

Cafe Med

420 E 3300 S 84115-4113 · +18014930100 · Updated: Jan 14, 2026

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APPETIZERS 9

Appetizer Sampler* ** *** ^ \$14.00

A sample of hummus, baba ghanooj, Mast-o Moosir, falafel, Sheep's feta cheese, olives, dolmas, pickled turnips & pita bread

Baba Ghanooj* ** *** ^ \$8.99

Fire roasted eggplant puree, tahini, lemon juice, olive oil & spices served with pita bread

Hummus & Pita* ** *** ^ \$6.99

Ground chickpeas, garlic, lemon juice, olive oil, tahini, & spices served with pita bread

Spanikopita (Burek)** *** \$8.49

A crispy filo pastry filled with spinach & feta cheese baked golden brown

Falafel* ** *** ^ \$5.99

Hand-made crispy & tender bean cakes made of ground chickpeas, fava beans, fresh herbs & spices served with shallot yogurt

Buffalo Wings*** \$14.99

Crispy Chicken wings tossed in traditional hot sauce served with blue cheese dressing

Sabzi Khordan* ** *** ^ AVAILABLE OPTIONS

A combination of fresh herbs when available

\$6.99

With Feta Cheese & Pita Bread:

\$8.99

Dolmas* ** *** ^ \$5.99

Grape leaves filled with a unique blend of rice & herbs

Mast-O Moosir** *** ^ AVAILABLE OPTIONS

Silky shallot yogurt

\$5.99

With Pita Bread: \$6.99

STEWES 5

Stewed Eggplant* ** *** ^ \$12.99

Tomato stewed eggplant on dill rice with lima beans and yogurt

Koresh-E Bademjan*** ^ \$14.00

Persian stewed Chicken thigh & eggplant in a light tomato sauce served with Basmati rice

Koresh-E Gheymeh*** ^ \$12.99

A Persian stew of yellow split peas, diced Beef & dried limes in a light tomato sauce served with Basmati rice

Koresh-E Gheymeh Bademjan* ^****\$12.99**

A wonderful combination of Persian Gheimeh stew & our tomato roasted eggplant served with Basmati rice

Koresh-E Ghormeh Sabzi* ^****\$15.00**

A Persian herb stew of chopped parsley & leeks with red beans, diced Beef, & dried limes served with Basmati rice

SOUPS 2**Spinach & Red Lentil Soup* ** ^****AVAILABLE OPTIONS**

Creamed lentils & spinach with a hint of lemon

Cup: \$4.49

Bowl: \$6.49

W/ Side Salad Add: \$2.49

Chicken Lime & Rice Soup* ^****AVAILABLE OPTIONS**

Chicken and rice with roasted peppers & onions

Cup: \$4.49

Bowl: \$6.49

With Side Salad Add: \$2.49

SALADS 10**Side Salad* ** *** ^****\$3.49**

Romaine lettuce & baby greens, onions, tomato, cucumber, choice of dressing

House Salad* ** * ^****\$5.49**

Romaine lettuce & baby greens, onions, tomato, cucumber, sunflower seeds, topped with croutons choice of dressing

Caesar Salad*****AVAILABLE OPTIONS**

Romaine lettuce & baby greens tossed in traditional creamy dressing with croutons, & Parmesan cheese

Md.: \$7.99

Large: \$9.99

Salad Shiraz* ** * ^****AVAILABLE OPTIONS**

Chopped cucumbers, tomato, & onion garnished with of Sheep's feta cheese, olive, lemon & vinegar

Sm.: \$3.49

Md.: \$5.49

Large: \$8.99

Salmon Asparagus Salad* ^****\$15.00**

Grilled Salmon & fresh blanched asparagus on Romain & spring mix lettuce with tomato, onion, cucumber, capers, With a tahini yogurt dressing

American Greek Salad* ^****AVAILABLE OPTIONS**

Romaine lettuce & Spring mix, tomato, cucumber, onion, pepperoncini, olives & Sheep's feta cheese with Greek dressing

Md: \$7.99

Large: \$9.99

Traditional Greek Salad* ^****AVAILABLE OPTIONS**

Chopped tomato, cucumber, onion, pepperoncini, olives, & Sheep's feta cheese with Greek dressing

Md.: \$10.99

Large: \$14.00

Tabbouleh Salad* ** *****AVAILABLE OPTIONS**

Chopped parsley, mint, diced tomato, cucumber, onion, & bulgur wheat in a lemon & olive oil dressing

Sm.: \$3.59

Md: \$7.99

Large: \$11.99

Mediterranean Salad *******\$8.99**

American Greek romaine lettuce & Spring mix, tomato, cucumber, onion, pepperoncini, Sheep's feta cheese, turnups & a dolma with Greek dressing. Small portion of tabbouleh salad - chopped parsley, mint, diced tomato, cucumber, onion, & bulgur wheat in a lemon & olive oil dressing

Black & Blue Chicken Salad* ^****\$14.00**

Spicy blackened Chicken breast, Romain & mixed greens, tomato, cucumber, onion, savory walnuts, blue cheese crumbles with a raspberry vinaigrette

SOUVLAKIS & KABOB 10**Greek Combo Plate*** ^****AVAILABLE OPTIONS**

Your choice of two Souvlaki sticks Chicken or Pork with gyro meat, lemon rice, & pita bread

\$14.00

Lamb or Beef: \$18.99

Turkish Sis Kabob Platter* ^****\$17.99**

Grilled Chicken & Lamb skewers, grilled eggplant, & roasted Anaheim peppers topped with tomato sauce & shallot yogurt served over Basmati rice

Kabob-E Kubideh* ^****AVAILABLE OPTIONS**

Persian seasoned lean ground Beef grilled on sword skewers & served over Basmati rice with roasted tomato, raw onion, & pita bread

One Kabob: \$10.99

Two Kabobs: \$14.00

Kabob-E Kubideh & Jujeh* ^****\$15.00**

One ground Beef kabob & one Chicken breast kabob served over Basmati rice with roasted tomato, raw onion & pita bread

Kabob-E Jujeh* ^****AVAILABLE OPTIONS**

Lemon herb marinated Chicken breast grilled on a sword skewer & served over Basmati rice with roasted tomato, raw onion, & pita bread

One Kabob: \$12.99

Two Kabobs: \$16.99

Souvlaki* ^****AVAILABLE OPTIONS**

One Greek style marinated skewer of grilled Chicken breast, or Pork loin, One Beef Tenderloin or Lamb served over lemon rice

\$8.99

One Beef Tenderloin or Lamb:

\$10.99

Escander Kabob* ^****\$14.00**

Two Turkish style ground Beef kabobs with grilled eggplant & Anaheim peppers over pita bread topped with tomato sauce & shallot yogurt

Kabob-E Barg* ^****\$19.99**

Persian style Beef tenderloin grilled on a sword skewer & served over Basmati rice with roasted tomato, raw onion, & pita bread

Kabob-E Soltani* ^****\$22.99**

One Persian style Beef tenderloin kabob (barg) & one lean ground Beef kabob (Kubideh) served over Basmati rice with roasted tomato, onion, & pita bread

Special Triple Soltani* ^****\$28.99**

One Persian seasoned lean ground Beef (Kubideh), one Chicken breast (Jujeh), & one Beef tenderloin (Barg) served with extra tomatoes on a plate of sangak bread and a large side platter of Basmati rice

CAFÉ FAVORITES 12

Moussaka*** ^	\$14.00
Seasoned layers of ground Beef, Lamb, onions, eggplant & sliced potato, smothered with cream sauce served with Basmati rice	
Gyro Plate*** ^	\$10.99
Our famous Greek blend of slow roasted Beef & Lamb served with lemon rice, tzatziki & pita wedges	
Grilled Salmon Platter*** ^	\$15.99
An 8oz seasoned fresh Salmon fillet topped with lemon oil & served over dill Basmati rice with sautéed vegetables	
Spicy Green Curry*** ^	\$14.00
Sautéed Asian vegetables & Chicken breast smothered in a fiery green curry & coconut milk sauce served over Basmati rice	
Mediterranean Platter* ** *** ^	\$14.00
Baba Ghanooj, hummus, falafel, Basmati rice, sautéed vegetables & pita bread. "Mediterranean Salad" replaces side salad	
Pork Loin^	\$14.00
Tender grilled cutlets topped with sweet cranberries, sour barberries & grilled onions served over Basmati rice with sautéed vegetables	
Chicken Polenta*** ^	\$16.99
Julienne grilled Chicken breast & eggplant over fried corn polenta topped with red pepper sauce, mushrooms & Sheep's feta cheese	
Turkish Veggie Platter* ** *** ^	\$14.00
Sautéed vegetables, eggplant & Anaheim peppers topped with tomato sauce & shallot yogurt served on Basmati rice	
Koofteh Meatballs*** ^	\$11.99
Two jumbo Persian style Beef meatballs stuffed with apricots in a tangy tomato sauce with Basmati rice	
Veggie Zereshk Polow* ** *** ^	\$14.00
A Persian style dish of sautéed vegetables over Basmati rice topped with sweet & sour berries, roasted nuts & shallot yogurt	
Zereshk Polow*** ^	\$14.00
Persian stewed Chicken thigh in a lightly seasoned tomato sauce topped with zereshk berries & cranberries served over Basmati rice	
Baqala Polow*** ^	\$14.99
A tender tomato stewed Lamb shank served on dill Basmati rice with lima beans and a cup of Lamb au jus	

PASTAS 8

Mediterranean Lasagna** ***	\$10.99
Roasted & grilled vegetables layered with fresh pasta, cheese & tomato sauce topped with cream sauce & served with pita bread	
Yellow Curry Pasta* ** *** ^	\$14.99
Sautéed Chicken & vegetables in a mild coconut curry sauce with penne pasta	
Chicken Alfredo** *** ^	\$14.00
Sautéed Chicken breast & vegetables in a creamy cheese sauce with penne pasta	
Pesto Marinara Pasta* ** *** ^	\$12.99
Sautéed mushrooms in a pesto marinara sauce over penne pasta	
Turkish Yogurt Pasta** *** ^	\$14.99
Sautéed Chicken breast & vegetables with penne pasta topped with tomato sauce, shallot yogurt, & Sheep's feta cheese	

Pesto Mushroom Ravioli ***** **\$15.99**

Portobello & cheese stuffed ravioli in a pesto cream sauce with tomatoes, sautéed mushrooms & Parmesan cheese

Italian Sausage Pasta^ **\$15.99**

Two grilled sausages atop penne pasta in a pesto marinara sauce with sautéed sliced mushrooms

Red Pepper Mushroom Ravioli ***** **\$16.99**

Sautéed Chicken, Portobello & cheese ravioli in a red pepper butter sauce with mushrooms & vegetables

SANDWICHES, WRAPS, & BURGERS 12

Gyro Sandwich*** **\$9.99**

Our famous Greek blend of Beef & Lamb, slow roasted & stuffed in Greek pita bread with tomato, onion, & tzatziki (Gyro Sauce).
Gluten Free beef gyro

Chicken Sandwich***

Grilled Chicken breast, lettuce, tomato, onion, mayo

AVAILABLE OPTIONS

\$8.99

W/ Spicy Buffalo & Cheddar Cheese: \$9.99

W/ Sweet BBQ & Swiss Cheese: \$9.99

W/ Cajun Blackened, Savory Walnuts, Blue Cheese Crumbles & a Drizzle of Raspberry Vinaigrette:

\$10.99

W/ Zesty Pesto & French Sheep's Feta Cheese: \$10.99

Lamb Sandwich*** **\$10.99**

Roasted leg of Lamb thinly sliced with grilled peppers & onions on fresh focaccia bread with side of mint yogurt & Lamb au jus sauce

Salmon Sandwich*** **\$11.99**

A 5oz. Salmon fillet topped with lemon butter on fresh focaccia bread with lettuce, tomato, onion, & tartar sauce

Philly Cheese Steak Wrap*** **\$9.99**

Grilled Steak, roasted peppers, onions, mushrooms & cream cheese in an herbed tortilla

Souvlaki Sandwich***

Chicken or Pork, stuffed in Greek pita bread with lettuce, tomato, onion, & tszikie sauce

AVAILABLE OPTIONS

\$8.99

Lamb or Beef: \$10.99

Big Med Burger***	\$10.99
Our half-pound seasoned ground Beef patty with lettuce, tomato, onion, mayo, & topped with French Sheep feta cheese	
Lamb Burger***	\$14.99
Our half-pound seasoned ground Lamb patty with lettuce, tomato, onion, mayo & topped with French ships feta cheese	
Chicken Caesar Wrap***	\$8.99
Grilled Chicken breast, romaine lettuce, tomato, onion, Parmesan cheese, croutons & dressing wrapped in an herbed tortilla	
Kubideh Wrap***	\$9.99
A grilled ground Beef Kabob wrapped in an herbed flour tortilla with fresh basil, onion, tomato & Sheep's feta cheese	
Portobello Mushroom Sandwich* ** ***	\$9.99
A large balsamic glazed grilled mushroom topped with pesto aioli, spring mix lettuce, onion, tomato & Sheep's feta cheese	
Falafel Sandwich* ** ***	\$8.99
Crispy & tender ground chickpea & fava bean cakes with fresh herbs & spices wrapped in Greek pita bread with lettuce, tomato, onion, hummus & tzatziki sauce	
DESSERTS 7	
Akbar Mashti** *** ^	\$7.99
Our house-made Persian saffron ice cream with pistachios & a hint of rose water	
Sho-Lay-Zard* ** *** ^	\$5.99
Our house-made Persian saffron rice pudding topped with rose water & almonds	
Egyptian Baklava** ***	\$8.49
Filo pastry filled with pistachios, walnuts, almonds, raisins & a hint of rose water	
Greek Baklava* ** *** ^	\$8.49
Filo pastry filled with walnuts and honey	

Egyptian Bassboosa *******\$8.49**

Our house-made Semolina cake topped with coconut & almonds

Cheesecake *******\$8.49**

New York style Cheesecake with raspberry or chocolate sauce

Chocolate Confusion *******\$8.49**

Chocolate ganache layered on a chocolate crust with chocolate mousse and brownie and topped with chocolate frosting & chocolate chips. So much chocolate it's confusing!!

HOUSE WINE 2**House Red****\$6.00**

various origin

House White**\$6.00**

various origin

RED 4**Merlot, Firestone CA****AVAILABLE OPTIONS**

Glass: \$10.00

Bottle: \$38.00

Chianti, Gabbiano Italia**AVAILABLE OPTIONS**

Glass: \$8.00

Bottle: \$35.00

Shiraz, Paringa**AVAILABLE OPTIONS**

Glass: \$8.00

Bottle: \$35.00

Cabernet, Louis Martini CA**AVAILABLE OPTIONS**

Glass: \$10.00

Bottle: \$40.00

WHITE 6**White Zin, Sutter Home****AVAILABLE OPTIONS**

Glass: \$7.00

Bottle: \$22.00

Chardonnay, Turning Leaf CA**AVAILABLE OPTIONS**

Glass: \$7.00

Bottle: \$22.00

Riesling, Ste. Chapelle ID**AVAILABLE OPTIONS**

Glass: \$7.00

Bottle: \$25.00

Pinot Grigio, Gabbiano Italia**AVAILABLE OPTIONS**

Glass: \$8.00

Bottle: \$25.00

Moschofilero, Boutari Greece**AVAILABLE OPTIONS**

Glass: \$10.00

Bottle: \$38.00

Muscat, Kourtaki Samos**AVAILABLE OPTIONS**

Glass: \$10.00

Bottle: \$38.00

BEER 9

Budweiser USA	\$4.00
Bud Light USA	\$4.00
Miller Lite USA	\$4.00
India Pale Ale, Lagnitas	\$4.49
Fosters Lager, Canada (Australia)	\$6.49
Molsen, Canada	\$5.49
Guinness, Irish	\$5.49
Lion Black LEV Czech Republic	\$6.49
Lion Lager LEV Czech Republic	\$6.49

DRINKS WITH REFILLS 10

Pepsi	\$2.49
Diet Pepsi	\$2.49
Mountain Dew	\$2.49
Sierra Mist	\$2.49
Dr Pepper	\$2.49
Lemonade	\$2.49
Root Beer	\$2.49
Iced Tea	\$2.49
Coffee	\$2.99
Cardamon Tea	\$2.99

DRINKS WITH ONE REFILL 5

Diet Can	\$2.99
Hot Apple Cider	\$2.99
Hot Chocolate	\$2.49
Spring Water	\$1.99
Herbal Teas	\$2.99
Green, Peppermint, Chamomile, Orange	

SINGLE SERVE DRINKS 9

Mexican Coke	\$2.99
Dugh Homemade	\$3.49
Yogurt, Mint Drink	\$14.99
Persian Lemonade	\$3.49
Raspberry Lemonade	\$3.49
Perrier	\$2.99
Martinellis Apple Juice	\$2.99
All Natural Orange Juice	\$2.99
Milk	\$2.49

ESPRESSO ICED & HOT 6

Turkish Coffee	\$5.49
Espresso	\$3.49
Cappuccino	\$4.49
Latte	\$4.49
Mocha with Whip cream	\$4.99
Greek Coffee	\$5.49

EGGS & MORE 5

Meat & Eggs*** ^	\$8.99
Bacon, Pork or Chicken souvlaki or gyro meat, two eggs any style. Served with hash browns & choice of toast	
Steak & Eggs*** ^	\$17.99
Grilled Beef tenderloin Steak & eggs any style. Served with hash browns & toast	

Pork Loin & Eggs^**\$12.99**

Tender grilled Pork loin topped with cranberries, barberries & onions. Served with hash browns & toast

Breakfast Burrito** *****\$8.99**

Scrambled eggs, roasted peppers, onions, tomato, & melted cheddar cheese. Served with hash browns & salsa

Salmon Saffron Benedic*****\$12.99**

Toasted English muffin, poached egg with onions, tomato & topped with saffron cream sauce. Served with hash browns

OMELETS 5**Pesto Omelet**** *** ^**\$10.99**

Three egg omelet filled with pesto, feta cheese & Roma tomatoes on a bed of marinara sauce

Greek Omelet*** ^**\$10.99**

Three egg omelet with gyro meat, onions, tomato & feta cheese with tzatziki sauce

Souvlaki Omelet*** ^**AVAILABLE OPTIONS**

Three egg omelet filled with roasted peppers, onions, Chicken or Pork souvlaki, & melted cheddar cheese

\$9.99

W/ Lamb or Beef Souvlaki:

\$11.99

Philly Steak Omelet*** ^**\$10.99**

Three egg omelet filled with roasted peppers, onions, sautéed mushroom sliced Steak, & Philly cheese with Side of salsa

Shrimp & Asparagus Omelet*** ^**\$12.99**

Three egg omelet filled with Shrimp & asparagus smothered in a saffron cream sauce & topped with onions, capers & tomatoes