

Founded in 2007, Mediterranea's five brothers worked meticulously to bring a fresh concept to Montclair, NJ.

We believe in serving tasty, healthy and natural meals to all our customers in a casual and affordable environment. Consistency, quality and freshness are guaranteed.

We invite you to come try an authentic, award-winning Mediterranean cuisine in a most delightful setting.

Hours

Monday - Thursday 4PM – 10 P.M.

Friday-Sunday 11 A.M. – 11 P.M.

We accept all major credit cards.

LUNCH & CATERING NOW AVAILABLE



*Specializing in the finest cuisine along
the Mediterranean Sea*

**Rated ★★★★★ by
"The Daily News"**



Dinner Menu

WE DELIVER

(min. \$25)

973-744-1300



578 Bloomfield Ave
Montclair, NJ 07042
Phone (973) 744-1300
<http://www.mediterraneanj.com>

Appetizers

Green Foul	\$4.95
Fava beans with olive oil, cilantro, and garlic	
Hummus	\$5.95
Chick peas with tahini, fresh garlic, lemon juice, and olive oil -Add meat for \$2.00	
Mutabal	\$5.95
Flame-roasted eggplant, with yogurt, garlic, lemon juice, sesame paste, and olive oil	
Baba Ghannoush	\$6.95
Flame roasted eggplant, red and green bell pepper, with garlic, lemon juice, and olive oil	
Falafel	\$5.95
Chopped chick peas, fresh herbs and parsley, garlic, onion, and cilantro, fried to perfection	
Muhamarrah	\$6.95
Blended sun dried red bell pepper dip, with onions, bread crumbs, fresh herbs, pomegranate molasses, and olive oil	
Musakaah	\$6.95
Sauteed eggplant, tomato, onion, olive oil, red and green bell pepper, chopped garlic and spices	
Lebbneh	\$6.95
Thick creamy yogurt dip with walnuts and dried mint, topped with extra-virgin olive oil	
Yalangi	\$6.95
Mouth-watering stuffed grape leaves	
Bosphorus Soujouk	\$7.95
House specialty, hot spiced beef sausage, Mediterranean style	
Aleppo Sausage	\$7.95
House specialty whole baby sausage, Syrian style	
Fried Calamari	\$9.95
Flour-dipped, seasoned, and fried, served with a garlic dip or marinara dip	
Fried Kibbeh	\$7.95
Stuffed wheat patties with ground beef, onions, and seasoning	
Zuppe de Mussels and Clams	\$10.95
Sautéed mussels and clams in a red or white sauce.	
Mediterranean Platter	\$16.95
Combination of 8 items: Hummus, Mutabal, Baba Ghannoush, Musakaah, Lebbneh, Green Foul, Marinated Roasted Potatoes, and Yalangi	

Salad

Taboula Salad	\$6.95
Cracked wheat, parsley, scallion, tomato, lemon juice, and olive oil with toasted pita bread	
Greek Salad	\$8.95
Feta cheese, lettuce, tomato, red & green bell peppers, cucumber, olive oil, grape leaves	
Fatoush Salad	\$7.95
Romaine lettuce, cucumbers, tomato, green & red bell peppers, lemon juice, and olive oil, with crispy pita chips	
Diced Mediterranean Salad	\$7.95
Our house salad diced fine	
Caesar Salad	\$6.95
Add chicken - \$3.00	
Mazah Salad Platter	\$8.95
Our special house salad with fresh mozzarella, mesculin, roasted peppers, olives, in a light balsamic vinaigrette	

Grilled and Seafood Entrée

All grilled entrées come with Basmati rice or pasta

Choice House Kebabs:	
▪ Chicken Kebab	\$14.95
▪ Half-Roasted Chicken	\$14.95
▪ Kofta Kebab	\$15.95
▪ Grilled Veggie Platter	\$13.95
▪ Filet Mignon Kebab	\$21.95
▪ Trio Grilled Platter-Kofta, Lamb, & Chicken	\$23.95
Penne Napolitano- meat sauce with peas	\$12.95
Filet Mignon Steak- 9 oz served with steak fries and vegetables	\$23.95
Shrimp Tartus- Sauteed shrimp, topped with a spicy marinara and cilantro sauce	\$17.95
Shrimp Tripoli – Jumbo Shrimp, sautéed in a spicy garlic pepperoncini sauce	\$21.95
Latakia Calamari and Shrimp- sautéed with fresh tomato, scallions, cilantro	\$20.95
Mediterranean Salmon, Tilapia, or Grilled Shrimp Kebab - With red and green bell peppers, onions, and cilantro in a lemon-garlic sauce	\$21.95
Mariscada- Assortment of clams, mussels, shrimp, calamari, and lobster tail, served in your choice of red or white sauce	\$23.95