

-  VEGETARIAN
-  GLUTEN-FREE
-  VEGAN

LOKAL



MEDITERRANEAN KITCHEN

MEDITERRANEAN DIPS

PICK THREE 27

-  **HUMMUS** 11
Please choose one from the three options below:
Original / Avocado / Beet
-  **BABA GHANOUSH** 12
Char-grilled smoked eggplant puree
flavored with tahini, greek yogurt, garlic, olive oil and lemon juice
-  **SPICY VEGETABLES** 11
Well chopped, tomato, peppers, garlic, walnuts, onion, hot
spices, olive oil and lemon juice
-  **LABNEH** 11
Yogurt mixed with fresh dill, garlic, walnuts and olive oil
-  **EGGPLANT SALAD** 12
Char- grilled smoked eggplant mixed with chopped
red and green pepper, dill, garlic and olive oil
-  **TZATZIKI** 11
Finely chopped baby cucumber blended with garlic,
yogurt, dill and mint
- WHIPPED RED CAVIAR** 11
Red caviar mixed with white bread, olive oil and lemon juice
-  **AJVAR** 11
Roasted red peppers and eggplants, mixed with pure
sunflower oil and distilled vinegar. Mildly spicy
-  **PINK QUEEN** 11
Boiled and shredded red beets mixed with plain yogurt,
garlic salt and black pepper
- LOKAL'S FAVORITE DIPS PLATTER** 39
Hummus, baba ganoush, spicy veggie, labneh, red caviar

SOUP AND SALADS

- CHICKEN SOUP** 12
Hearty vegetable based chicken soup
-  **SHEPHERD** 16
Finely diced tomatoes cucumbers, green peppers, onions, parsley,
tossed in olive oil and fresh lemon juice.
-  **GREEK** 17
Lettuce, mix greens, fresh tomato, cucumber, olives, red onion,
feta cheese, stuffed grape leave, olive oil and lemon juice
-  **LOKAL GARDEN SALAD** 16
Mixed green lettuce, parsley, cucumber, arugula,
tomato with olive oil and lemon juice.
-  **ARUGULA & PEAR** 17
Fresh arugula with thinly sliced pear, walnuts, blue
cheese, dried canberries, olive oil and honey vinaigrette
-  **AVOCADO & TOMATO** 17
Fresh tomato, cucumber, red onion, avocado, corn,
fresh parsley, tossed with olive oil and lemon juice
-  **BEETROOT AND FETA CHEESE** 16
Beetroots, feta cheese, parsley, mixed with lemon
vinaigrette, garnished with golden raisins and walnuts

SALAD ADD-ONS

- | | | | |
|------------------------|----|--------------------|-----|
| GRILLED CHICKEN | 12 | CALAMARI | 12 |
| SALMON | 13 | AVOCADO | 3 |
| SHRIMP | 13 | FETA CHEESE | 2.5 |

MEZZES AND SMALL PLATES

-  **STUFFED GRAPE LEAVES** 14
Grape leaves stuffed with rice, pine nuts,
currants and herbs
-  **TABBOULEH** 11
Cracked wheat mixed with green peppers,
scallions, tomato and parsley
-  **LENTIL PATTIES** 14
Red lentils mixed with cracked wheat, scallions,
parsley and onion
-  **MIXED OLIVES (with pits)** 12
Combination of Mediterranean olives mixed with
lemon juice, garlic, oregano, chili flakes and olive oil
-  **FETA CHEESE AND MIXED PICKLES** 12
Premium feta from the Mediterranean with mixed pickles
-  **CHEESE PASTRIES** 13
Fried cigar shaped crispy pastries stuffed with
feta cheese and dill
-  **FALAFEL** 13
Chickpeas, onions, celery seasoned with garlic parsley
and herbs, served with tahini sauce
- FRIED CALAMARI** 17
Light fried calamari served with tartar sauce
- GAMBAS AL AJILLO** 18
Shrimp sautéed with olive oil, garlic, paprika,
lemon juice and parsley
Served with garlic bread
- CALF'S LIVER** 19
Albanian style fried Calf's Liver, served with onion
and seasoned with sumac
- CRAB CAKES** 18
Mediterranean style crab cakes, served with
chipotle aioli sauce
-  **ZUCCHINI PANCAKES** 17
Pan fried zucchini pancakes served with
garlic yogurt sauce
-  **GRILLED PORTUGUESE OCTOPUS** 19
Grilled Octopus marinated with olive oil, lettuce, tomatoes, onions
parsley and lemon juice.
-  **GRILLED CALAMARI** 18
Grilled calamari mixed with roasted red pepper,
lettuce, garlic, red onion with parsley
-  **SHRIMP COCKTAIL** 19
Tender shrimps, fresh tomato, jalapeno, cucumber, avocado, red onion
and cilantro in a lightly spicy tomato based sauce.
- GRILLED BEEF SOUJOUK** 18
Char grilled beef soujouk over home fries
-  **STUFFED PEPPER ROLLS** 17
Char-grilled red bell peppers, marinated with pure
olive oil, lemon juice and
vinegar, stuffed with labneh yogurt
- LOKAL WINGS** 18
8 pc chicken wings served with celery, carrots
and blue cheese sauce on the side. Please specify Mild or Spicy

LET US DELIVER TO YOU AT WWW.LOKAL83.COM

Please inform your server if you have any food allergies

MEDITERRANEAN KITCHEN

ENTRÉES

CHICKEN SHISH	28
Marinated chunks of chicken char grilled Served with rice and vegetables	
CHICKEN FILETO	29
Marinated grilled chicken breast, sauteed mushrooms, basil, tomatoes, melted mozzarella cheese, rice on the side.	
CHICKEN PAILLARD	29
Grilled chicken breast, with arugula, tomato, red onion tossed in olive oil, vinegar and lemon juice. topped with aged parmigiano	
LOKAL BURGER	27
Homemade lamb burger with lettuce, tomato, caper mayo Served with home fries or house salad Optional cheese: Feta, American, Swiss, (add \$2.50)	
GRILLED MEATBALLS	28
Char-grilled ground lamb seasoned with Turkish spices Served with rice and vegetables	
SKIRT STEAK	37
Long cut of beef steak, served with home fries, sautéed vegetables and chimichurri sauce on the side	
STUFFED CABBAGE	29
Cabbage stuffed with ground lamb and beef, rice and herbs cooked with olive oil and tomato sauce Served with yogurt	
LAMB SAUTÉED	37
Marinated chunks of lamb sautéed with tomatoes mushrooms, red and green pepper, garlic and onions Served with rice on the side	
LAMB CHOPS	40
Marinated baby lamb chops char-grilled Served with rice and vegetables	
VEGETARIAN CASSEROLE	25
Mixed vegetables baked in tomato sauce. Served with rice on the side	
FALAFEL ENTRÉE	25
Chunks of falafel balls served over a bed of hummus, with rice and vegetables on the side	

PASTA

MANTI	26
Home-made dumplings, stuffed with ground meat and spices, topped with light garlic yogurt, and a touch of marinara.	
FOUR CHEESE RAVIOLI	24
Italian four cheese ravioli, topped with home made marinara sauce and garnished with parmesan cheese	
TRI-COLOR TORTELLINI	22
Delicate cheese-filled, with garden peas, enveloped in a creamy, velvety Alfredo sauce, finished with cheese.	
LINGUINE AL PESTO	23
Tossed in a fragrant, vibrant basil pesto, complemented by tender asparagus, finished with a generous sprinkle of aged parmigiano.	
PENNE ALLA MARINARA	22
Smothered in a rich, home-made creamy tomato based sauce, topped with a generous sprinkle of aged parmigiano.	
ADD GRILLED CHICKEN TO ANY PASTA	+8
GLUTEN-FREE PENNE AVAILABLE UPON REQUEST	+2

SEAFOOD

MEDITERRANEAN BRANZINO	39
Whole fresh Mediterranean branzino grilled Served with house salad	
ROYAL DORADO	39
Delightful whole Greek orata grilled Served with house salad	
SALMON FILLET	31
Marinated fillet of fresh salmon grilled Served with house salad	
GRILLED SHRIMP	31
Marinated Grilled shrimp and grilled veggies Served with house salad	
SALMON IN VINE LEAVES	30
Fresh vine leaves stuffed with chunks of marinated salmon char grilled. Served with house salad	
SHRIMP CASSEROLE	37
Jumbo shrimps, oven baked in a clay pot with tomatoes, green and red peppers, mushrooms, garlic and topped with Italian mozzarella cheese, served with rice on the side	



ALWAYS FRESH!

Our seafood arrive every morning in minimum numbers,
they are usually gone by the end of the day.

SIDE DISHES

RICE	7
FRENCH FRIES	9
SAUTÉED ASPARAGUS	10
CARROT AND CUCUMBER SLICES	8
MIXED SAUTÉED VEGETABLE	11
HOME FRIES	9
HOME-MADE CHIPS	7
RED BEETS	8
MIXED PICKLES	9

CHILDREN'S MENU

KIDS CHEESE PIZZA	14
CHICKEN TENDERS & FRIES	15
RAVIOLI IN HOMEMADE TOMATO SAUCE	16
GRILLED CHICKEN BREAST & RICE	17

KIDDIE DRINKS \$4

- SHIRLEY TEMPLE
- CRANBERRY JUICE
- HOMEMADE LEMONADE
- APRICOT JUICE
- ORANGE JUICE
- APPLE JUICE

VIRGIN MOCKTAILS \$10

- PLEASE MENTION "VIRGIN" WHEN ORDERING.**
- SPICY MANGO MARGARITA
 - PASSION MARGARITA
 - MOJITO LIME
 - BLUE LAGOON