

VEGETARIAN
GLUTEN-FREE
VEGAN

LOKAL

MEDITERRANEAN KITCHEN



MEDITERRANEAN DIPS

PICK THREE 27

VEGT G-F VGN	HUMMUS	11
Mashed chickpeas, blended with trational herbs, with a touch of garlic, and sesame paste		
VEGT G-F	BABA GHANOUSH	12
Char-grilled smoked eggplant puree flavored with tahini, greek yogurt, garlic, olive oil and lemon juice		
VEGT G-F VGN	SPICY VEGETABLES	11
Well chopped, tomato, peppers, garlic, walnuts, onion, hot spices, olive oil and lemon juice		
VEGT G-F	LABNEH	11
Yogurt mixed with fresh dill, garlic, walnuts and olive oil		
VEGT G-F VGN	EGGPLANT SALAD	12
Char- grilled smoked eggplant mixed with chopped red and green pepper, dill, garlic and olive oil		
VEGT G-F	TZATZIKI	11
Finely chopped baby cucumber blended with garlic, yogurt, dill and mint		
VEGT G-F VGN	WHIPPED RED CAVIAR	11
Red caviar mixed with white bread, olive oil and lemon juice		
VEGT G-F VGN	AJVAR	12
Roasted red peppers and eggplants, mixed with pure sunflower oil and distilled vinegar. Mildly spicy		
VEGT G-F	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		
VEGT G-F VGN	SHEPHERD	17
Finely diced tomatoes cucumbers, green peppers, onions, parsley, tossed in olive oil and fresh lemon juice.		
VEGT G-F	GREEK	18
Lettuce, mix greens, fresh tomato, cucumber, olives, red onion, feta cheese, stuffed grape leave, olive oil and lemon juice		
VEGT G-F VGN	LOKAL GARDEN SALAD	17
Mixed green lettuce, parsley, cucumber, arugula, tomato with olive oil and lemon juice.		
VEGT G-F	ARUGULA & PEAR	18
Fresh arugula with thinly sliced pear, walnuts, blue cheese, dried canberries, olive oil and honey vinaigrette		
VEGT G-F VGN	AVOCADO & TOMATO	18
Fresh tomato, cucumber, red onion, avocado, corn, fresh parsley, tossed with olive oil and lemon juice		
VEGT G-F	BETROOT AND FETA CHESEE	17
Beetroots, feta cheese, parsley, mixed with lemon vinaigratte, 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

VEGT G-F VGN	STUFFED GRAPE LEAVES	15
Grape leaves stuffed with rice, pine nuts, currants and herbs		
VEGT VGN	TABBOULEH	11
Cracked wheat mixed with green peppers, scallions, tomato and parsley		
VEGT VGN	LENTIL PATTIES	15
Red lentils mixed with cracked wheat, scallions, parsley and onion		
VEGT G-F VGN	MIXED OLIVES (with pits)	12
Combination of Mediterranean olives mixed with lemon juice, garlic, oregano, chili flakes and olive oil		
VEGT G-F	FETA CHEESE AND MIXED PICKLES	13
Premium feta from the Mediterranean with mixed pickles		
VEGT	CHEESE PASTRIES	13
Fried cigar shaped crispy pastries stuffed with feta cheese and dill		
VEGT VGN	FALAFEL	14
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	19
Shrimp sautéed with olive oli, garlic, paprika, lemon juice and parsley Served with garlic bread		
	CALF'S LIVER	20
Albanian style fried Calf's Liver, served with onion and seasoned with sumac		
	CRAB CAKES	19
Mediterranean style crab cakes, served with chipotle aioli sauce		
VEGT	ZUCCHINI PANCakes	17
Pan fried zucchini pancakes served with garlic yogurt sauce		
G-F	GRILLED PORTUGUESE OCTOPUS	22
Grilled Octopus marinated with olive oil, lettuce, tomatoes, onions parsley and lemon juice.		
G-F	GRILLED CALAMARI	19
Grilled calamari mixed with roasted red pepper, lettuce, garlic, red onion with parsley		
G-F	SHRIMP COCKTAIL	19
Tender shrimps, fresh tomato, jalapeno, cucumber, avocado, red onion and cilantro in a lightly spicy tomato based sauce.		
	GRILLED BEEF SOUJOUK	19
Char grilled beef soujouk over home fries		
VEGT G-F	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		

Please inform your server if you have any food allergies

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LOKAL

MEDITERRANEAN KITCHEN



ENTRÉES

	CHICKEN SHISH	29
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	28
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	29
Char-grilled ground lamb seasoned with Turkish spices Served with rice and vegetables		
	SKIRT STEAK	38
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	38
Marinated chunks of lamb sautéed with tomatoes mushrooms, red and green pepper, garlic and onions Served with rice on the side		
	LAMB CHOPS	43
Marinated baby lamb chops char-grilled Served with rice and vegetables		
	VEGETARIAN CASSEROLE	26
Mixed vegetables baked in tomato sauce. Served with rice on the side		
	FALAFEL ENTRÉE	26
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	25
Italian four cheese ravioli, topped with home made marinara sauce and garnished with parmesan cheese		
	TRI-COLOR TORTELLINI	23
Delicate cheese-filled, with garden peas, enveloped in a creamy, velvety Alfredo sauce, finished with cheese.		
	LINGUINE AL PESTO	24
Tossed in a fragrant, vibrant basil pesto, complemented by tender asparagus, finished with a generous sprinkle of aged parmigiano.		
	PENNE ALLA MARINARA	23
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		

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SEAFOOD

	MEDITERRANEAN BRANZINO	42
Whole fresh Mediterranean branzino grilled Served with house salad		
	ROYAL DORADO	42
Delightful whole Greek orata grilled Served with house salad		
	SALMON FILLET	32
Marinated fillet of fresh salmon grilled Served with house salad		
	GRILLED SHRIMP	32
Marinated Grilled shrimp and grilled veggies Served with house salad		
	SALMON IN VINE LEAVES	31
Fresh vine leaves stuffed with chunks of marinated salmon char grilled. Served with house salad		
	SHRIMP CASSEROLE	39
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	12
HOME FRIES	9
HOME-MADE CHIPS	7
RED BEETS	8
MIXED PICKLES	9

CHILDREN'S MENU

KIDS CHEESE PIZZA	15
CHICKEN TENDERS & FRIES	16
RAVIOLI IN HOMEMADE TOMATO SAUCE	17
GRILLED CHICKEN BREAST & RICE	18

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