

TANOREEN
RESTAURANT
Middle Eastern Cuisine with Mediterranean Aromas

CATERING MENU

FINGER FOODS

KIBBIE VARIETIES

LAMB KIBBIE: LAMB, BULGUR WHEAT & TANOREEN SPICED SHELL, STUFFED WITH GROUND LAMB, TOASTED PINE NUTS, ALMONDS, & CARAMELIZED ONIONS.

FISH KIBBIE: FINELY GROUND FISH, BULGUR WHEAT & TANOREEN SPICED SHELL, STUFFED WITH FISH, CARAMELIZED ONIONS & ROASTED ALMONDS.

VEGETARIAN KIBBIE: PUMPKIN, BULGUR WHEAT & TANOREEN SPICED SHELL, STUFFED WITH FRESH SPINACH, POMEGRANATE MOLASSES, CHICKPEAS & ROASTED WALNUTS.

GRILLED KIBBIE: LAMB KIBBIE GRILLED, TOPPED WITH CARAMELIZED ONION, POMEGRANATE MOLASSES-HARISA.

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SCHWARMA SLIDERS: MINI PITA STUFFED WITH MARINATED FILLET MIGNON SCHWARMA, PARSLEY & TAHINI

SAMBOSEK: TURNOVERS STUFFED WITH YOUR CHOICE OF DELICATELY SEASONED LAMB OR SAFFRON-TAMARIND SCENTED VEGETABLES, WITH TANOREEN SIGNATURE BASIL DIP.

FALAFEL: SERVED WITH THE TRADITIONAL HARISA CHILI & TAHINI SAUCE, SLICED VEGETABLES, PICKLES & PITA.

CIGARS: THIN CIGARS STUFFED WITH HOME-MADE CHEESE (PARSLEY-TURMERIC-MASTIC) OR MUSAKHAN (ROAST CHICKEN, CARAMELIZED ONION & SUMAC). TAHINI-RED PEPPER-POMEGRANATE DIP.

CRISPY HALLOUMI: FRIED HALLOUMI CHEESE, KALAMATA OLIVES, & MINT.

MINI PIES:

SPINACH
TOMATO & FETA CHEESE
RED PEPPER & ONION
MEAT & PINE NUTS
CHICKEN & CARAMELIZED ONIONS
EGGPLANT & TOMATO SAUCE
CAULIFLOWER & TAHINI

CHICKEN FINGERS: MARINATED, BREADED & FRIED CHICKEN TENDERS.

STUFFED MUSHROOMS: WHOLE BUTTON MUSHROOMS STUFFED WITH ASSORTED CHEESES, GARLIC, OLIVE OIL & HERBS.

COLD APPETIZERS

SPREADS

HUMMUS: PURÉED CHICKPEAS - LEMON - GARLIC - OLIVE OIL – TAHINI.

TAHINI-FREE HUMMUS: PURÉED CHICKPEAS - GARLIC - LEMON - OLIVE OIL.

BABA GHANOUGE: PURÉED ROASTED EGGPLANT - GARLIC - LEMON - OLIVE OIL – TAHINI.

MHAMMARA: RED BELL PEPPER- WALNUTS - POMEGRANATE MOLASSES - TANOREEN SPICES.

MTABAL: GRILLED EGGPLANT - RED & GREEN BELL PEPPERS - ONION - GARLIC - OLIVE OIL – LEMON.

TURKISH SALAD: SPICY TOMATO, RED PEPPER SPREAD - CUCUMBER - RED ONION (DELICIOUS WITH GRILLED ENTREES).

OLIVE SPREAD: BLACK OLIVES - OLIVE OIL - THYME – LEMON.

LABANEH: LEMONY YOGURT SPREAD – MINT.

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SALADS

FATTOUSH: LETTUCE - TOMATO - CUCUMBER - TOASTED PITA CHIPS - MINT & SUMAC, LEMON DRESSING.

(CAN BE TOPPED WITH FETA CHEESE &/OR GRILLED CHICKEN)

TABOULEH: FRESH CHOPPED PARSLEY - BULGUR WHEAT - TOMATO - MINT - LEMON DRESSING.

MIXED GREEN SALAD: BABY ARUGULA - KALE - SPINACH - TOMATO - WALNUTS - OLIVES - FRIED HALLOUMI CHEESE - SESAME VINAIGRETTE.

CAULIFLOWER SALAD: FRIED CAULIFLOWER DRIZZLED WITH TAHINI & POMEGRANATE MOLASSES - FRESH PARSLEY.

BEET SALAD: BEETS - MINT - WALNUTS - ALMONDS - BASIL DRESSING.

FREKEH SALAD: SMOKED WHEAT BERRIES - CHOPPED ROASTED CHICKEN - FENNEL - RED ONION - TOASTED ALMONDS - LEMON DRESSING.

LENTIL SALAD: LENTILS - FRESH FENNEL, CILANTRO, SHALLOTS, CARROTS, PARSLEY, TOMATO, OLIVE OIL & LEMON JUICE.

EGGPLANT SALAD: FRIED EGGPLANT - FRESH TOMATO - GARLIC - LEMON DRESSING.

POTATO SALAD: POTATOES - PARSLEY – HOUSE-CURED GREEN & BLACK OLIVES.

TOMATO: THE TRADITIONAL TOMATO - CUCUMBER - MINT - ONION (GREAT WITH GRILLED ENTREES).

OTHER APPETIZERS

BRUSSELS SPROUTS: CRISPY BRUSSELS SPROUTS - TAHINI- POMEGRANATE SAUCE - PANKO BREADCRUMB CRUNCH.

VEGETARIAN GRAPE LEAVES: GRAPE LEAVES ROLLED WITH RICE, TOMATO, & PARSLEY, SIMMERED IN LEMON SAUCE.

VEGETARIAN CABBAGE LEAVES: CABBAGE LEAVES ROLLED WITH BULGUR WHEAT & PARSLEY, SIMMERED IN SPICY GARLIC - HARISA SAUCE.

MEAT GRAPE LEAVES: GRAPE LEAVES ROLLED WITH RICE & SPICED LAMB.

ZAATAR ROLL: HOMEMADE DOUGH WRAPPED AROUND FRESH GREEN ZAATAR (THYME), HALLOUMI CHEESE & SUMAC.

EGGPLANT PATE: THIN SLICES OF EGGPLANT TOPPED WITH SPICY TOMATO-JALAPEÑO SALAD.

SUJOK: SLICED ARMENIAN DRIED BEEF SAUTÉED WITH RED PEPPER & GARLIC.

MAKDOUS: BABY EGGPLANT STUFFED WITH WALNUTS & RED PEPPER & PRESERVED IN EXTRA VIRGIN OLIVE OIL.

MUSAKA: VEGETARIAN STEW OF EGGPLANT - CARAMELIZED ONIONS - TOMATOES - TANOREEN SPICES.

FREKEH PILAF: SMOKED WHEAT BERRIES - SLOW COOKED CHICKEN &/OR LAMB - ROASTED ALMONDS - TANOREEN SPICES.

ENTREES

MAKLOBEH: A VERY TRADITIONAL DISH! RICE, MEAT & CAULIFLOWER COOKED WITH ONIONS & GARLIC, OR VEGETARIAN (CARROTS, EGGPLANT, FAVA BEANS, PEAS ETC.) COOKED - PRESSED - FLIPPED “UPSIDE DOWN.”

HASHWI: A TRADITIONAL MIDDLE EASTERN DISH OF RICE COOKED WITH LAMB & AROMATIC MIDDLE EASTERN SPICES. SERVED AS A SIDE DISH OR AS AN ENTREE TOPPED WITH SHREDDED ROASTED CHICKEN.

KAFTA FINGERS: FINELY GROUND LAMB, ONIONS & TOMATOES COMBINED WITH TANOREEN SPICES, STEWED WITH POTATOES IN FRESH TOMATO OR TAHINI SAUCE

KIBBIE: FINELY GROUND LAMB & BULGUR WHEAT LAYERED WITH CHOPPED LAMB, PINE NUTS, & TANOREEN SPICES, BAKED IN A TRAY.

SQUASH YOGURT: BABY SQUASH STUFFED WITH GROUND LAMB, NUTS, & TANOREEN SPICES, STEWED IN HOMEMADE YOGURT-MINT SAUCE.

SQUASH TOMATO: BABY SQUASH STUFFED WITH GROUND LAMB & RICE & THEN STEWED IN FRESH TOMATO SAUCE.

STUFFED CABBAGE: CABBAGE LEAVES WRAPPED AROUND RICE & CHOPPED LAMB & STEWED IN LEMON-GARLIC BROTH.

SQUASH & GRAPE LEAVES COMBO: A COMBINATION OF STUFFED GRAPE LEAVES & BABY SQUASH, BOTH STUFFED WITH RICE & LAMB, SIMMERED IN LEMON-GARLIC SAUCE.

MANSAF: RICE PILAF CHUNKS OF LAMB, A HOMEMADE GOAT MILK YOGURT & TOASTED ALMONDS.

MACHBOUS: ROASTED CHICKEN BAKED WITH FRESH VEGETABLES, HERBS & PRESERVED LEMON (LUMA). SERVED WITH FRAGRANT BASMATI RICE.

VEGETARIAN SHEPHERDS PIE: GARLIC MASHED POTATOES LAYERED WITH SWEET PEAS, ONIONS, SQUASH & TANOREEN SPICES

STUFFED ARTICHOKE HEARTS: FRESH ARTICHOKE HEART STUFFED WITH CHOPPED LAMB, TOASTED NUTS & TANOREEN SPICES.

CHICKEN OR LAMB FETTI: TOASTED PITA CHIPS TOPPED WITH EGYPTIAN SPICED RICE, SHREDDED CHICKEN OR LAMB & YOGURT-TAHINI SAUCE. FRESH PARSLEY & ROASTED ALMONDS GARNISH.

CHICKEN TAMARIND: CHICKEN, POTATOES, CARROTS, TOMATOES, PEARL ONIONS, & GREEN CURRY BRAISED IN A NATURALLY SOUR TAMARIND SAUCE.

BEEF STEW: A CHOICE OF - STRING BEANS - SWEET PEAS - WHITE BEANS OR OKRA - STEWED WITH FRESH TOMATOES, GARLIC & BEEF. WITH VERMICELLI RICE PILAF.

BABY EGGPLANT: BABY EGGPLANT STUFFED WITH TANOREEN SPICED CHOPPED LAMB & PINE NUTS & BAKED.

KAFTA ROLL: A RAWIA TWIST ON A CLASSIC! KAFTA (LAMB, FRESH PARSLEY & SPICES) STUFFED WITH CARAMELIZED ONION, SUMAC, & ROASTED ALMONDS IS BAKED & TOPPED WITH TANOREEN'S SPECIAL-MADE HARISA - TAHINI SAUCE.

SAYADIYYA: "THE FISHERMAN'S MEAL." RICE SAUTÉED WITH SHREDDED TILAPIA, CARAMELIZED ONION & TANOREEN SPICES, TOPPED WITH FRESH FISH FILLET.

SAMAKE HARRA: FRESH WHOLE FISH STUFFED WITH WALNUTS, CILANTRO, PEPPERS, GARLIC & LEMON. (VARIETY DEPENDS ON MARKET AVAILABILITY)

SPICY TILAPIA: TILAPIA FILLET BAKED ON A BED OF SLICED POTATOES & TOPPED WITH A FIERY HARISSA & GARLIC SAUCE.

MEDITERRANEAN ENTREES

BAKED MEDITERRANEAN EGGPLANT: THINLY SLICED EGGPLANT LAYERED WITH GROUND LAMB, TOMATOES, POTATOES & TANOREEN SPICES, TOPPED WITH TOASTED PINE NUTS. ONE OF OUR MOST POPULAR ENTREES AT THE RESTAURANT!

VEGETARIAN BAKED MEDITERRANEAN EGGPLANT: LAYERS OF EGGPLANT, SQUASH, POTATO, TOMATO, CARAMELIZED ONION & TOASTED NUTS.

MEDITERRANEAN GRILLED CHICKEN: BONELESS CHICKEN BREAST, BASIL PESTO, SUN DRIED TOMATOES & MUSHROOMS.

CHICKEN ROLLATINI: MARINATED & BREADED CHICKEN CUTLET ROLLED WITH A MIXTURE OF CHEESES, BASIL, GARLIC, & HERBS, THEN BAKED IN FRESH TOMATO SAUCE.

SAUTÉED SHRIMP: SHRIMP SAUTÉED IN GARLIC SAUCE.

BAKED SALMON OR TILAPIA: PESTO-MARINATED SALMON OR TILAPIA FILLET BAKED TO MEDITERRANEAN PRECISION WITH FRESH ARTICHOKE HEARTS, GARLIC & TOMATO.

GRILLED ENTREES

KAFTA KABOB: GROUND LAMB MEAT - ONIONS - PARSLEY - TANOREEN SPICES

CHICKEN KABOB: CUBED CHICKEN BREAST - LEMON - OLIVE OIL - TANOREEN SPICES

SHISH KABOB: CUBED LEG OF LAMB - OLIVE OIL

GRILLED LAMB CHOPS: HOUSE MARINATED LAMB CHOPS

GRILLED COMBO: A GRILLED COMBINATION PLATTER THAT INCLUDES KAFTA KABOB, CHICKEN KABOB & SHISH KABOB

SUPER GRILL: OUR TRADITIONAL GRILLED COMBO WITH GRILLED LAMB CHOPS & FILLET MIGNON

ALL GRILLED ENTREES SERVED WITH RICE & SALAD

SIDE DISHES

GREEN BEANS: FRESH GREEN BEANS SAUTÉED WITH CORIANDER, GARLIC & TOASTED SLIVERED ALMONDS.

SPINACH: FRESH SPINACH, SAUTÉED WITH FRESH GARLIC & OLIVE OIL.

DANDELION: FRESH DANDELION SAUTÉED IN OLIVE OIL WITH CARMELIZED ONION.

OKRA: BABY OKRA SAUTÉED WITH GARLIC & FRESH TOMATO.

LENTIL PILAF: WHOLE LENTILS, EGYPTIAN RICE, CARMELIZED ONIONS.

SHULBATO: BULGUR WHEAT, FRESH TOMATO, CHICKPEAS & TANOREEN SPICES SIMMERED INTO A DELICIOUS PILAF & TOPPED WITH ROASTED VEGETABLES.

RICE PILAF: EGYPTIAN RICE SIMMERED WITH VERMICELLI NOODLES.

YOGURT SAUCE: HOUSE-MADE YOGURT WITH DICED CUCUMBERS, GARLIC & MINT.

BROCCOLI: SAUTÉED WITH GARLIC & LEMON.

KALE: SAUTÉED WITH OLIVE OIL & CARMELIZED ONION.

ORZO: ORZO, ARTICHOKE HEARTS, SUNDRIED TOMATO, FRESH BASIL.

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VEGETABLES ACCORDING TO MARKET & SEASONAL AVAILABILITY

DESSERTS

KNAFEH: SHREDDED FILLO DOUGH STUFFED WITH TWO KINDS OF CHEESE & BAKED IN THE OVEN UNTIL GOLDEN BROWN & SOAKED IN A SPICE INFUSED, ORANGE BLOSSOM SIMPLE SYRUP.

KNAFEH SPECIAL: A TWIST ON THE CLASSIC. SHREDDED DOUGH STUFFED WITH WALNUTS, RAISINS, & SWEET SPICES.

BAKLAVA: LAYERS OF FILLO DOUGH, STUFFED WITH GROUND NUTS & SWEET SPICES, DRIZZLED WITH SYRUP.

HARISSA: FRESH BAKED SEMOLINA COCONUT CAKE SOAKED IN SYRUP & TOPPED WITH TOASTED ALMONDS.

MACARONI COOKIE: DAIRY-FREE COOKIE MADE OF FLOUR, OLIVE OIL & ANISE SEEDS. (CAN BE DIPPED IN CHOCOLATE).

DATE ROLL: HOMEMADE FARINA DOUGH ROLLED AROUND FRESH DATES COMBINES WITH SWEET SPICES.

ORSHALEH: MIDDLE EASTERN BISCOTTI. TWICE BAKED COOKIE WITH WALNUTS.

STUFFED DATES: FRESH DATES STUFFED WITH WALNUTS & COOKED IN CINNAMON-CLOVE SIMPLE SYRUP.