of boneless chicken breast rotisserie grilled on a vertical spit. served with garlic sauce	
Combo Shawerma Platter	\$12.99
a combination of chicken and beef shawerma. served with onions, tahini sauce, garlic sauce	
Chicken Kabob	\$13.99
grilled tender cubes of marinated boneless skinless chicken breast grilled on an open flame. served with garlic sauce	
Kafta Kabob	\$13.99
ground beef seasoned with onions, tomatoes, parsley and spices grilled on an open flame. served with onions	
Beef Or Lamb Kabob	\$16.99
tender cubes of filet mignon beef or lamb tenderloins marinated in our special seasoning grilled on an open flame. served with onions	
Falafel	\$12.99
golden crispy mixture of ground garbanzo and fava beans mixed with traditional spices. served with tahini sauce (no rice)	
Veggie Combo	\$12.99
falafel, fried eggplant, fried cauliflower, vegetable omelet. served with garlic cilantro potatoes (or rice) and tahini sauce	

Grilled Veggie Combo	\$12.99
marinated vegetables grilled on an open flame	
Mosakaa	\$12.99
cooked in bram. sauteed cube eggplant, tomatoes, pepper, onions and raisins	
Kibbe	\$13.99
bulgar wheat and beef shell stuffed with sauteed beef onions and pine nuts	
Grilled Groundbeef With Eggplant	\$14.99
a combination of seasoned ground beef and eggplant grilled on an open flame	

SPECIALS 8

Special Of The Day

Grilled Jumbo Shrimp	\$17.99
marinated in our homemade sweet chili sauce with a kick at the end	
Five Bells Shrimp	\$17.99
marinated jumbo shrimp served in our signature sauce	
Tilapia	\$17.99
fresh tilapia crowned with white sauce	
Lamb Chops	\$24.99
baby lamb chops grilled to your taste. served with onions	
Mixed Grill	\$24.99
lamb chops, kafta, beef, and chicken kabob. served with onions and garlic sauce	
Tabboule Ribeye Steak	\$19.99
marbled, juicy and savory! served with roasted almonds topped with rice	
Five Bells Chicken	\$17.99
seasoned boneless chicken breast served in our signature white lemon sauce	

LUNCH SPECIALS 2

Lunch Specials 1	\$14.99
choose from: beef shawerma, chicken shawerma, combo shawerma, veggie combo, falafel (not served with rice)	
Lunch Specials 2	\$15.99
chicken kabob, kafta kabob, beef or lamb kabob, grilled shrimp, tilapia fish	

BURGERS AND MORE 4

Tabboule Burgers	AVAILABLE OPTIONS
	\$4.25
	Add Cheese (extra): \$0.75
	Add French Fries (extra): \$1.00
	Add Cilantro Potatoes (extra): \$2.00

Tabboule Burger Deluxe	\$8.99
comes with mushrooms, onions, swiss cheese and french fries	

Chicken Tenders	AVAILABLE OPTIONS
	3 Pieces: \$4.99
	6 Pieces: \$6.99

Grilled Cheese Toast	\$3.99
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SIDE ORDERS 8

French Fries	\$2.99
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Garlic Cilantro Potatoes	\$3.99
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Za'atar Chips	\$3.99
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Extra Pita Bag	\$3.99
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Extra Pita	\$0.50
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Pickled Turnips	AVAILABLE OPTIONS
	Small: \$3.50
	Large: \$7.00

Garlic Sauce	AVAILABLE OPTIONS
	Small: \$4.99
	Large: \$9.50

Tahini Sauce	AVAILABLE OPTIONS
	Small: \$4.99
	Large: \$9.50

DESSERTS 5

Baklava	\$2.99
layers of flaky filo dough filled with nuts and topped with honey	

Pistachios Kenafeh	\$3.99
shredded filo dough wrapped around pistachios, topped with honey	

Sweet Lebanese Cheese Kenafeh	\$3.99
shredded filo dough wrapped around sweet cheese, topped with honey	

Five Bells Brownie	\$2.99
warm rich chocolate brownie topped with whipped cream	

Rice Pudding	\$3.99
lebanese style rice pudding made with a hint of orange blossom	

BEVERAGES 10

Coffee / Tea	\$2.00
Soft Drink	AVAILABLE OPTIONS
	Can: \$1.00
	Bottle: \$2.00
Snapple	\$2.00
Water	AVAILABLE OPTIONS
	16 Oz. Bottle: \$1.00
	1 L. Bottle: \$2.00
Perrier	\$2.50
Ayran Yogurt Drink	\$2.50
Pellegrino	\$3.50
Lebanese Coffee	\$2.50
Lebanese Lemonade	\$2.50
Unsweetened Iced Tea	\$2.50

FIRST COURSE 7

SECOND COURSE 6

Chicken, Beef Or Combo Shawerma

marinated beef and lamb steaks or chicken breast, grilled on a vertical spit. served with tahini or garlic sauce

Chicken Or Kafta Kabob

grilled cubes of seasoned boneless chicken or ground beef, grilled on an open flame

Lamb Kabob

marinate lamb tenderloins, grilled on an open flame

Tilapia

fresh tilapia crowned with our signature garlic cilantro spices or our "five bells" sauce

Mosakka

sauteed, caned eggplant, tomatoes, peppers, onions and raisins

Falafel

ground garbanzo and fava beans mixed with traditional spices and served with tahini sauce

DESSERT ¹

Baklava Fingers

layered filo dough filled with nuts and honey
