

Mediterranean Menu:

TOP 12 MEDITERRANEAN APPETIZERS:

1. Panzanella Salad

Heirloom tomatoes, toasted ciabatta, basil oil, and olive vinaigrette.

2. Chilled Sea Bass Citrus Salad with Goat-Buttermilk Dressing

Flaky chilled sea bass over butter lettuce, shaved cucumber, herbs, and crumbled goat cheese, finished with a bright citrus–buttermilk dressing.

3. Roasted Pepper & Citrus Burrata Crostini with Feta & Basil Oil

Fire-roasted peppers layered on toasted artisan bread with burrata, feta, heirloom tomato, citrus–herb vinaigrette, and basil oil.

4. Whipped Feta with Honey & Sesame

Served with warm pita, crisp vegetables, and herbed crostini.

5. Roasted Red Pepper Hummus

Smooth roasted pepper hummus served with cucumber, bell peppers, olives, and toasted herb bread.

6. Crispy Chickpea Falafel with Tahini

Golden falafel served with tahini sauce and fresh herbs.

7. Charred Octopus Bites with Lemon & Smoked Paprika Aioli

Tender charred octopus finished with Mediterranean spices and lemon.

8. Shrimp Saganaki

Tomato, feta, garlic, and herbs — Greek stovetop classic.

9. Mediterranean Sea Bass Phyllo Bake with Herbs & Cheese

Flaky sea bass layered in crisp golden phyllo with Mediterranean herbs, feta, and mild cheese, baked into a full phyllo portion and finished with citrus-herb drizzle.

10. Mini Lamb Kofta with Cucumber Yogurt

Spiced lamb kofta served with cool cucumber yogurt.

11. Pan-Seared Halloumi with Lemon & Herbs

Golden halloumi drizzled with olive oil, lemon, and fresh herbs.

12. Phyllo Triangles with Spinach, Leeks & Herbed Ricotta

Mediterranean-style spanakopita pockets with creamy herbed ricotta.

MEDITERRANEAN APPETIZERS (13–38)

Salads

13. Marinated Olive & Artichoke Salad

Mixed olives and artichokes with lemon zest, herbs, and olive oil.

14. Roasted Beet & Orange Salad with Whipped Goat Cheese

Roasted beets, citrus segments, whipped goat cheese, and pistachios.

15. Herb & Cucumber Citrus Salad

Cucumber, tomato, parsley, dill, and citrus vinaigrette.

16. Watermelon, Mint & Feta Salad

Chilled watermelon, fresh mint, feta, and lemon-honey drizzle.

Cheese & Dips

17. Feta Dip with Roasted Red Peppers

Creamy feta blended with roasted peppers, served with pita and crostini.

18. Roasted Eggplant Hummus

Smoky eggplant puree with garlic and tahini served with vegetables and pita.

19. Tzatziki with Pita & Fresh Cucumbers

Greek yogurt, cucumber, dill, garlic, lemon, and olive oil.

20. Spicy Harissa Hummus

Harissa-spiced hummus served with toasted bread and vegetables.

21. Labneh with Za'atar & Olive Oil

Strained yogurt topped with za'atar and olive oil served with warm flatbread.

Seafood

22. Calamari Fritti with Saffron Aioli

Crispy calamari with saffron-lemon aioli.

23. Crispy Smelt with Lemon-Herb Vinaigrette

Lightly fried smelt tossed in citrus-herb vinaigrette.

24. Lightly Fried Shrimp with Garlic-Lemon Aioli

Crispy shrimp served with garlic-lemon aioli.

25. Mediterranean Herb Sea Bass

Charred sea bass with herb oil and shaved vegetables.

26. Shrimp in Ouzo-Tomato Sauce

Shrimp simmered in tomato, ouzo, garlic, and herbs.

Meat

27. Chicken Souvlaki Bites with Herb Oil

Charred chicken with oregano-lemon herb oil.

28. Beef & Pine Nut Phyllo Rolls

Phyllo filled with seasoned beef, pine nuts, and spiced yogurt.

29. Charred Sausage & Roasted Pepper Skillet
Mediterranean sausage with roasted peppers and onions.

30. Harissa Chicken Crostini
Spicy harissa chicken with roasted vegetables and feta on toasted bread.

Vegetables

31. Stuffed Mini Peppers with Herbed Cream Cheese
Sweet peppers filled with herb cheese.

32. Sautéed Mushrooms with Garlic, Parsley & Lemon
Garlic mushrooms with parsley and citrus.

33. Fried Artichokes with Lemon-Herb Aioli
Crispy artichokes with lemon-herb dipping sauce.

34. Roasted Vegetable Medley with Citrus-Herb Dressing
Seasonal vegetables roasted with olive oil and citrus.

Phyllo & Crostini Creations

35. Vegetable & Cheese Crostini
Roasted vegetables, Mediterranean cheese, and herbs on toasted bread.

36. Shrimp & Sea Bass Crostini
Mediterranean cheeses with caramelized peppers and herbs.

37. Vegetable & Cheese Phyllo Pockets
Phyllo filled with roasted vegetables and Mediterranean cheese.

38. Shrimp & Caramelized Veggie Phyllo

Phyllo filled with shrimp, caramelized vegetables, and creamy Mediterranean cheese.

Main Course

Top Favorite 12 Dishes:

1. Braised Short Ribs with Red Wine & Goat Cheese Couscous

Slow-braised short ribs finished in a rich red wine reduction, served over creamy goat cheese couscous with roasted carrots.

2. Pan-Seared Sea Bass with Lemon-Thyme Beurre Blanc & Charred Asparagus

Golden-crisp sea bass topped with lemon-thyme beurre blanc and tender charred asparagus.

3. Shrimp Saganaki over Orzo with Tomato, Feta & Herbs

Sautéed shrimp in tomato, garlic, and fresh herbs served over orzo with crumbled feta.

4. Lemon-Rosemary Chicken Breast with Roasted Vegetables & Farro

Marinated chicken breast roasted with rosemary and citrus, served over herb farro and seasonal vegetables.

5. Mediterranean Half Chicken with Roasted Tomatoes, Feta & Farro

Oven-roasted half chicken with baked feta, blistered tomatoes, and herbed farro.

6. White Wine Half Chicken with Olives, Herbs & Charred Peppers

Roasted half chicken finished with white wine, fresh herbs, olives, and charred peppers.

7. Filet Mignon with Red Wine Reduction, Truffle Mash & Haricots Verts

Tender filet mignon with a deep red wine reduction, truffle-infused mashed potatoes, and haricots verts.

8. Beef Tenderloin with Balsamic Glaze & Mushroom Farro

Seared tenderloin finished with aged balsamic, served over mushroom farro.

9. Mediterranean Lamb Shoulder with Chickpea Ragout & Parsley Oil

Slow-braised lamb shoulder over warm chickpea ragout with aromatic parsley oil.

10. Lamb Shoulder with Tomato–Olive Sauce & Roasted Red Pepper Purée

Braised lamb shoulder in a tomato-olive reduction with velvety roasted pepper purée.

11. Slow-Roasted Lamb Shoulder with Lemon Potatoes & Oregano Jus

Tender roasted lamb served with lemon potatoes and oregano-infused jus.

12. Sea Bass with Charred Zucchini, Saffron Farro & Citrus Glaze

Pan-seared sea bass with saffron farro, charred zucchini, and a bright citrus glaze.

Main Entrees:

13. Halibut with Roasted Fennel, Citrus Butter & Saffron Potatoes

Delicate halibut paired with roasted fennel, silky citrus butter, and tender saffron potatoes.

14. Roasted Cod with Herb Crust, Farro Pilaf & Blistered Tomatoes

Flaky cod baked under a fragrant herb crust, served with farro pilaf and sweet blistered tomatoes.

15. Charred Octopus with Fingerling Potatoes & Smoked Paprika Oil

Perfectly charred octopus with buttery fingerlings, finished in a warm smoked-paprika oil.

16. Snapper with Olive Tapenade & Roasted Zucchini

Light, crisp snapper topped with vibrant olive tapenade and tender roasted zucchini.

17. Baked Salmon with Dill Yogurt & Braised Lentils

Oven-roasted salmon over braised Mediterranean lentils with a cool, creamy dill yogurt.

18. Lightly Fried Snapper with Mediterranean Cream Sauce & Cheesy Ravioli
Crispy snapper served alongside soft, cheesy ravioli in a velvety Mediterranean herb cream.

19. Sea Bass with Farro, Roasted Peppers & Lemon-Herb Oil
Pan-seared sea bass resting on farro with roasted peppers and bright lemon-herb oil.

20. Salmon with Couscous, Goat Cheese & Mixed Vegetables
Rich salmon over fluffy couscous with goat cheese and fire-roasted seasonal vegetables.

21. Salmon with Shrimp-Stuffed Farro & Roasted Tomato Cream
Seared salmon paired with shrimp-studded farro and a smooth roasted tomato cream.

22. Pan-Roasted Sea Bass with Couscous, Herbs & Caramelized Onions
Golden sea bass over herbed couscous layered with slow-caramelized onions.

23. Chicken with Baked Feta, Roasted Tomatoes & Farro
Juicy roasted chicken finished with warm baked feta, roasted tomatoes, and herb-kissed farro.

24. Charred Chicken with Caramelized Onions, Mushrooms & Wine Reduction
Charred chicken draped in a deep wine reduction with sweet onions and sautéed mushrooms.

25. Chicken Marsala with Sautéed Mushrooms & Herb Potatoes
Classic Marsala wine sauce over tender chicken with mushrooms and buttery herb potatoes.

26. Chicken Piccata with Lemon-Caper Sauce & Roasted Green Beans
Bright lemon-caper chicken served with crisp roasted green beans.

27. Mediterranean Chicken Meatballs with Tomato-Herb Couscous
Tender chicken meatballs simmered in spiced tomato sauce over herb couscous.

28. Crispy Chicken Cutlet with Smoked Tomato Sauce & Basil
Golden chicken cutlet topped with a smoky tomato sauce and fresh basil.

29. Stuffed Chicken Roulade with Spinach, Ricotta & Lemon Cream

Rollled chicken filled with spinach and ricotta, finished in a silky lemon cream.

30. Ribeye with Garlic Butter, Roasted Potatoes & Charred Broccolini

Seared ribeye enriched with garlic butter, crisp potatoes, and charred broccolini.

31. Sirloin with Chimichurri & Roasted Peppers

Tender sirloin topped with vibrant chimichurri and sweet roasted peppers.

32. Spiced Beef Meatballs with Couscous & Yogurt Drizzle

Warm, spiced beef meatballs over fluffy couscous with a cool yogurt drizzle.

33. Seared New York Strip with Sundried Tomato Risotto & Wilted Greens

Perfectly seared NY strip paired with creamy sundried tomato risotto and wilted greens.

34. Wagyu Steak with Saffron Potato Purée & Roasted Mushrooms

Luxurious Wagyu over saffron potato purée with caramelized roasted mushrooms.

35. Braised Beef Shoulder with Roasted Root Vegetables & Herb Farro

Slow-braised beef shoulder served with roasted root vegetables and savory herb farro.

36. Braised Lamb Shoulder with Rosemary, Farro & Roasted Vegetables

Tender lamb braised with rosemary, served over farro and fire-roasted vegetables.

37. Lamb Shoulder with Mint Yogurt Sauce & Saffron Rice

Slow-roasted lamb shoulder paired with cool mint yogurt and fragrant saffron rice.

Mediterranean Desserts (4)

1. Baklava with Honey, Pistachios & Warm Spices

Crisp layers of buttery phyllo filled with toasted pistachios and cinnamon, finished with a warm honey syrup.

2. Fig & Mascarpone Tart with Orange Blossom Caramel

Silky mascarpone nestled in a delicate tart shell, topped with roasted figs and draped in orange blossom caramel.

3. Lemon–Ricotta Cheesecake with Olive Oil Crust

Creamy ricotta cheesecake infused with lemon zest, set over a tender olive-oil crust and finished with a whisper of honey.

4. Berry & Rosewater Phyllo Tart with Vanilla Cream

Flaky phyllo filled with vanilla cream, layered with fresh berries, and lightly scented with rosewater.