

MEZZE COLD

ASSORTED PICKLES GF ●	6.5
turnips, olives, hot peppers, dill pickles	
HUMMUS GF ●	10
chickpea purée, lebanese tahini, fresh lemon juice & a touch of garlic	
add toasted pine nuts 3.00 / add sautéed lamb & beef 6.00	
BABAGANUJ GF ●	12
charcoal-broiled puréed eggplant, lebanese tahini, garlic & fresh lemon juice	
TABULÈ ●	12
hand chopped parsley salad with whole wheat bulgur, tomatoes, onions & a hint of mint tossed in a light lemon & olive oil dressing	
make it gluten free tabulè with organic quinoa add 0.50 GF	
LABNI v	12
Lebanese yogurt cheese mixed with garlic & topped off with za'atar (Lebanese spices)	
SAMPLER PLATTER ●	25
order any three of the above cold mezze	
GLUTEN FREE LAFFA FLAT BREAD GF ●	4
AKAAWI CHEESE v	14
seared with nigelli seeds topped with tomato concasse, finished with za'atar & extra virgin olive oil drizzle	
HOUSE SALAD GF ●	14
romaine lettuce, tomatoes, red onions, cucumber, fresh mint & parsley tossed in a lemon garlic dressing	
add chicken breast 8.00	
FALAFEL SALAD GF ●	17
romaine lettuce, tomatoes, red onions & cucumber topped with gluten free falafel & tahini	
add chicken breast 8.00	
FATUSH SALAD ●	15
tomatoes, cucumber, fresh mint, onions, parsley & toasted whole wheat pita, lightly dressed with lemon, garlic, sumac & olive oil	
add chicken breast 8.00 / add falafel 6.50	
HALLUM SALAD GF v	17
baby arugula, onions & seared hallum cheese tossed together in a pomegranate dressing	
add chicken breast 8.00 / add falafel 6.50	
BASTERMA WITH LABNI	15
seasoned cured beef known as 'middle eastern prosciutto' served over labni & topped with arugula, olive oil drizzle & za'atar	

MEZZE HOT

HOMEMADE LENTIL SOUP GF ●	9
puréed red lentils with no cream or butter	
FRIED EGGPLANT GF ●	12
slices of eggplant fried & topped with a lemon garlic dressing	
GARLIC TOMATOES GF ●	12
sautéed tomatoes seasoned with garlic & coriander, in a tomato sauce	
ARNABEET GF ●	12
flash fried cauliflower finished with a touch of tahini	
KUBBE	12
a cracked whole wheat shell stuffed with lamb & beef, onions & pine nuts, served with a garlic yogurt sauce	
FALAFEL GF ●	12
gluten free falafels consisting of crushed chickpeas, split fava, parsley, garlic, onions & spices served with tahini	
WARAK ENAB GF ●	14
vegetarian home-made grape leaves, stuffed with rice, tomatoes, garlic, lemon & spices	

<b>CHICKEN LIVERS</b> GF	15
chicken livers sautéed with a hint of lemon & garlic <i>make it a dinner with house rice &amp; grilled vegetables add 7.00</i>	
<b>MUJADARA</b> GF ●	8
rice & brown lentils with onions topped off with tomato concasse	
<b>GARLIC SHRIMP</b>	16
sautéed shrimp in a tomato garlic sauce, a little spicy	
<b>MA'ANEK — LEBANESE SPICY SAUSAGE</b>	12
ground beef with middle eastern spices & nuts	

### VEGETARIAN

<b>EGGPLANT</b> GF ●	19
slices of fried eggplant on a bed of mujadara drizzled with tahini & topped with fresh pomegranate seeds	
<b>VEGETABLE</b> GF ●	19
skewers of marinated vegetables served with mujadara	
<b>FALAFEL ENTRÉE</b> GF ●	19
gluten free falafel served with mujadara, grilled vegetables & a side of tahini	

### MESHWEH | GRILL

All mains are served with chef's vegetables and rice with vermicelli topped with fried onions  
Substitute mujadara add 2.00 GF | Vegetables only add 3.00 | House salad 2.50

<b>KEFTA</b>	26
two juicy skewers of ground mixed lamb & beef with onions, parsley, garlic & spices	
<b>TAWUK</b>	26
two juicy skewers of farm fresh marinated chicken breast	
<b>LAMB</b>	28
two skewers of fresh Ontario lamb dry aged in-house	
<b>KEFTA BANADURA</b>	28
two juicy skewers of ground mixed lamb and beef simmered in a tomato garlic sauce	
<b>LAHMEH</b>	29
two skewers of Ontario veal tenderloin	
<b>LAMB CHOPS</b>	44
four pieces cut from Ontario lamb rack, dry aged in-house	

### SAMAK | SEAFOOD

All mains are served with chef's vegetables and rice with vermicelli topped with fried onions  
Substitute mujadara add 2.00 GF | Vegetables only add 3.00 | House salad 2.50

<b>EUROPEAN SEABASS</b>	mp
fresh whole branzino, pan fried & topped with a fresh lemon garlic dressing	
<b>GRILLED SHRIMP</b>	27
charcoal-broiled shrimp marinated in Middle Eastern spices	
<b>GARLIC SHRIMP ENTRÉE</b>	28
sautéed shrimp in a tomato garlic sauce, a little spicy	
<b>GRILLED SALMON KEBABS</b>	27
fresh Atlantic Salmon grilled with lemon, garlic & spices	
extra mini toum (garlic whip), yogurt sauce or tahini	1

GF naturally gluten free   ● vegan dishes   V vegetarian dishes

While Tabule is proud to offer menu items with gluten-free ingredients, Tabule is not a gluten-free environment. In the interest of all guests we do our best to assist with food allergies but it is also not an allergen-free environment. Due to the handcrafted nature of our menu items, variations in vendor-supplied ingredients, and our use of shared cooking and preparation areas, we cannot assure you that our restaurant environment or any menu item will be completely free of gluten, nuts or any other allergens.