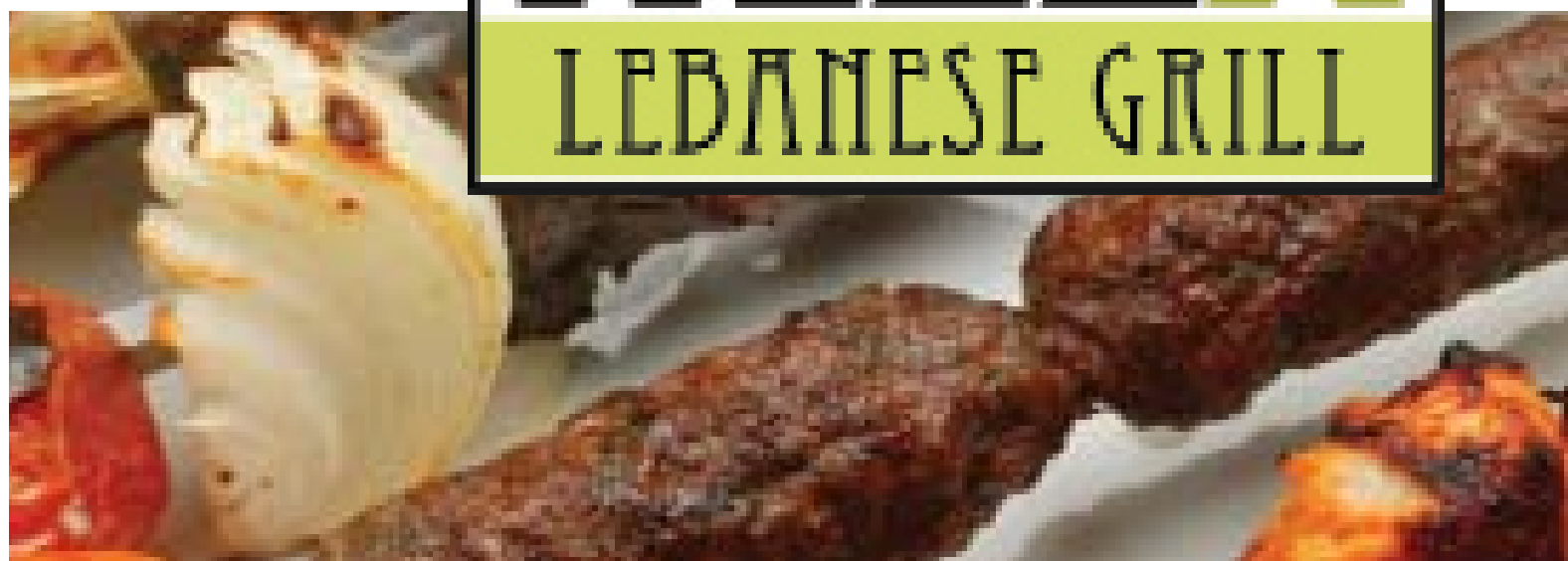


# MEZZA

## LEBANESE GRILL



# MEZZA

## LEBANESE GRILL

### LEBANON

CAPITAL - Beirut

POPULATION - Approximately 4 million

AREA - 10,452 square kilometers

MONETARY UNIT - The Lebanese Pound



### ECONOMY

The urban population in Lebanon is noted for its commercial enterprise. Over the course of time, migration has yielded Lebanese "commercial networks" throughout the world.

Lebanon has a high proportion of skilled labour comparable to most European nations and the highest among Arab countries.



### TRADITIONAL CUISINE

Lebanese cuisine is shared by many countries in the Eastern Mediterranean, namely Egypt, Syria, Turkey, Greece and Cyprus.

The Lebanese national dish is the kibbe, a meat pie made from finely minced lamb and burghul wheat. The national drink is arak, a strong anise-flavored liquor made from fermented grape juice. It is usually drunk with water and ice, which turns the clear liquid milky-white, and always accompanies food.

Traditional Lebanese meals begin with a wide array of mezza- small savoury dishes, such as dips, salads, pastries, and vegetables. The mezza are typically followed by a selection of grilled meats and fish. In general, meals are finished with Arabic coffee and fresh fruit, though sometimes a selection of sweets will be offered as well.

✓ Vegetarian Dishes

Mezza Favourites

## MEZZA DIPS

✓ **Mixed Dip Sample Plate** **\$15.95**

A combination of hummous, baba ghannouj, and labneh with cucumber. Served with our crispy herb pita chips for dipping. Great for sharing!

✓ **Hummous** **\$8.90**

This popular Lebanese dip consists of pureed chickpeas blended with sesame sauce, fresh lemon juice, and garlic. Olive oil is then drizzled on top for flavour.

**Hummous and Lamb** **\$10.90**

Hummous dip topped with minced lamb, pine nuts and a mix of Lebanese spices.

✓ **Hummous Mlawah** MEZZA TWIST Dish **\$10.50**

Hummous and caramelized onions dip topped with more caramelized onions and roasted almonds.

**new**

✓ **Baba Ghannouj** **\$8.90**

Char-smoked eggplant pureed and mixed with tahini, garlic and fresh lemon juice.

✓ **Labneh** **\$7.90**

A homemade naturally thickened yogurt drizzled with olive oil.

✓ **Labneh with Cucumber** **\$8.90**

A homemade naturally thickened yogurt with cucumber, mint, olive oil, garlic and herbs.

✓ **Spinach, Cheese and Garlic Dip** **\$9.50**

Our homemade spinach dip is a family recipe that dates back several generations and uses only the freshest ingredients. Served with our crispy herb pita chips for dipping.

✓ **Shanglish** **\$9.50**

Aged yogurt and thyme mixed with tomatoes, onions, parsley, spring onions, olive oil, and spices.

# MEZZA STARTERS

**V Falafel** \$8.50  
Lightly fried patties of chickpeas, broad beans, parsley, garlic, onion, coriander, and spices served with tahini sauce.

**V Warak Areesh (Grape Leaves)** \$9.50  
Vine leaves filled with rice, tomatoes, onion, parsley, mint, olive oil, and lemon juice.

**Kibbeh** \$9.50  
Fried Kibbeh shells stuffed with minced lamb, pine nuts, onion and spices. Served with Laban for dipping.

**V Batata Harra** \$7.90  
Pieces of spicy potato sautéed with coriander and garlic, then grilled with onions.

**Samke Harra** \$8.90  
Pieces of grilled fish mixed with tahini, garlic, onion, cayenne, coriander, parsley and fresh lemon juice and then topped with almonds and pine nuts.

**V Arnabeet Miklee** \$7.90  
Fried Cauliflower topped with fried onions, pine nuts, almonds and served with tahini sauce.

**V Cheese and Olives** \$10.90  
Assorted cheeses served with olives and crispy pita.

**Kibbeh Naya** \$14.90  
Minced lamb pâté mixed with cracked wheat, minced onion and spices (Only available on weekends or 24hr advance order).

**Lahmeh Bel Taffeh** \$11.90 MEZZA *TWIST* Dish  
This dish is new to Mezza and will become a customer favorite. Tender lamb with apples and potatoes in a pomegranate sauce. new

## FESTIVALS

Several international festivals are held in Lebanon, featuring world-renowned artists and drawing crowds from Lebanon and abroad. Beirut in particular has a very vibrant arts scene, with numerous performances, exhibits, fashion shows, and concerts held throughout the year in its galleries, museums, theatres, and public spaces.



**Spicy Prawns** \$11.90  
Crumbed prawns dipped in spices and deep fried to lock in the flavours.

**Soujuk** \$8.90  
Chopped spicy Lebanese sausages grilled with tomato and onions.

**Makanek** \$8.90  
Specially seasoned homemade miniature lamb and beef sausages grilled and topped with fresh lemon juice.

**Chicken Wings** \$9.50  
Tender char-grilled chicken wings marinated and topped with garlic, fresh lemon juice, and coriander.

**Sambousik** \$8.90  
Homemade pastry stuffed with minced lamb, pine nuts, onions, and spices.

**V Foul Moudamas** \$7.90  
Cooked fava beans tossed with olive oil, onions, tomatoes, fresh lemon juice, parsley and garlic.

**Lahmeh and Batata** \$9.50 MEZZA *TWIST* Dish  
Minced lamb and potatoes cooked with onions in a pomegranate sauce and topped with almonds, pinenuts and melted Haloumi Cheese. new

**V Mousaka'a Batenjen** \$8.90  
Grilled eggplant topped with a homemade salsa of chick peas, spices, onions and tomatoes.

Starters continue on next page





**V** Vegetarian Dishes

**Mezza Favourites**

**Chicken Cigars** \$9.50  
A delicious mix of chicken, mushrooms, garlic and spices wrapped in a filo pastry.

**V** **Cheese Pastries** \$9.50  
Mouth watering melted cheese filo pastry triangles filled with a combination of cheeses, onions, capsicum and spices.

**V** **Fatayer** \$8.90  
Spinach, onion, tomato, pine nuts, olive oil and fresh lemon juice wrapped and baked in a homemade pastry.

## MEZZA SALADS

**V** **Tabouli** \$9.90  
Traditional Lebanese salad of finely chopped parsley, tomato, and onions, mixed with cracked wheat, fresh lemon juice and olive oil.

**V** **Tabouli with Feta & Olives** **MEZZA TWIST** Dish \$11.90 **new**  
The Traditional Lebanese salad tossed with black olives and Feta Cheese.

**V** **Spicy Tabouli** **MEZZA TWIST** Dish \$11.90 **new**  
The Traditional Lebanese salad kicked up a notch and topped with roasted red peppers.

**V** **Fatoush** \$9.90  
Lettuce, tomato, cucumber, radish, onion, garlic, mint, capsicum, olive oil, and topped with fried crispy pita bread.

**V** **Rocket Salad** \$9.90 **new**  
Rocket, Black Olives, onions and tomatoes tossed in a sumac, olive oil and lemon dressing.

**V** **Lebanese Salad** \$8.90  
Cucumber, tomatoes, onions, fresh lemon juice, garlic, and olive oil.

**V** **Mediterranean Salad** \$11.90  
Delicious haloumi cheese, tomatoes, cucumbers, chickpeas, roasted red peppers, red onions, black olives, olive oil, mint, and a delicious balsamic dressing.  
**ADD CHICKEN \$5.00 Extra**

### AGRICULTURE

Lebanon is ideally suited for agricultural activities in terms of water availability and soil fertility, as it possesses the highest proportion of cultivable land in the Arab world.

Ironically though, Lebanon does not have a large agricultural sector. Attracting a mere 12% of the total workforce, agriculture is the least popular economic sector in Lebanon. It contributes approximately 11.7% of the country's GDP, also placing it in the lowest rank compared to other economic sectors

## MEZZA MAIN'S

All dinner mains are served with rice and house salad unless specified otherwise in the description.

### Mixed Grill \$20.95

One skewer each of lahem mishwee, shish kafta and shish tawook. Served with toum garlic sauce and Mezzas own spicy bbq sauce

## LAMB

### Char Grilled Lahem Mishwee \$20.95

Skewers of lean tender lamb and vegetables, seasoned and marinated, then char grilled. Served with Mezzas own spicy bbq sauce

### Lamb Chops \$23.95

Three seasoned and marinated chops cooked on the char grill and served with rocket salad. Served with Mezzas own spicy bbq sauce

### Char Grilled Shish Kafta \$17.95

Skewers of ground lean lamb seasoned with parsley, onion and spices.

### Lamb Ghallaya \$19.95

Tender lamb tips, sautéed with carrots, green peppers, mushrooms, garlic, coriander, broccoli, tomatoes, onions and special seasonings.

## CHICKEN

### Char Grilled Shish Tawook \$19.95

Skewers of tender grilled chicken breast seasoned and marinated. Served with toum garlic sauce.

### Char Grilled Chicken Kafta MEZZA TWIST Dish \$17.95

Skewers of fresh ground chicken mixed with onions, parsley & spices. Served with toum garlic sauce.

### Chicken Ghallaya \$19.95

Tender chicken pieces, sautéed with carrots, green peppers, onions, tomatoes, broccoli, coriander, mushrooms, and special seasonings. Served on a bed of rice.



### Mediterranean Chicken \$20.95

Char-grilled chicken breast, sautéed with garlic, fresh lemon juice, olive oil, and Lebanese spices. Served with rocket salad.

### Riz A Djaj \$16.95

Seasoned chicken on a bed of rice pilaf with minced lamb and topped with roasted pine nuts and almonds. Served with labneh and house salad.

## SEAFOOD

### Shrimp Ghallaya \$23.95

Prawns sautéed with carrots, green peppers, onions, tomatoes, broccoli, coriander, mushrooms, and special seasonings. Served on a bed of rice.

### Garlic Prawns \$23.95


Beautifully cooked prawns tossed in a garlic cream sauce and served on a bed of rice with almonds and mushrooms.

### Grilled White Fish \$20.95

Grilled tender seasoned white fillet of fish served with rocket salad and rice.


### Samke Harra \$23.95


Fish fillet topped with our special homemade spicy tahini sauce and nuts. A delicious Lebanese recipe!

 Vegetarian Dishes

 Mezza Favourites


## MEZZA TRADITIONAL DISHES

 **Mjadara** **\$13.95**  
 This traditional meal is served throughout Lebanon. A warm mix of lentils and rice topped with caramelized onion. Served with yogurt and house salad.

 **Borgul Bid Feen** **\$12.95**  
 Cracked wheat cooked with tomatoes, onions, green peppers and mushrooms. Served with yogurt and house salad.

**Mihshee Malfouf** **\$16.95**  
 Cabbage leaves rolled and stuffed with minced lamb, spices, and rice and cooked in mint, fresh lemon juice, and olive oil.

**Kafta, Batata and Riz** **\$16.95**  
 Kafta meatballs and diced potatoes slowly cooked in our traditional Lebanese tomato sauce with a mix of spices and served on a bed of rice.

 **Kousa with Seasonal Vegetables** **\$16.95**  
 Chopped Lebanese zucchini and seasonal vegetables stewed in a traditional Lebanese tomato sauce and served on a bed of rice. **new**

**Sheik il Mehshee** **\$18.95**  
 Eggplants stuffed with minced lamb, onions and pinenuts and cooked in our traditional Lebanese tomato sauce, with a mix of spices. Served on a bed of rice. **new**

**Fatteh** **\$17.95**  
 large pieces of Slowly cooked tender lamb topped with toasted pita and warm chickpeas, moistened with garlic infused yogurt and finished with pine nuts sautéed in clarified butter.



### LEBANESE ABROAD

There are approximately 16 million people of Lebanese descent, spread all over the world, Brazil being the country with the biggest Lebanese community abroad. Argentina, Australia, Canada, Colombia, France, Great Britain, Mexico, Venezuela and the US also have large Lebanese communities.

## MEZZA PLATTERS TO SHARE

**Shish Platter** **\$38.95**  
 2 lahem mishwee, 2 shish tawook, 2 shish kafta char-grilled and served with rice and salad.

**Mixed Platter** **\$42.95**  
 1 lahem mishwee, 1 shish tawook, 1 shish kafta, 1 chicken kafta, 2 chicken wings, and 2 Lamb Chops, served with rice and salad.

**V Vegetarian Platter** **\$35.95**  
 Hummous, baba ghannouj, tabouli, warak areesh, falafel, borghul bid feen, and fatayer. Served with rice.

**Family Platter** **\$79.95**  
 3 lahem mishwee, 3 shish tawook, 3 shish kafta, 4 chicken wings, 4 falafel, served with hummous, hot chips, rice and house salad.



### GEOGRAPHY OF LEBANON

Lebanon has a total area of 10,452 square kilometers (4,036 sq mi), making it the 166th largest country in the world. Most of that area is mountainous terrain, except for the narrow coastline and the Beqaa Valley, an integral part of Lebanon's agriculture.

## MEZZA SOUPS & SIDES

**Chicken and Rice Soup** **\$7**

**Crispy Herb Pita Chips** **\$4**  
 Great for Dipping!

**Bowl of Hot Chips** **\$6.50**

**Toum** **\$3**  
 Traditional Lebanese garlic sauce great for dipping.

**Kabeese** **\$7**  
 A delicious assortment of Lebanese pickles and olives.

**Bowl of rice** **\$5**

**Small House Salad** **\$6**

## MEZZA KIDS MENU

**Chicken Nugget and Chips** **\$9**

**Fish Fingers and Chips** **\$9**

**Chicken Wings and Chips** **\$9**

**Mini Pizzas and Chips** **\$9**

**Bowl of Vanilla Ice Cream with Topping** **\$4**



### CULTURE

Lebanon has been for thousands of years a melting pot of various civilizations and cultures.

Originally home to the Phoenicians, and then subsequently conquered and occupied by the Assyrians, the Persians, the Greeks, the Romans, the Arabs, the Ottoman Turks and most recently the French, Lebanese culture has over the millennia evolved by borrowing from all of these groups.

Lebanon's diverse population, composed of different ethnic and religious groups, has further contributed to the country's lively festivals, highly successful musical styles and literature as well as their rich cuisine.

When compared to the rest of the Middle East, Lebanese society as a whole is well educated, and as of 2003 87.4% of the population was literate. Lebanese society is very modern and similar to certain cultures of Mediterranean Europe. Not only is Lebanon a distinctive fusion of Christian and Muslim traditions unequalled in the rest of the region, it also serves as the European gateway to the Middle East as well as the Arab gateway to the Western World.

## MEZZA BANQUETS

### A TRADITIONAL LEBANESE EXPERIENCE

A banquet is a terrific way to share and sample an extensive range of the most popular Lebanese dishes. We serve a wide selection of mouth watering entrées and main courses followed by dessert and your choice of Lebanese coffee or Lebanese Loose Leaf tea.

Only \$2.00 extra if you prefer other coffees or teas from our menu.  
(min. 2 people per table)



### MEZZA BANQUET

6 mouthwatering entrees plus a main course of a skewer each of our delicious Shish Kafta and Shish Tawook served with house salad and rice. Followed by a dessert and Lebanese coffee or tea.

**\$31.95 per person (\$21.95 per child under 12)**

**Groups of 8 or More**

**\$30.95 per person (\$20.95 per child under 12)**

### CEDAR BANQUET

10 delicious dips and entrees to start with followed by a wonderful selection of mains. We then serve a delightful assortment of desserts accompanied with your choice of a Lebanese Coffee or Tea. To finish the evening off, cool down with a shot of Mezza's own Mezza Mint.

**Our chefs change the entrees and mains monthly and include entrees that are especially made for the banquets.**

**\$39.95 per person (\$23.95 per child under 12)**

**Groups of 8 or More**

**\$37.95 per person (\$21.95 per child under 12)**

### BANQUET WITH SEAFOOD

Similar to the Cedar Banquet but served with spicy prawns and samke harra as the main plus one skewer of lamb or chicken. Followed by a selection of desserts and Lebanese Coffee or Tea.

**\$44.95 per person (\$27.95 per child under 12)**

**Groups of 8 or More**

**\$42.95 per person \$25.95 per child under 12)**

### V VEGETARIAN BANQUET

A selection of 10 appetizing entrées plus a mix of vegetarian mains served with house salad and rice. Followed by a selection of desserts and Lebanese Coffee or Tea.

**\$37.95 per person (\$22.95 per child under 12)**

**Groups of 8 or More**

**\$35.95 per person (\$20.95 per child under 12)**