

# FRESH LEVANT

bistro

## Brunch

### "BRUNCHY"

GRAIN-FREE HOUSEMADE GRANOLA (veg, ef) Organic grass-fed yogurt, seasonal fruit, and local honey	8
FRENCH TOAST (veg, nf) House-made brioche, maple syrup, banana, dairy-free whip	9
HOTCAKES (veg, df) Chocolate chips, banana, and maple syrup	12
BUTTERNUT SQUASH + SPINACH FARINATA (v, nf) Baked chickpea torta, sweet onions, rosemary, vegan sourdough toast	12
CANNELLINI MUDAMMAS (v, nf) Slow-cooked cannellini beans, Aleppo pepper, garlic, baby heirloom tomato, cucumber, evoo, vegan pita	9
FRIED EGGS IN AVOCADO * (veg, df, nf)	7
SPROUTS AND EGG ** (veg, df) Sautéed Brussels sprouts, garlic, jalapeno relish, pomegranate, topped with a fried egg	7
BREAKFAST PITA SANDWICH * (veg, df, nf) Two eggs your style, spinach, tomato, on pita, spiced potatoes	9
BISTRO EGGS * (veg, nf) Two eggs sunny-side up, kale, avocado, yogurt, mint, spiced potatoes	12
SHAKSHUKA * (veg, df, nf) Braised eggs in a smoky tomato sauce, onions & red peppers, spiced potatoes, pita	10
CREATE YOUR OWN FRITATTA * (veg, nf) Three eggs whisked into the perfect omelette with spiced potatoes	8

#### TOPPING Options: (for all the egg dishes)

Cheeses: Kashkaval, Barrel-aged Feta, Mizithra, Halloumi or Goat	2.50
Veggies: spinach, kale, onion, red pepper, tomato or jalapeno	0.80
Meats: smoked salmon, beef shawarma, or Merguez Sausage	4.00
Mushroom: marinated grilled organic shiitake	3.00

#### SAUCE Options: (for all the egg dishes)

Jalapeno relish, herb yogurt sauce, pistachio sauce, Tarator (sesame) sauce, or pomegranate glaze	0.80
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### MAN'OUSH

House-made flatbreads, baked to order

KASHKAVAL CHEESE MAN'OUSH (veg, nf) Tomato, oregano, olive, micro greens	10
GOAT CHEESE AND FIG MAN'OUSH (veg, nf) Mint, pomegranate glaze, micro greens	13
SMOKED SALMON + ALMOND LABNEH MAN'OUSH (df) Capers, green onions, micro greens	14
MUSHROOM + SPINACH MAN'OUSH (veg) Marinated Shiitake, caramelized onion, spinach, kashkaval cheese, micro greens	12
BLACKENED SHRIMP MAN'OUSH (nf) Kashkaval cheese, tomato, spices, micro greens	13
MEDITERRANEAN CHICKEN MAN'OUSH (nf) Marinara sauce, Kashkaval cheese, olives, barrel-aged Feta cheese, micro greens	14
MERGUEZ SAUSAGE MAN'OUSH (nf) Marinara sauce, house-made sausage, onion, Kashkaval cheese	14
LAHMACUN MAN'OUSH (nf) Grass-fed spiced beef, tomato, red pepper, Kashkaval cheese, micro greens, minted yogurt sauce	14

### KIDS BITES

for kids 12 & under

HOTCAKES + MAPLE (veg, df) Add: chocolate chips (df) 2.00   Banana 1.00   whipped cream (df): 1.50	8
SCRAMBLED EGG * + HOTCAKE (veg, df) Add: chocolate chips (df) 2.00   Banana 1.00   whipped cream (df): 1.50	6
FRUIT CUP (v, nf)	3
KASHKAVAL & TOMATO FLATBREAD (veg, nf) Open-faced pita topped with marinara sauce, kashkaval cheese, oregano Add pulled chicken for \$2	9
KID PASTA (v, nf) Organic brown rice spaghetti with our house chunky marinara	9

### SALADS

#### add-ons:

Grilled Spiced Chicken: 6 | Shawerma, Kafta kebab, or Shrimp: 7  
Salmon (blackened or plain): 10

FATTOUSH SALAD (v, nf) Frisée mix, parsley, tomato, cucumber, onions, oregano, pita crisps, tossed in a pomegranate lemon dressing	9
BISTRO SALAD ** (veg, ef, nf) Kale mix, avocado, roasted beets, citrus fruit, Mizithra cheese, sunflower seeds, tossed in our fig vinaigrette	12
HARVEST SALAD ** (veg, ef, nf) Varietal baby lettuce, roasted butternut squash, cranberries, feta cheese, toasted pumpkin seeds, tossed in our poppy-seed dressing	12
BLACK RICE + SUMMER VEGGIES ** (veg, ef) Kale mix, black rice, purple cabbage, artichoke hearts, bell pepper, goat cheese, baby heirloom tomato, toasted almonds, tossed in a Dijon peach vinaigrette	13

### "LUNCHY"

Sandwiches include a side Fattoush salad | Vegan pita available

GRILLED TAWOOK CHICKEN SANDWICH * (df) Greens, tomato, hummus, pistachio herb sauce	14
GRASS-FED SHAWERMA SANDWICH * (df, nf) Marinated flank in shawerma spices, greens, tomato, onion parsley relish, Tarator sauce	14
GRASS-FED KAFTA SANDWICH * (nf) Local beef mixed with herbs & spices, onion parsley relish, greens, tomato, yogurt sauce	14
GRILLED EGGPLANT SANDWICH ** (veg) Goat cheese, beet walnut spread, tomato, greens	13
MARINATED GRILLED SHIITAKE SANDWICH ** (v, nf) Verjus and wine marinated shiitake, minted avocado mash, greens, tomato	13
MEDITERRANEAN PASTA BOWL ** (ef, nf) Artichoke, olive, in a fire-roasted tomato sauce, Manchego cheese Add: Organic chicken breast: 6 or Wild-caught shrimp: 7	16

### ESPRESSO, TEA, & SPECIALTY DRINKS

#### COFFEE DRINKS (HOT or ICED)

BREWED COFFEE (HOUSE BLEND)	2.50
ESPRESSO	2.00
AMERICANO	3.00
CAPPUCCINO	3.25
LATTE	3.75
PUMPKIN SPICE LATTE	4.25
CINNAMON BUN LATTE	4.25
CHAI LATTE	3.95
MOCHA	4.25
GIANDUJA "NUTELLA" LATTE	4.50
FRENCH VANILLA LATTE	3.95
STEAMER	3.25
ADD FLAVORS (all are free of HFCS) Pumpkin Spice, Chai, Cinnamon Bun, Hazelnut, Caramel, Salted Caramel, Vanilla, Sugar-free Vanilla	0.60

#### FRESHLY MADE TEA (HOT or ICED)

Caffeinated: Assam Breakfast (black), Good Tidings (black), Silver Rain (white), Milk Oolong Tea, Dancing Leaves Green Tea, Pomegranate Superfruit (green), Yerba Mate (herbal)	3.50
Decaffeinated: Cardamom Cinnamon, Chamomile Lemon, Mint Fields, Cedarberg Rooibos (red)	

HOT CHOCOLATE	4.00
ORGANIC "MILKS": Whole or Skim, Flax, Almond, Coconut	2.50/3.75
ORGANIC JUICES: Apple, Orange, Tomato, or Pomegranate	2.50/3.75
ORGANIC LEMONADE:	2.50/3.75
ITALIAN SODAS: Peach, Wild Berry, Exotic Citrus, Mandarin	2.50/3.75
NATURAL SODAS: Kola, Ginger Ale, or Sparkling Grapefruit	3.50
UNCLE SCOTT'S ORGANIC ROOT BEER	3.50
BOTTLED WATER: Still or Sparkling	4.00

**Desserts:** Visit our pastry case or ask your server for today's specialties, made from scratch using organic ingredients.

v = vegan, veg = vegetarian, df = dairy free, nf = nut free, ef = egg free, evoo = extra virgin olive oil.

\*\* Items can be made vegan. All of our menu items are always gluten-free, soy-free, and non-GMO.

\* CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS.

# FRESH LEVANT *bistro*

Welcome to our family table! Fresh Levant Bistro is a place to gather with friends and family, to experience delicious Levantine cuisine and freshly baked organic pastries, served with organic coffees, teas, and wines. It began as a Levantine food blog nine years ago, aimed at documenting my family's traditional, authentic recipes, and showcasing my new creations. Our cuisine is a reflection of my childhood memories of sporadic summer vacations spent in my village in the mountains of Lebanon, and of our upbringing by the Mediterranean Sea and later across the USA. I believe that good food feeds the tummy and the soul, so it is to be respected and cooked with positive intentions. I believe in organic, clean practices and foods that are free of artificial additives, harmful ingredients, and GMOs.

Cooking was an outlet to keep me connected from afar to the memories of summers long gone. However, it took a new path after I was diagnosed with an auto-immune condition that left me bed-ridden and sickly. Soon after, my husband and our two young kids were also found to have sensitivities to gluten and dairy, thus joining me on this cleansing journey with a very restricted diet. The blog then took on a new life and mission, and it attracted the attention of the local gluten-free community. And finally, our little bistro was born.

The Levant region is the area of the eastern Mediterranean (i.e., between Turkey and Egypt). Our dishes are rooted in the Levantine cuisine, celebrating the flavors of the region's spices and fresh organic ingredients. With a strong commitment to provenance and traceability, and our unwavering commitment to non-GMO and organic foods, we proudly source from local farmers and regional suppliers who share our passion for earth-friendly principles, organic practices, and sharing with the community.

Our menu is created around seasonal ingredients that we prepare fresh every day, so our selections vary based on availability. We use extra-virgin olive oil and grapeseed oil for sautéing and pan-frying; grass-fed butter, ghee, and/or grapeseed oil for baking; and we sweeten our desserts with organic cane sugar or coconut sugar. Our dairy is grass-fed and organic, our beef is grass-fed, and both our eggs and poultry are organic.

All the water used here is highly filtered, fluoride-free, and pH-balanced. Beyond the natural food and drinks served here, we honor the environment by providing compostable "green" containers and utensils for your to-go meals, and by using eco-friendly cleaners throughout.

Our employees are an integral part of our success, so we work hard together to create a fulfilling work environment based on respect, integrity and creativity.

I would love to hear your feedback and suggestions, so please ask for me while you're here at the bistro or email me later at [anita@freshlevant.com](mailto:anita@freshlevant.com).

Thank you,

Anita Khalek  
Proprietor

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