



THE
PITA SPOT
"A MEDITERRANEAN GRILL"

-  Vegetarian
-  Gluten-Free

Mezza

(Appetizers)

An Array of small dishes placed before our guests creating an awe-inspiring mixture of flavors, textures and aromas of the Mediterranean fare.

Cold



-   Hummus ~ Pureed fresh chick peas, tahini (sesame paste), lemon juice with a hint of garlic and a drizzle of extra virgin olive oil\$7.00
-   Baba Ghannouj ~ Fire roasted eggplant, pureed with tahini (sesame paste), lemon juice and a hint of garlic drizzled with extra virgin olive oil.....\$8.00
-   Tabouli ~ Fresh chopped parsley, tomatoes, finely chopped onions blended with crushed bulgur wheat, lemon juice and extra virgin olive oil in a harmonious mixture of spices\$8.00
-   Mousakaa (also served hot) ~ Oven roasted eggplant, chick peas and slivers of savory onion slowly simmered in a homemade tomato sauce\$8.00
-   Loubieh (also served hot) ~ Sautéed fresh green beans, cloves of garlic slowly simmered in a homemade tomato sauce\$7.00
-   Stuffed Grape Leaves (6 pieces) ~ A delicious mixture of rice, chick peas, fresh parsley, onions, lemon juice and extra virgin olive oil, wrapped in young and tender grape leaves and slowly cooked to perfection.....\$8.50
-   Labneh ~ Rich and creamy strained yogurt topped with mint and drizzled with extra virgin olive oil\$6.50
-   Yogurt and Cucumber (Tzatziki sauce) ~ Homemade yogurt, diced fresh cucumbers, a sprinkle of mint and a hint of garlic\$7.00
-   Shankleesh ~ A delicious blend of crumbled fresh feta cheese, diced tomatoes, finely grated onions, sprinkled with zaatar (a blend of thyme, sesame seeds and Mediterranean spices) and drizzled with extra virgin olive oil.....\$7.50

Hot

-  Cilantro Pesto Pita ~ Grilled to Perfection!\$6.00
-  Meat Lover's Hummus ~ Homemade hummus served with minced beef and pine nuts.....\$8.00
-   Falafel (4 patties) ~ A delicious blend of finely ground chick peas, fresh garlic, herbs and a medley of Mediterranean spices shaped into a patty and deep fried. Served with pickled turnips, wild Cucumber pickles and tahini (sesame paste)\$8.00
-  Kibbeh (2 pieces) ~ Fresh lean ground beef mixed with bulgur wheat layered and stuffed with minced meat and pine nuts. Oven baked!.....\$8.50
-  Spinach Pie (4 pieces) ~ Tender chopped fresh spinach baked with finely chopped onions, lemon juice, olive oil and Mediterranean spices\$7.00
-   Grilled Feta and Mozzarella Cheese Flatbread (3 pieces) ~ A delicious mix of feta and mozzarella cheese baked to perfection on dough.....\$7.00
-  Meat Pie (3 pieces) ~ Fresh lean ground beef, finely chopped onion and diced tomatoes are delicately mixed in Mediterranean spices and baked in dough\$8.00
-  The Best of Thyme Mediterranean Flatbread (3 pieces) ~ A heavenly blend of zaatar (a blend of thyme, sesame seeds and Mediterranean spices) infused with extra virgin olive oil complete this amazing treat. A 'must try' for everyone!\$6.00
-   Moudardara (also served cold) ~ A bed of rice and lentils garnished with caramelized onion. Healthy and flavorful!.....\$8.00
-   Bulgur Pilaf ~ Crushed bulgur wheat with chick peas, chopped sweet onion simmered in a light homemade tomato base\$6.00
-   Fried Vegetable Combo ~ A medley of fresh cauliflower, eggplant, zucchini and potatoes fried to a golden brown.....\$8.00
-   Fava Beans (Foole Moodammas) ~ Fava beans and chick peas cooked together then marinated in garlic, olive oil and lemon; garnished with fresh chopped parsley.....\$7.00
-  Couscous ~ Delicately tossed with sautéed vegetables in Olive Oil and Garlic.....\$7.00
-   White Cannellini Beans ~ Cooked in a light tomato sauce with Coriander and Garlic\$7.00
-   Roasted Potatoes ~ Cubed Potatoes roasted in light Olive Oil, Cilantro and Garlic. Delicious!\$7.00
-   Collard Greens ~ Sautéed in Olive Oil, Garlic and Cilantro, topped with Caramelized Onions\$7.00
-   Mediterranean Lamb Sausage (Makanek) ~ Named, "The pride of the place", by The New London Day food critic, Tiny lamb Sausages sautéed in a delicious lemon and Canola oil flambé\$9.00

Soups



Chicken Noodle Soup ~ An abundance of fresh vegetables and chicken in a flavorful homemade broth with Vermicelli noodles



  Lentil Soup ~ A hearty blend of tender lentils and fresh Swiss Chard with a touch of lemon, spices and herbs make this soup a perfect meal



 Spicy Pepper Soup ~ Chef's specialty! Pureed vegetables with a hint of peanuts slowly simmered with Habanero peppers

Small Bowl \$5.00 / Large Bowl \$6.50



Salads


  Fattoush ~ A blend of crisp romaine lettuce, fresh tomatoes and cucumbers with toasted pita chips gently tossed with sumac spice, lemon juice and extra virgin olive oil \$8.00

  Arugula and Goat Cheese Salad ~ A bountiful bed of crisp mixed greens, peppery fresh arugula, crumbled goat cheese, toasted Pine Nuts and Caramelized Onions, drizzled with balsamic vinegar and extra virgin olive oil dressing \$8.00

  Mediterranean Romaine Salad ~ Simply delicious and refreshing made with crisp romaine lettuce hearts and a delicate drizzle of extra virgin olive oil, lemon and garlic \$7.00

  Greek Salad ~ Iceberg Lettuce, diced onions, Cherry tomatoes, calamata olives and cool cucumbers topped with crumbled feta cheese \$8.00

  Sheppard's Salad ~ A lightly seasoned mix of diced tomatoes, onion, and cool cucumbers with a perfect drizzle of fresh mint infused extra virgin olive oil \$8.00

  Citrus Salad ~ Crisp Romaine Lettuce with a Cilantro and Honey infused dressing, topped with chunks of fresh Oranges \$8.00

  Crudités ~ A Medley of Seasonal Vegetables, Perfect for dipping \$8.00

Top-A-Salad

 Kabob Skewer add:

Chicken ~ \$6.00 Lamb ~ \$7.50 Filet Mignon ~ \$7.50 Kafta ~ \$6.00  Veggie ~ \$6.00

Shawarmas add:

Chicken ~ \$6.00 Beef ~ \$6.00 Lamb ~ \$7.00 Combo Of Two ~ \$7.00

 Falafel ~ \$1.50 per Patty Lala Chicken ~ \$7.00
White Meat only ~ \$8.00

Specials

6oz. Lean Lamb Burger ~ Charbroiled to Perfection, Simple but Good!
Served w/ Cabbage Salad, French Fries, seasoned with exotic Mediterranean spices \$15.00
Add Feta Cheese \$2.50

Old Family Secret Recipe Charbroiled "Lala" Chicken

The heart of Uncle Andre's Famous "Lala Chicken" old (secret) family recipe is a unique blend of marinated fresh herbs and exotic spices. The marinated chicken is then Charbroiled to delicious perfection.

 "Lala" Whole Chicken \$20.00
This wonderful dish is served with garlic spread, pickles and fresh pita bread

 "Lala" Half Chicken \$10.00

Lala Chicken Pita ~ Lunch \$9.00 Dinner \$12.00
Wrapped in pita with garlic spread and wild cucumber pickles. Dinner served with Mediterranean Salad.

LUNCH
Pita Wraps
(11:30am to 2:30pm)

🍷 Falafel Pita ~ A delicious blend of finely ground chick peas, garlic and a medley of Mediterranean spices shaped into a patty and deep fried. Garnished in a fresh pita with tomatoes, lettuce, pickled turnips and wild cucumber pickles and fresh parsley, drizzled with tahini (sesame paste) sauce\$7.50

Fiery Falafel ~ Tony's Favorite! Served with spicy grilled onions and tomatoes\$8.50

Richard Special ~ A scrumptious combination of Falafel patties, and grilled - marinated Chicken Kabob, garnished with a little lettuce, pickled turnips and parsley & served with Tahini sauce on a heated pita\$11.00

🍷 Falafel Special ~ Vivian's Favorite!! Falafel patties, homemade Hummus and Tabouli served with Tahini in a pita\$9.00

🍷 Hummus Special ~ Homemade Hummus with Tabouli in a fresh pita\$7.00

🍷 Labneh Garden Pita ~ Layers of Labneh, Zaatar (a blend of thyme, sesame seeds and Mediterranean spices), black olives, tomatoes, arugula and cucumber, extra virgin olive oil garnished with mint\$7.00

🍷 Kabob Pita Wraps ~ Cubes of fresh chicken, beef or lamb on a skewer marinated with delicate Mediterranean spices and charbroiled to perfection. All wraps are Served with fresh grilled tomatoes, peppers, zucchini and onions; topped with your choice of either our home made garlic spread, yogurt dressing, or Tahini finished on a Panini press.

Chicken Kabob Pita ~ \$8.50 Filet Mignon Kabob Pita ~ \$9.50

Lamb Kabob Pita ~ \$9.50 Kafta Kabob Pita ~ \$8.50 🍷 Veggie Kabob Pita ~ \$8.00

Chef's Specialty Shawarma Wrapped Pitas

Marinated strips of chicken, beef or lamb seasoned with exotic Mediterranean spices, grilled with onion, tomato and topped with tahini, Garlic spread or yogurt dressing wrapped in a fresh pita

Chicken ~ \$9.00 Beef ~ \$9.00 Lamb ~ \$10.00 Combo Of Two ~ \$10.00

DINNER

Pita Wraps

(4:30pm to close)

Served with a Mediterranean Salad

🍷 Falafel Pita ~ A delicious blend of finely ground chick peas, garlic and a medley of Mediterranean spices shaped into a patty and deep fried. Garnished in a fresh pita with tomatoes, lettuce, pickled turnips and wild cucumber pickles and fresh parsley, drizzled with tahini (sesame paste) sauce\$10.50

Fiery Falafel ~ Tony's Favorite! Served with spicy grilled onions and tomatoes\$11.50

Richard Special ~ A scrumptious combination of Falafel patties, and grilled - marinated Chicken Kabob, garnished with a little lettuce, pickled turnips and parsley & served with Tahini sauce on a heated pita\$14.00

🍷 Falafel Special ~ Vivian's Favorite!! Falafel patties, homemade Hummus and Tabouli served with Tahini in a pita\$12.00

🍷 Hummus Special ~ Homemade Hummus with Tabouli in a fresh pita\$10.00

🍷 Labneh Garden Pita ~ Layers of Labneh, Zaatar (a blend of thyme, sesame seeds and Mediterranean spices), black olives, tomatoes, arugula and cucumber, extra virgin olive oil garnished with mint\$10.00

🍷 Kabob Pita Wraps ~ Cubes of fresh chicken, beef or lamb on a skewer marinated with delicate Mediterranean spices and charbroiled to perfection. All wraps are Served with fresh grilled tomatoes, peppers, zucchini and onions; topped with your choice of either our home made garlic spread, yogurt dressing, or Tahini finished on a Panini press.

Chicken Kabob Pita ~ \$11.50 Filet Mignon Kabob Pita ~ \$12.50

Lamb Kabob Pita ~ \$12.50 Kafta Kabob Pita ~ \$11.50 🍷 Veggie Kabob Pita ~ \$11.50

Chef's Specialty Shawarma Wrapped Pitas

Marinated strips of chicken, beef or lamb seasoned with exotic Mediterranean spices, grilled with onion, tomato and topped with tahini, Garlic spread or yogurt dressing wrapped in a fresh pita

Chicken ~ \$12.00 Beef ~ \$12.00 Lamb ~ \$13.00 Combo Of Two ~ \$13.00

Add fries to any Pita ~ \$2.50 Additional Dressing ~ \$1.50 each

Entrees

Kabobs

Cubes of fresh chicken, beef or lamb marinated with delicate Mediterranean herbs and spices, skewered, charbroiled and served over rice pilaf and grilled vegetables with your choice of garlic spread, Tahini or yogurt dressing

Chicken ~ \$15.00 Filet Mignon ~ \$17.00 Lamb ~ \$19.00

Kafta Kabob ~ A blend of lean ground beef, fresh parsley, onion and Mediterranean spices charbroiled and served with rice pilaf and fresh grilled vegetables.....\$15.00

 **Veggie Kabob** ~ A colorful combination of seasoned vegetables charbroiled and served on a bed of rice pilaf with white Cannellini beans.....\$14.00

Mixed Kabob ~ Three skewer combination of lamb, chicken and kafta kabob, served over rice pilaf and fresh grilled vegetables.....\$23.00

Shawarma

Marinated strips of meat, seasoned with exotic Mediterranean spices served with grilled onion, tomato with a choice of garlic spread, tahini or yogurt dressing


Chicken ~ \$15.00 Beef ~ \$15.00 Lamb ~ \$18.00

Combination Shawarma ~ \$18.00
Combine any two of your favorites in one dish

Oven Baked Kibbeh ~ Lean ground beef mixed with bulgur cracked wheat, spices, layered and stuffed with spiced ground beef tips, sautéed onions, toasted pine nuts and served with Tzatziki (yogurt and cucumber dressing). Includes side salad.....\$18.00

Chicken and Rice Mediterranean Style ~ Cubes of delicately stewed chicken on a bed of seasoned rice and ground beef generously topped with toasted pine nuts.....\$16.00

Chicken and Lentils over Rice Pilaf ~ Artfully seasoned Chicken, Deliciously prepared Lentils and Swiss Chard top our Rice pilaf, creating a wholesome and hearty dish.....\$15.00

 **Mousakaa Over Rice Pilaf** ~ Eddie's Favorite! Oven roasted eggplants, chick peas and slivers of savory onions slowly simmered in a homemade tomato sauce.....\$15.00

Charbroiled Lamb Chops and Rice ~ Succulent lamb chops, delicately seasoned, charbroiled and served over rice pilaf and fresh grilled vegetables.....\$PTM

Rib Eye Steak ~ Delicately seasoned, perfectly charbroiled and served w/rice, cilantro-garlic roasted potatoes and grilled vegetables.....\$PTM

Seafood

 **Grilled Tuna Kabob over a Citrus Salad** ~ Char-grilled Tuna Kabob tops this refreshing citrus salad infused with a honey cilantro dressing.....\$20.00

Grilled Calamari ~ Incredibly delicious and tender, char-grilled Calamari on top of a bed of vegetarian Couscous.....\$20.00

Sides

Home cut French Fries ~ \$3.50

Balsamic Infused Grilled Vegetables ~ \$6.00

Rice Pilaf with Vermicelli Noodles ~ \$5.00

Mediterranean Rice ~ \$7.00

Malfoo ~ \$3.50

Sauces ~ Small \$1.50 Large \$2.50

Shredded Cabbage with a lemon, olive oil and garlic dressing

Tahini, Garlic, Yogurt

*Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of food-borne illnesses.

*An 18% Gratuity Will Be Added To Parties Of 8 Or More