



# L A F 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.



# MEZZE

*It is said that “mezze,” the wonderful tradition of starting a meal with a selection of hot and cold appetizers, originated in Turkey. 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.*

## MEZZE MEDLEY

Your choice of any 6 mezze served with freshly “slapped” laffa bread.  
(Additional laffa 1.29)  
14.99

## MINI MEDLEY

Your choice of any 3 mezze served with freshly “slapped” laffa bread.  
(Additional laffa 1.29)  
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, corriander, 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? Zhoug is spicy but really wonderful in small doses!

## GF ANATOLIAN LABNEH

Tasty, creamy yogurt 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 TZATZIKI

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

## MUHAMMARA

Muhammara is a 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!)

# SNACKS

*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!*

## EXTRA MEZZE

One extra side to add to your medley. 2.99

## GF CUP OF ESAU

A robust lentil & tomato soup. 4.49

## CUP OF CARROT, CUMIN & TOMATO SOUP

A classic with a Middle Eastern twist. 4.49

## MAGHREB NACHOS

Maghreb means “unfamiliar” which is a very apt description of these nachos! Chermoula salsa, creamy feta sauce, feta, pine nuts, red onions, cilantro and tomatoes. 5.99 | 7.99

## 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. 4.99  
*Or try all 4 sauces for .69!*

## GF LAFFA CAPRESE SALAD

Slices of fresh buffalo mozzarella, pine nuts, sliced tomatoes & fresh basil with a sundried tomato and olive pesto drizzle. Served with warm Greek pita. 10.99

## GF HERBALICIOUS SALAD

Romaine, spring mix, basil, dill, mint, parsley, asparagus, red peppers & crunchy chickpea noodles served with feta-tarragon vinaigrette. 8.99

## GF ZA'ATAR HAYDARI

This stuff is addictive! It's a creamy olive and feta dip with za'atar, (wild thyme, sesame seeds & sumac). Wipe it up with our freshly slapped laffa bread. 8.99

## GF ARMENIAN ROASTED MUSHROOM HUMMUS

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

## GF PEASANTS PLATE II

Thyme-garlic goat cream cheese, farmer's cheese with olive tapenade, apples, cucumbers, tomatoes, pickled sweet onions & spicy red pepper relish. With your choice of smoked turkey or rare roast beef & served with warm bread. 12.99

GF This symbol means your item 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

# ENTREES

## 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.

10.99

## GF BRADY SALAD

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

10.99

## GF 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.

4.49 | 6.99

*Add a lemony-mint side salad for 2.99*

## 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.

4.49 | 6.99

*Add a lemony-mint salad for 2.99*

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

## GF MOROCCAN LEMON CHICKEN

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

16.99

## GF DORO WAT

Israel has about 150,000 Ethiopians living there so we've decided that this dish should be in our menu. Berbere spice is why this slow cooked chicken is so spicy good! It is served with couscous & a lemony-mint side salad. *(Can be made gluten free if served with rice.)*

16.99

## 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! We have cleverly chosen to use a spinach wrap, so that you can have it all! *(Can be made gluten free on request.)*

9.99

### STUFFED WITH

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

### SAUCE CHOICES

Curried tehina | Mango chili | Mint labneh | Lemony avocado

## LAMB KEFTEDAKIA IN A TOMATO FETA SAUCE

These delicate little Greek meatballs of delicious lamb are served in a sexy tomato 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*

# ENTREES

## GF SHAKSHUKA (POACHED EGGS IN SPICED SAUCE)

A robust dish of eggs baked in a mildly spiced tomato, cumin & roasted red pepper sauce, sprinkled with fresh cilantro & feta cheese. Served with a lemony-mint salad, labneh & laffa. 14.99

*\*Psst! Staff tip - Add a side of buttered rice for 2.49!*

## 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 & a salad of spring greens in a roasted red pepper mint dressing. 10.99

## 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 & pomegranate ketchup. Served with a side of sweet potato fries, lemony-mint side salad, fruit salad, or a creamy, avocado-olive pasta salad. 11.99

*Add feta .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, cinnamon, garlic, roasted tomatoes, onions, cumin, cilantro, parsley, allspice, smoked paprika & pomegranate molasses.

Served with buttered rice & our lemony-mint side salad. 16.99

“He who eats alone, chokes alone.”

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

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

## GF LAMB KEBABS WITH A SMOKEY TOMATO SAUCE

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

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

Spinach 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! (Can be made gluten free on request.) 9.99

### STUFFED WITH

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

### SAUCE CHOICES

Curried tehina | Mango chili | Mint labneh | Lemony avocado

## GF YA YA’S CHILI

Not yo mama’s chili! Beef & lamb with the addition of some “off the beaten track” spices. Voted “best overall chili people’s choice” at Rock N’ Folk Chili Cook Off! Served with buttered rice & Greek pita, labneh, feta, avocado & a lemony-mint side salad. 13.99

*\*Foods requested to be undercooked may increase your risk of food-borne 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 blossom water syrup & served with vanilla bean ice cream & 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

**PEARADISE**  
Vanilla bean ice cream with spiced pears & a spiced pear sauce, topped with ginger cookies. 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 not calorie free. 6.49

**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!*

**GF PISTACHIO ALMOND CREME**  
Pistachio ice cream with vanilla almond milk & whipped cream. 6.49

**GF HAREM'S LITTLE HELPER\***  
Blood orange sorbet with Pama pomegranate liqueur & champagne. 7.49

**"SWEET" CHEESECAKE**  
Cheesecake with orange-honey caramel sauce, flaked halva & whipped cream. 6.49

**HALVA COOKIES**  
Chocolate chip and toffee cookies topped with a mix of cinnamon, allspice & halva. 1.59/each

*\*Contains Alcohol*

*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 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	2.99
Fresh ginger lemonade	3.29
Pomegranate spritzer	3.49
Spiced pomegranate iced tea	3.49

## COFFEE DRINKS

Espresso	2.69
Latte	3.89
Iced mocha	3.89
*Israeli cappuccino	3.89
*Israeli moccachino	3.89
Iced latte	3.89
Maltese iced coffee	3.99

## HOT DRINKS

Honey, ginger & clove milk	3.59
Haleeb Ma'haal <i>(Sweet cardamom spiced milk)</i>	3.59
Sahlab <i>(creamy rosewater drink)</i>	4.29
*Regular hot chocolate	3.99
*Orange blossom hot chocolate	3.99
*Rosewater hot chocolate	3.99
*Spiced hot chocolate	3.99
*Maltese hot chocolate	3.99

## CHAI

Hot spiced chai	3.79
Dirty chai	4.39
Iced chai	3.79
Iced chai espresso	4.39

## TEA

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

*\*Served with whipped cream*

## MOCKTAILS

Blackberry lemonade & mint spritzer  
Amra' a Warda (pink lady) - Guava juice, milk & Grenadine  
Pomegranate & strawberry cooler - Pomegranate, strawberry juice, Fresca & lime  
3.99

## 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*

## GRAVEN IMAGE

Pimms, Absolute Citron, fresh lemonade, Sprite & fresh cucumber. 8

## MANNA FROM HEAVEN

Absolut Citron, rose water & white cranberry juice. 8

## FORBIDDEN FRUIT

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

## MY HEART'S DESIRE

St. Germain, cucumber vodka, pineapple juice, fresh lemon & Fresca. 8

## COAT OF MANY COLORS

White rum, Blue Curacao, fresh blueberries, fresh mint, fresh lemon, blueberry-pomegranate juice & Fresca. 9

## THE GOOD SAMARITAN

Absolut Ruby Red, white wine & pomegranate juice. 8

## FIRE & BRIMSTONE

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

## GET THEE BEHIND ME SATAN

Fireball, orange spiced iced tea & agave. 8

## HOLIER THAN THOU

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

## MULTITUDE OF SINS

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

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

## BORN AGAIN

Green olive & pearl onion infused vodka, dry vermouth "pink" cucumber with a salted rim. 7

## PEACE OFFERING

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

## ROOT OF ALL EVIL

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

## LET THERE BE LIGHT SANGRIA

White wine, golden falernum, triple sec, white cranberry, white grape juice, lime juice & soda. 8

## NEST OF VIPERS

Homemade apricot-cinnamon gin, cinnamon spice & ginger beer with a gingersnap rim. 8

## FALL FROM GRACE

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

## WOLF IN SHEEP'S CLOTHING

OR-G liqueur, rose water & champagne. 8

## SHEPHERD'S DELIGHT

Adult chocolate milk! Half 'n half, chocolate almond milk, vanilla vodka & hazelnut liqueur. 9

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