

Chef Al's Mediterranean Light Menu

Soups & Starters

Grilled Sardines with Lemon

Artichokes a la Barigoule

Lemon, onion, garlic, tomatoes, green pepper,
olive oil

Roasted Sweet Peppers

Hummus with Flat Breads

Baba Ghanouj

Eggplant, garlic, lemon, parsley, tomato, tahini,
yogurt

Lentil with Cumin Vinaigrette

On a bed of Arugula

Puree of White Bean

Augolemono (Egg Lemon Soup)

Stracciatelle with Spinach Roman Style

Gazpacho Andaluz Style

Provencal Fish Soup

Chilled Yogurt / Cucumber Soup

Springtime Minestrone

Hamud (Chicken Soup with Lemon)

Salads

Nicoise Salad

Tuna, potatoes, hard boiled eggs, green beans,
tomatoes, anchovy fillets, boston bib lettuce
with a lemon vinaigrette herbs de provence

Fennel & Red Pepper Salad

Fennel, red peppers, mushrooms, garlic, fresh
thyme, chives, olive oil, vinegar

Tzarziki Salad

Yogurt Greek, garlic, lemon, cucumber

Tabouli

Bulgur wheat, cummin, parsley, garlic, olive oil,
tomatoes, mint, lemon, scallions

Arugula Fig Salad

Figs, coriander, walnuts, blue cheese, light orange
vinaigrette

Watercress Pear Salad

Gorgonzole, lemon juice, creamy lemon dressing,
almonds

Sides

Fava Beans with Sweet Peppers

Polenta with Wild Mushroom Ragout

Spanish Rice

Couscous

Spicy Italian Broccoli

Grated Potato Torte with Onions

Slow Baked Tomatoes

Swiss Chard or Spinach with Fennel and Hot Peppers

Main Courses Any Time of the Year

Grilled Red Mullet

Light tomato sauce, grated potato turte, baby carrots

Shrimp with Cumin

Basmati rice, dates, raisins, pine nuts, baked tomato

Baked Red Snapper

Swiss chard, fennel, and hot pepper, porcini mushrooms

Spicy Grilled Sea Bass

Couscous and fava beans

Chicken Breast En Papillote

Eggplant, garlic, lemon, parsley, tomato, tahini, yogurt

Chicken Kebabs

Cumin and curray, parsley, boiled potato, grilled eggplant

Tuna a la Marseillaise

Onions, garlic, capers, tomatoes, olive oil, bed of argula

Baked Monkfish Hake

Wild mushrooms, lobster sauce, roast new potatoes

Spaghetti Alla Trapanese

Classic polermo style

Pasta e Fagioli

Desserts

Fresh Figs Poached in Wine

Baked Peach Compote

Honey Vanilla Flan

Apple and Rhubarb Tart

Orange Cream Anglaise

