



# L A F F A

## MEDI-EASTERN RESTAURANT & BAR

[ The ultimate aim of civility & good manners is to please.  
"To please one's guest is to please one's host." ]

We strive to welcome you with generous and genuine hospitality, to cheerfully pay special attention and consideration to your comfort & well being while you dine here at Laffa.

We plan to entertain you with delicious food & to provide warm, attentive service.

But beware! According to hospitality laws of this region it is our duty to also amuse, entertain, provide light gossip, jokes & occasionally riddles & a little satire!

[ 'EAT! You're skin and bones!'  
Every Jewish grandma's catchphrase  
(Along with "Take a sweater!") ]

The Mediterranean & Middle Eastern diet is both vibrant & colorful, robust & fresh. It is designed for sharing & giving pleasure. There are many common similarities within these regions with respect to their signature dishes & styles of cooking. Each country is fiercely proud of its version of a certain common dish & because of each country's history of invasions & ingredients available, the dish is a little different from region to region.

[ 'Laffa' is the Hebrew name of the bread found  
all over this region & we make it fresh to order.  
It is also known as taboon bread, named after the  
cement lined conical oven that is used to make it. ]

In Arab culture bread is thought of as a gift from God and only the hands should be used to break it because cutting it with a knife would be like raising a sword to God!

If some bread should fall to the ground, it is picked up and symbolically pressed to the lips & forehead as a sign of respect. Leftover bread is never wasted, it is used in both sweet & savory dishes.

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# MEZZE

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It is said that 'mezze,' the wonderful tradition of starting a meal with a selection of hot and cold appetizers, originated in Turkey. But we're sure that the other countries in this neighborhood would have something to say about that! It is a lovely, generous tradition that epitomizes the hospitality of this region. Mezze comes from the Arabic word 't'mazza' which means 'to savor in little bites'. The idea is to enjoy them at a leisurely pace in a peaceful setting with drinks, good company and conversation. They are meant to be visually pleasing, to whet the appetite, not to fill you up.

## MEZZE MEDLEY

Your choice of any 6 mezze served with freshly 'slapped' laffa bread. Healthy meal for one, or why not make it an appetizer for 2-4 by adding an additional laffa? (Additional laffa .99)  
14.99

## MINI MEDLEY

Your choice of any 3 mezze served with freshly 'slapped' laffa bread. Perfect for a light snack to split or as an entree for one.  
(Additional laffa .99)  
9.99

## TABOULI

This bulgar, parsley, lemon, cucumber & tomato salad is served in Turkey, Armenia & Cyprus, but the Lebanese fiercely defend their claim to inventing this now worldwide favorite. We don't use as much parsley as many of the Middle Eastern countries do so don't worry, you won't have green bits stuck in your teeth later!

### GF HARISSA CARROT SALAD

Harissa is a spicy North African paste which we mix with fresh cilantro, cumin, honey & carrots for a sweet & spicy salad.

### GF PICKLED BEETS WITH FENNEL

Bezar is a blend from the United Arab Emirates. (Cumin, fennel, cinnamon, coriander, peppercorns, dried red chilies & turmeric) which we mix with beets, fennel and orange zest.

### GF PICKLED CABBAGE SLAW

A Lebanese favorite with 'the blessed seed' which is known as nigella seed here in the West. The prophet Muhammad claimed that this seed could be used to cure everything except death.

## ISRAELI COUSCOUS SALAD

Cherry tomatoes, feta, corn & Israeli couscous with a fresh basil, black olive & balsamic sauce.

### GF BLACK EYED PEA HUMMUS WITH KILLER YEMENITE ZHOUG

Did you know that black eyed peas are the acai berries of the veggie world? Zhoou is spicy, but don't worry, it really is wonderful in small doses!

### GF ANATOLIAN LABNEH

Tasty, creamy yogurt dip with za'atar, garlic & watercress.

### GF MATBUCHA

Matbucha means cooked salad & is also known as 'Turkish salad.' It consists of sautéed eggplant, red peppers & red onions in a medium spicy tomato marinade.

### GF TZATSIKI

Greek dip made from Greek yogurt, lemon zest, cucumbers, dill & mint.

## MUHAMMARA

Muhammara is a spicy, roasted red pepper spread made with eggplant, walnuts, pine nuts, olive oil, lemon juice, garlic & spices.

### GF ROASTED RAS EL HANOUT CAULIFLOWER SALAD

Ras el hanout is an Algerian mix of a lot of spices, traditionally 27, including Spanish fly. (But we couldn't find any!)

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# MEZZE

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## EXTRA MEZZE

One extra side to add to your medley. 2.99

**GF** - Is or can be made gluten free, may incur an upcharge.

Add a gluten free bagel for 1.59      Crackers .99      Carrots .99      Tostidos 1.29

## CUP OF ESAU OR CARROT, CUMIN AND TOMATO SOUP

Please see entrees for descriptions. 3.99

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# SNACKS

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In some Middle Eastern countries there is a superstitious belief that certain eggplants bring the curse of infertility - if they are overly purple or too black!

But, strangely enough, a walk through a field of eggplants is often prescribed as a cure for female infertility!

In fact, the head gardener of the beautiful Ezbekiah gardens in Cairo made a pretty packet by charging women a fee to be able to walk through his patch of eggplants!

## MAGHREB NACHOS

Maghreb means 'unfamiliar' which is a very apt description of these nachos! Chermoula salsa, feta sauce, pine nuts, red onions, cilantro and tomatoes. 4.99 | 6.99

## MINI MEATBALLS

Delicate little Greek lamb & beef meatballs. 5.69

## **GF** FALAFEL BALLS

3 of our delicious balls— enough to get you hooked! Served with your choice of sauce. Curried tehina, mint labneh, mango chili or lemony-avocado. 3.99  
Or try all 4 sauces for .59!

## **GF** LAFFA CAPRESE SALAD

Slices of fresh buffalo mozzarella, sliced tomatoes & fresh basil with a sundried tomato and olive pesto drizzle. Served with warm greek pita. 7.99

## **GF** ZA'ATAR HAYDARI

This stuff is addictive! It's a creamy olive and feta dip with za'atar. Wipe it up with our freshly slapped laffa bread. 7.99

## **GF** ARMENIAN ROASTED MUSHROOM HUMMUS

Our delicious hummus topped with matbucha & hot garlic mushrooms. Mop it all up with greek pita. 8.99

## **GF** OMANI HOT & COLD SHRIMP

Spiced, chilled shrimp in a hot tomato, cilantro sauce with a touch of coconut milk. Served with a piece of laffa to mop up all of those delicious flavors 10.99

## **GF** PEASANTS PLATE II

Thyme-garlic goats cream cheese, farmers cheese with olives tapenade, your choice of smoked turkey or rare roast beef. Apples, cucumbers, tomatoes, pickled sweet onions & spicy red pepper relish.  
Served with za'atar crackers, fresh bread & warm pita. 12.99

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# ENTREES

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## GF MY BIG FAT BROWN RICE SALAD

Brown rice, cucumbers, tomatoes & sweet red onions tossed in an oregano mint vinaigrette on mixed greens topped with feta, chicken breast, pine nuts & fresh parsley. Served with laffa. 9.99

## GF BRADY SALAD

Three delicious falafel balls on a bed of spring greens, cherry tomatoes, cucumbers, marinated cauliflower, "dukkah" (nuts), asparagus & goat cheese drizzled with a pomegranate molasses vinaigrette. Served with a side of curried tehina & laffa. 10.99

["He who eats alone, chokes alone."  
- Arab proverb.]

## THE BEIRUT SANDWICH

Delicious garlic & thyme cheese on a croissant with a hot feta "ijeh" or omelet, our spicy red pepper-tomato relish, cucumbers & provolone. Served with a lemony-mint side salad, sweet potato fries, fruit salad, or a creamy, olive pasta salad 8.99

## THE ALEPPO PANINI

Ciabatta panini oozing with feta, provolone, mozzarella, red pepper relish, spinach & chermoula salsa (a flavorful cilantro marinade). With your choice of either sweet potato fries or fresh avocado. Served with a lemony-mint side salad, sweet potato fries, fruit salad or a creamy, olive pasta salad. 9.99

## GF ESAU SOUP

Esau sold his birthright to his brother Jacob in exchange for a bowl of this lentil soup - That's some pretty expensive soup! If Esau had had them, he too would have added a blend of tomatoes & chickpeas. Don't worry, we're charging less than a birthright! A bowl is served with freshly baked laffa. 3.99 | 6.99

Add a lemony-mint salad for 2.99

["Worries go down better with soup than without."  
- Traditional Jewish proverb.]

## CARROT, CUMIN & TOMATO SOUP

Steaming bowl of comfort coming through!!! If tomato soup is your go-to happy food then you'll love this! A classic with a Middle Eastern twist. A bowl is served with freshly baked laffa. 3.99 | 6.99  
Add a lemony-mint side salad for 2.99

## GF CHICKEN KEBABS WITH TAMARIND, TOMATO & RED PEPPER SAUCE

Tender chicken kebabs served with buttered rice, fresh avocado, sautéed vegetables, a tangy, tamarind, tomato and red pepper sauce & served with a lemony-mint side salad. 17.99

## GF BEST DARN BEEF TAGINE THIS SIDE OF CASABLANCA

Very similar to an Iranian koresh. Succulent choice pieces of beef baked for hours with apricots, sage, thyme, rosemary, red wine, garlic, roasted tomatoes, onion, cumin, cilantro, parsley, dates, allspice, pomegranate molasses, smoked paprika & honey.

Served with buttered rice & our lemony, mint side salad. 15.99

## GF LAMB KEBABS WITH A SMOKEY TOMATO SAUCE

Prime pieces of lamb served with sautéed vegetables, rice & a bold red pepper & tomato sauce. Served with a lemony-mint side salad. 17.99

# ENTREES

## MANAKISH (MIDDLE EASTERN PIZZA)

“Manakish” comes from the Arabic verb “to sculpt, carve out,” meaning that after the dough has been rolled flat, it is pressed by the fingertips to create little dips for the topping to lie in. In our case, we have used a kind of “Lavash” to make a lighter version of “Manakish”.

Topped with an eggplant tomato sauce, za’atar, feta, mozzarella, cherry tomatoes, & topped with spring greens in a mint drizzle dressing. 10.99

## GF SHAKSHUKA (POACHED EGGS IN SPICY SAUCE)

A robust dish of eggs baked in a mildly spicy tomato, cumin & roasted red pepper sauce, sprinkled with fresh cilantro & feta cheese.

Served with a lemony-mint salad, labneh & laffa. 13.99

\*Psst! Staff tip - add a side of buttered rice for 1.99!

## GF MOROCCAN LEMON CHICKEN

Juicy, succulent chicken with creamy harissa dressing, served on lemony-mint spring greens with a side of buttered rice. 15.99

## LAMB KEFTEDAKIA IN A TOMATO FETA SAUCE

These delicate little Greek meatballs of delicious lamb are served in a sexy tomato, oregano & feta sauce served with buttered rice & a lemony-mint side salad. 16.99

“During one of my treks through Afghanistan, we lost our corkscrew.  
We were compelled to live on food and water for several days.”  
- W.C. Fields

## THE ROYALE SULTAN BURGER...WITH NO CHEESE\*

This big boy is made with both beef & lamb. We serve it on a sesame seed bun with lettuce, tomatoes, red onions, garlic mint labneh & spicy pomegranate ketchup. Served with a side of sweet potato fries, lemony-mint side salad, fruit salad, or a creamy, olive pasta salad 11.99

Add feta .99

## GF STREET FALAFEL & SWEET POTATO FRIES

Traditionally these deep fried balls of ground chickpeas & spices are stuffed into a pita with lots of other yummy stuff. The different textures & flavors compliment each other beautifully-the only problem is trying to fit it all in! Served with all of the following “stuffers” inside.

We have cleverly chosen to use an Armenian lavash wrap so that you can have it all. 9.99

Hummus	Pickles	Beets
Pickled slaw	Sumac onions	Chopped salad
	Sweet potato fries	

### WITH YOUR CHOICE OF SAUCE

Curried tehina    Mango chili    Mint labneh    Lemony avocado

## GF CHICKEN & LAMB “SHAWARMA” WITH SWEET POTATO FRIES

Lavash wrap with our marinated, braised chicken & lamb “shawarma”. Shawarma refers to the shawarma spices, not the way it is prepared. So we’re sorry that it’s not the kind that turns on a spit for days and days, but that is a little scary to many of us!

Served with all of the above “stuffers” with your choice of sauce. 9.99

\*Foods requested to be undercooked may increase your risk of food-born illness.  
Yes you, Mr. Medium Rare Burger guy & Mrs. Eggs Over Easy!!!

# DESSERTS

“Eating honey & sweet things will sweeten life & protect from sadness, so eat dessert!” - Arabic proverb

## GF TURKISH DELIGHT

Rosewater ice cream with hot cinnamon chocolate sauce, salted pistachios & whipped cream. 6.49

## SABBATH SUNDAE

Chocolate & caramel matza crumbled over vanilla bean ice cream then drizzled with caramel & chocolate sauce & whipped cream. 6.49

## BASBOUSSA

This delicious semolina & almond cake is oozing with sticky orange water syrup & served with vanilla bean ice cream & whipped cream. 6.49

## HALVA COOKIES

Chocolate chip and toffee cookies with halva topping. 1.39 each

## OM ALI

The mother of all Egyptian desserts! An exotic bread pudding made with pastry rather than bread. We will convert you! 6.49

Pomegranates, because of their many seeds, are a symbol of fertility...so beware!

## “SWEET” CHEESECAKE

Cheesecake with orange-honey caramel sauce, flaked halva & whipped cream. 6.49

## GF CHOCOLATE APRICOT FLOURLESS TORTE

Rich, decadent chocolate apricot cake made with hazelnut flour so it's totally gluten free. Sadly, it's incredibly not calorie free. 6.49

## GF PISTACHIO ALMOND CREME

Pistachio ice cream with vanilla almond milk & whipped cream. 6.49

## GF THE FROSTY TURK\*

Iced Turkish style coffee (strong with cardamom) spiked with Arak & poured over vanilla ice cream. 6.99

## GF HAREM'S LITTLE HELPER\*

Blood orange sorbet with Pama pomegranate liqueur & champagne. 7.49

Complimentary hot, sweet Ceylon tea steeped with fresh mint is the symbol of hospitality. It also happens to be complimentary with the order of a dessert at the end of your meal!

# DRINKS

Coffee was brought over to Yemen from Abyssinia where it grows wild & became popular (according to legend) because the Yemeni sufis believed that it helped bring on mystical raptures during their religious ceremonies.

Even today this strong, sweet Turkish style coffee is served in little cups when guests arrive or before a little business is started.

Tea is surprisingly new to the Middle East. It was brought in by the Moroccans in the 18th century. Although not as important as coffee, it is still extremely popular, Maybe because it's often cheaper than coffee and easily tweaked by adding spices (cinnamon stick), herbs (fresh mint), or citrus (lemon juice).

## COLD DRINKS

Fountain drinks (Coca-Cola)	2.19
Fresh lemonade with mint	3.00
Fresh ginger lemonade	3.29
Pomegranate spritzer	3.49
Spiced pomegranate iced tea	3.49

## HOT DRINKS

Honey, Ginger & Clove Milk	3.59
Haleeb Ma'haal (Sweet cardamom spiced milk)	3.59
Sahlab (creamy rosewater drink)	4.29
Regular hot chocolate	3.99
Orange blossom hot chocolate	3.99
Rosewater hot chocolate	3.99
Spiced hot chocolate	3.99

## COFFEE DRINKS

Espresso	2.69
Iced mocha	3.89
Cappuccino	3.89
Moccachino	3.89
Iced latte	3.89

## TEA & CHAI

Hot spiced Chai	3.79
Iced Chai	3.99
Iced Chai Espresso	4.39

Too many to list here! Ask your server for our special tea list

## MOCK-TAILS

Fresh blackberry lemonade & mint spritzer  
Amra'a Warda (pink lady) - Guava juice, milk & grenadine  
Pomegranate & strawberry cooler - Pomegranate, strawberry juice, Fresca & lime  
3.89

## FINAL NOTE

There are so many countries & so very many dishes we could have included but we think that this menu gives a good sampling of one of the most interesting, most sensuous cuisines in the world.

Recipes of this region are traditional & handed down for generations. They are shaped by local produce, invading nations & respect for local customs; gastronomically, a culinary playground for food lovers.

If you're lucky, sheep's eyes & testicles will be the special next week!

# COCKTAILS

..... "And God said, 'Let there be vodka!' and He saw that it was good. ....  
Then God said, 'Let there be light!'. And then He said,  
'Whoa - too much light.'  
- Unknown jokester

## COAT OF MANY COLORS

Gin, Aperol, fresh lemonade & fresh lime. 8

## PEACE OFFERING

Vodka, fresh mint, lemonade & grapefruit juice  
with a splash of lavender bitters. 9

## THE GOOD SAMARITAN

Absolut Ruby Red, white wine & pomegranate juice. 8

## MANNA FROM HEAVEN

Absolut citron, rose water & white cranberry juice. 8

## FIRE & BRIMSTONE

Stuart Stewart's famous Bloody Mary  
with cumin & spicy harissa 8

## FORBIDDEN FRUIT

Fruit Lab hibiscus liqueur, orange liqueur,  
apricot juice & champagne 8

## GIRD YOUR LOINS

Bulleit, OJ, Cinnamon syrup, schnapps & bitters 7

..... "I distrust camels, and anyone else who can .....  
go a week without a drink."  
-Joe E. Lewis

## FALL FROM GRACE

Cucumber vodka, gin, muddled cucumber  
& basil, soda, tonic & fresh lime with a splash of strawberry. 9

## BORN AGAIN

Olive & pearl onion infused vodka, 'pink' cucumber  
& dry vermouth with a salted rim. 7

## HOLIER THAN THOU

Jasmine liqueur, saki, gin, tonic & fresh lime juice. 8

## MULTITUDE OF SINS

Absolut Mandrin orange blossom water,  
apricot & ruby grapefruit juice. 8

## NEST OF VIPERS

Homemade apricot-cinnamon gin, dash of cinnamon  
& topped with ginger beer with a gingersnap rim. 8

## ROOT OF ALL EVIL

Black Sambuka, Irish cream, chai & root beer over vanilla ice cream. 9

## WOLF IN SHEEP'S CLOTHING

OR-G liqueur, rose water & champagne. 7

..... "When I read about the evils of drinking, I gave up reading" .....  
- Henny Youngman