

FRESH LEVANT bistro

SOUP & SALADS

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

DAILY SOUP	cup 4.50 / bowl 6
Made fresh daily with seasonal ingredients	
FATTOUSH SALAD (v, nf)	9
Frisée mix, parsley, tomato, cucumber, onions, oregano, pita crisps, tossed in a pomegranate lemon dressing	
BISTRO SALAD ** (veg, ef, nf)	12
Kale mix, avocado, roasted beets, citrus fruit, Mizithra cheese, sunflower seeds, tossed in our fig vinaigrette	
HARVEST SALAD ** (veg, ef, nf)	12
Varietal baby lettuce, roasted butternut squash, cranberries, feta cheese, toasted pumpkin seeds, tossed in our poppy-seed dressing	
BLACK RICE + SUMMER VEGGIES ** (veg, ef)	13
Kale mix, black rice, purple cabbage, artichoke hearts, bell pepper, goat cheese, baby heirloom tomato, toasted almonds, tossed in a Dijon peach vinaigrette	

DIPS

Vegan pita available

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

HUMMUS (v, nf)	7
Tahini, lemon, evoo, pita	
BABA GHANNOUSH (v, nf)	8
Grilled eggplant, tahini, lemon, evoo, pomegranate, pita	
BEETROOT (v)	8
Roasted beets, walnut, pomegranate, pita	
VEGAN LABNEH (v)	10
Almond, scallion, herbs, evoo, pita	
THREE-IN-ONE DIP SAMPLER (v)	12
Sampler of your choice of any three of our freshly made dips	

NIBBLES

GRILLED HALLOUMI + CITRUS SALAD (veg, nf)	10
Baby greens, orange slices, local honey drizzle	
MARINATED MEDITERRANEAN OLIVES (v, nf)	4
LEBANESE BEETS** (veg, nf)	9
Roasted and marinated beets, barrel-aged Feta, evoo, herbs	
SAUTÉED BRUSSELS SPROUTS (v)	8
Garlic, jalapeno relish, cranberries, pomegranate, candied walnuts	
CANNELLINI MUDAMMAS (v, nf)	9
Slow-cooked cannellini beans, Aleppo pepper, garlic, baby heirloom tomato, cucumber, evoo, vegan pita	
KIBBEH CROQUETTES (ef)	10
Grass-fed beef, baked and stuffed with nuts and caramelized onion, side of cucumber yogurt sauce	
BUTTERNUT SQUASH + SPINACH FARINATA (v, nf)	12
Baked chickpea torta, sweet onions, rosemary, vegan sourdough toast	

KIDS BITES

for kids 12 & under

FRUIT CUP (v, nf)	3
GRILLED CHEESE PITA (veg)	5
HUMMUS (v, nf) + PITA **	5
Add chicken breast for \$6 or kebab for \$7	
KASHKAVAL & TOMATO FLATBREAD (veg, nf)	9
Open-faced pita topped with marinara sauce, kashkaval cheese, oregano Add pulled chicken for \$2	
KID PASTA (v, nf)	9
Organic brown rice spaghetti with our house chunky marinara	

MAN'OUSH

House-made flatbreads, baked to order

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

SANDWICHES

Choice of daily soup or Fattoush salad | Vegan pita available

GRILLED TAWOOK CHICKEN SANDWICH * (df)	14
Greens, tomato, hummus, pistachio herb sauce	
GRASS-FED SHAWERMA SANDWICH * (df, nf)	14
Marinated flank in shawerma spices, greens, tomato, pickled onion, Tarator sauce	
GRASS-FED KAFTA SANDWICH * (nf)	14
Local beef mixed with herbs and spices, parsley relish, greens, tomato, yogurt sauce	
GRILLED HALLOUMI SANDWICH (veg, nf)	13
Greens, tomato, cucumber, evoo	
GRILLED EGGPLANT SANDWICH ** (veg)	13
Goat cheese, beet walnut spread, tomato, greens	
MARINATED GRILLED SHIITAKE SANDWICH ** (v, nf)	13
Verjus and wine marinated shiitake, minted avocado mash, greens, tomato	

ENTREES

MEDITERRANEAN PASTA BOWL ** (ef, nf)	16
Artichoke, olive, in a fire-roasted tomato sauce, Manchego cheese Add Organic chicken breast: \$6 or Wild-caught shrimp: \$7	
GRILLED GRASS-FED BISTRO STEAK * (nf, ef, df)	24
Tenderloin medallions, Baba Ghannoush, sautéed Brussels sprouts & asparagus, spiced potatoes	
LEVANTINE SALMON * (nf, ef, df)	22
Seared spice-crusted wild-caught salmon, spinach, green beans, lemon	
HERB ROASTED CHICKEN * (ef, df)	19
Herb roasted whole legs, pistachio herb sauce, spiced potatoes, sautéed asparagus and Brussels sprouts	

DESSERTS

Check out our pastry case for today's selection of freshly made specialties, many of which are also dairy-free. We proudly make everything here from scratch using mainly organic ingredients.

DRINKS

Please see our drink menus for a unique selection of all organic coffees, teas, and juices, as well as a variety of specialty drinks, organic wines, alcoholic beverages, and artisanal cocktails.

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.

Thank you,

Anita Khalek
Proprietor