

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



Gluten Free



Mezza Favourites

MEZZA DIPS



Mixed Dip Sample Plate

\$17.95

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



Hummous

\$9.50



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.



Baba Ghannouj

\$9.90



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



Labneh

\$8.50



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

\$10.50

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

\$10.50



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

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MEZZA STARTERS

V Falafel \$8.90

GF 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 \$10.90

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

V Batata Harra \$9.50

GF Pieces of spicy potato sautéed with coriander and garlic, then grilled with onions.

GF Samke Harra \$10.50

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 \$8.90

Fried Cauliflower topped with caramelized 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 \$16.50

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

GF Lahmeh Bel Taffeh MEZZA *TWIST* Dish \$12.90

This dish is new to Mezza and will become a customer favorite. Tender lamb with apples and potatoes in a pomegranate sauce. **new**

GF Mezza Prawns MEZZA *TWIST* Dish \$14.90

An old traditional recipe of succulent prawns tossed in a mixture of middle eastern spices with coriander and garlic. **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 \$14.90

Crumbed prawns dipped in spices and deep fried to lock in the flavours.

Soujuk \$10.50

Chopped spicy Lebanese sausages grilled with tomato and onions.

Makanek \$10.50

Seasoned homemade miniature lamb and beef sausages topped with pomegranate sauce and garlic.

GF Chicken Wings \$10.50

Tender marinated char-grilled chicken wings topped with garlic and coriander.

Sambousik \$9.50

Homemade pastry stuffed with minced lamb, pine nuts, onions, and spices.

V Foul Moudamas \$9.50

GF Cooked fava beans tossed with olive oil, onions, tomatoes, fresh lemon juice, parsley and garlic.

GF Lahmeh and Batata MEZZA *TWIST* Dish \$11.90

Minced lamb and potatoes cooked with onions in a pomegranate sauce and topped with almonds, pine nuts and Haloumi Cheese.

GF Calamari \$14.90

Calamari marinated in exotic herbs and spices and topped with coriander and fresh lemon juice. **new**

Starters continue on next page





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



Vegetarian Dishes



Gluten Free



Mezza Favourites

Chicken Cigars

\$10.50

A delicious mix of chicken, mushrooms, garlic and spices wrapped in a filo pastry.



Cheese Pastries

\$10.50

Mouth watering melted cheese filo pastry triangles filled with a combination of cheeses, onions, capsicum and spices.



Fatayer

\$10.50

Spinach, onion, tomato, pine nuts, olive oil and fresh lemon juice wrapped and baked in a homemade pastry.



Mousaka'a Batenjen

\$9.50



Grilled eggplant topped with a homemade salsa of chick peas, spices, onions and tomatoes.

MEZZA SALADS



Tabouli

\$10.90

Traditional Lebanese salad of finely chopped parsley, tomato, and onions, mixed with cracked wheat, fresh lemon juice and olive oil.



Tabouli with Feta & Olives

MEZZA *TWIST* Dish

\$12.90

The Traditional Lebanese salad tossed with black olives and Feta Cheese.

new



Spicy Tabouli

MEZZA *TWIST* Dish

\$12.90

The Traditional Lebanese salad kicked up a notch and topped with roasted red peppers.

new



Fatoush

\$10.90

Lettuce, tomato, cucumber, radish, onion, garlic, mint, capsicum, olive oil, and topped with fried crispy pita bread.



Mixed Salad

\$9.90



Mixed greens, Black Olives, onions and tomatoes tossed in a sumac, olive oil and lemon dressing.

new



Lebanese Salad

\$10.90



Cucumber, tomatoes, onions, fresh lemon juice, garlic, and olive oil.



Mediterranean Salad

\$13.90



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

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MEZZA MAIN'S

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

Mixed Grill

\$24.95

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

\$24.95

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

GF Lamb Chops

\$26.95

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

Char Grilled Shish Kafta

\$21.95

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

Lamb Ghallaya

\$24.95

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

CHICKEN

Char Grilled Shish Tawook

\$23.95

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

Char Grilled Chicken Kafta **MEZZA TWIST** Dish \$21.95

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

Chicken Ghallaya

\$24.95

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



Mediterranean Chicken **GF**

\$24.95

Char-grilled chicken breast, sautéed with garlic, fresh lemon juice, olive oil, and Lebanese spices. served with a mixed salad and chips.

Riz A Djaj

GF

\$18.95

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

SEAFOOD

Shrimp Ghallaya

\$26.95

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

Garlic Prawns

\$26.95

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

Grilled White Fish

\$24.95

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

Samke Harra

\$26.95

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



Vegetarian Dishes



Gluten Free



Mezza Favourites

MEZZA TRADITIONAL DISHES



Mjadara

\$14.95



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

\$15.95

Cracked wheat cooked with tomatoes, onions, green peppers and mushrooms. Served with yogurt and house salad.



Mihshee Malfouf

\$19.95

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

\$19.95

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 and Stuffed Vine Leaves

\$21.95

Lebanese zucchinis filled with seasoned lamb and rice and stewed in a traditional Lebanese tomato sauce with stuffed vine leave rolls.

new



Okra Stew

\$17.95

Baby Okra slowly cooked in a specially seasoned Lebanese tomato sauce with whole cloves of garlic and onions. Served on a bed of rice.

new

Sheik il Mehshee

\$19.95

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.

Fatteh (Vegetarian Option Available)

\$19.95

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.

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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 **\$45.95**
2 lahem mishwee, 2 shish tawook, 2 shish kafta
chargrilled and served with rice and salad.

Mixed Platter **\$46.95**
1 lahem mishwee, 1 shish tawook, 1 shish kafta,
1 chicken kafta, 2 chicken wings, and 2 Lamb Chops,
served with chips, rice, and salad.

V Vegetarian Platter **\$39.95**
Hummous, baba ghannouj, tabouli, warak areesh,
falafel, borghul bid feen, and fatayer. Served with
rice.

Family Platter **\$84.95**
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 **\$4**
Traditional Lebanese garlic sauce thats great
for dipping.

Kabeese **\$4**
A delicious assortment of Lebanese
pickles and olives.

Bowl of rice **\$6**

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)

VEGETARIAN OPTIONS AVAILABLE FOR ALL BANQUETS



MEZZA BANQUET

\$36.95 per person

Groups of 8 or More \$34.95 per person

7 mouthwatering entrees plus a main course of a skewer each of our delicious Shish Kafta and Shish Tawook served with house salad and rice.

CEDAR BANQUET

\$47.95 per person

Groups of 8 or More \$44.95 per person

10 delicious dips and entrees to start with followed by a wonderful selection of mains. **Our chefs change the entrees and mains monthly and include entrees that are especially made for the banquets.**

BANQUET WITH SEAFOOD

\$52.95 per person

Groups of 8 or More \$49.95 per person

Similar to the Cedar Banquet but served with Calamari, and spicy prawns plus samke harra as the main and one skewer of lamb or chicken.

ROYAL BANQUET

\$62.95 per person

Groups of 8 or More \$59.95 per person

A feast fit for a king! 16 table filling dips and entrees to start with followed by a wonderful selection of mains that will make everyone feel like royalty!

SEAFOOD ROYAL BANQUET

\$69.95 per person

Groups of 8 or More \$64.95 per person

Similar to the Royal Banquet but served with Calamari, Mezza Prawns and Spicy Prawns plus Samke Harra as the main with a selection of other mains.

CHILDRENS BANQUET

\$19.95 per person

Up to 12 years old

Dip, salad, sambousik, and chicken wings followed by a choice of fish fingers and chips or Nuggets and chips. Yummy Ice cream for dessert.

VEGETARIAN OPTIONS AVAILABLE FOR ALL BANQUETS
WE CAN ALSO ACCOMMODATE MOST DIETARY REQUIREMENTS

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