

Carry Out Menu



LaPita

MEDITERRANEAN CUISINE

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# Appetizers



## Cold Appetizers

|                                                                                                                                                                                        | Small | Medium | Large |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|--------|-------|
|  <b>Hummus</b> ..... 7 ..... 9 ..... 14<br>Chick peas, tahini, garlic, and lemon. A great dip!        | 7     | 9      | 14    |
|  <b>Baba Ghannouge</b> ..... 8 ..... 10 ..... 15<br>Roasted eggplant, tahini, garlic, and lemon.      | 8     | 10     | 15    |
|  <b>Vegetarian Kibbie</b> ..... 14<br>Cracked wheat, tomatoes, onions, olive oil with natural spices. |       |        | 14    |
|  <b>Sampler Platter</b> ..... 17<br>Hummus, baba ghannouge, and tabbouli.                             |       |        | 17    |
|  <b>Labneh with Garlic</b> ..... 13<br>Strained yogurt with garlic, mint, cucumber, and black olives. |       |        | 13    |
| <b>Kibbie Nyeh</b> * ..... 18<br><i>The Steak Tartar Of The Middle East!</i> – Raw, mixed with bulgur wheat and natural spices.                                                        |       |        | 18    |

## Hot Appetizers

|                                                                                                                                                                                                     |  |  |    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|----|
|  <b>Grilled Shrimp</b> ..... 19<br>Five Jumbo Gulf Shrimp, marinated and charbroiled to taste.                     |  |  | 19 |
|  <b>Batata Harra</b> ..... 14<br>Diced potatoes sautéed in olive oil, cilantro, cayenne pepper, and garlic.        |  |  | 14 |
| <b>Hummus with Beef or Chicken</b> ..... 17<br>Sautéed beef tenderloin or chicken breast with pine nuts.                                                                                            |  |  | 17 |
| <b>Baba Ghannouge with Beef</b> ..... 18<br>Sautéed beef tenderloin with pine nuts.                                                                                                                 |  |  | 18 |
| <b>Grape Leaves</b> ..... 14<br>Stuffed with rice, beef, and spices.                                                                                                                                |  |  | 14 |
|  <b>Vegetarian Grape Leaves</b> ..... 14<br>Stuffed with rice, tomatoes, onions and spices, cooked in lemon sauce. |  |  | 14 |
|  <b>Falafel</b> ..... 13<br>Served with lettuce, tomatoes, and tahini sauce.                                       |  |  | 13 |
|  <b>Fool</b> ..... 12<br>Boiled fava beans mixed with garlic and lemon.                                           |  |  | 12 |
| <b>Fried Kibbie</b> ..... 15<br>Sautéed beef and onions stuffed into hand shaped meatballs.                                                                                                         |  |  | 15 |
| <b>Maqaniq</b> * ..... 15<br>Ground beef mixed with a blend of spices, pine nuts, vinegar, coriander, and sautéed with lemon and pomegranate reduction.                                             |  |  | 15 |
| <b>Wing Dings</b> ..... 14<br>Marinated in a light garlic herb dressing, deep fried and served with garlic sauce, barbecue sauce or sautéed with garlic cilantro.                                   |  |  | 14 |
| <b>Sojok (Sausage)</b> * ..... 15<br>Ground beef mixed with garlic and a blend of spices.                                                                                                           |  |  | 15 |
| <b>Chicken Tenders</b> ..... 14<br>Chicken tenderloins battered with flour, eggs, breadcrumbs, and Mediterranean spices, deep fried.                                                                |  |  | 14 |

# Combinations

|                                                                                                                                                                                                                                                                |  |  |    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|----|
|  <b>Vegetarian Combination #1</b> ..... 15<br>Hummus, tabbouli, rice, grape leaves, and spinach pie.                                                                        |  |  | 15 |
|  <b>Vegetarian Combination #2</b> ..... 18<br>Hummus, baba, rice, house salad, spinach pie, grape leaves, and falafel.                                                      |  |  | 18 |
| <b>Shawarma Combo for Two</b> ..... 37<br>Chicken and beef shawarma, hummus, baba, rice, and salad for two.                                                                                                                                                    |  |  | 37 |
| <b>Combo Grill for Two</b> ..... 39<br>Chicken kabob, kafta kabob, beef kabob, hummus, baba, rice, and salad for two.                                                                                                                                          |  |  | 39 |
| <b>Party Platter</b> ..... <b>4 to 5 People 110</b> ..... <b>9 to 10 People 210</b><br>Chicken kabob, kafta kabob, shish kabob, chicken shawarma, beef shawarma, falafel, fried kibbie, rice, hummus, baba, tabbouli, fattouch, spinach pie, and grape leaves. |  |  |    |

 = Vegetarian





NOTICE: "Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition."

\* These items may be cooked to order.

~ All Menu Prices Are Subject To Change As A Result Of Rising Food Costs ~

# La Pita Lunch Specials

Served All Day


|                                                                                                                                                                                             |    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| <b>Chicken Breast</b> .....                                                                                                                                                                 | 16 |
| Served with rice, hummus, house salad and garlic sauce.                                                                                                                                     |    |
| <b>Chicken Shawarma</b> .....                                                                                                                                                               | 17 |
| Chicken roasted on a rotating skewer, served with rice, hummus, house salad and garlic sauce.                                                                                               |    |
| <b>Chicken Tenders</b> .....                                                                                                                                                                | 17 |
| Chicken tenderloins, battered and served with hummus, house salad and fries.                                                                                                                |    |
| <b>Beef Shawarma</b> .....                                                                                                                                                                  | 19 |
| Lean beef roasted on a rotating skewer, served with rice, hummus, house salad and tahini sauce.                                                                                             |    |
| <b>Chicken Kabob (Tawook)</b> .....                                                                                                                                                         | 17 |
| Served with hummus, house salad, rice and garlic sauce.                                                                                                                                     |    |
| <i>Pan seared with lemon artichoke oregano sauce, spicy barbeque sauce or garlic cilantro sauce - add 2</i>                                                                                 |    |
| <b>La Pita Gourmet Burger *</b> .....                                                                                                                                                       | 14 |
| Six ounces of Angus beef, charcoal broiled to taste and topped with cheese, tomatoes, mushrooms, onions, pickles and a special sauce, served with seasoned grilled potatoes or house fries. |    |
| <b>Shish Kabob *</b> .....                                                                                                                                                                  | 20 |
| Tenderloins served with house salad, hummus and rice. <i>Chef recommendation - Medium.</i>                                                                                                  |    |
| <b>Kafta Kabob *</b> .....                                                                                                                                                                  | 17 |
| Ground beef mixed with parsley, onions and spices. Served with house salad, hummus and rice.                                                                                                |    |
|  <b>IMPOSSIBLE Kafta</b> .....                                                                             | 20 |
| Impossible Vegan Kafta mixed with a blend of spices, parsley and onions, charbroiled to perfection. Served with rice, hummus, house salad and garlic sauce.                                 |    |
| <b>Chicken Kafta</b> .....                                                                                                                                                                  | 17 |
| Ground chicken breast mixed with a blend of spices, parsley and onions, charbroiled to perfection. Served with rice, hummus, house salad and garlic sauce.                                  |    |
| <b>Baked Kibbie</b> .....                                                                                                                                                                   | 17 |
| Ground beef with cracked wheat, layered with pine nuts and onion, served with yogurt and house salad.                                                                                       |    |
| <b>Grape Leaves</b> .....                                                                                                                                                                   | 16 |
| Served with house salad and yogurt.                                                                                                                                                         |    |
|  <b>Vegetarian Grape Leaves</b> .....                                                                      | 16 |
| Served with hummus and yogurt.                                                                                                                                                              |    |
| <b>Mediterranean Salmon</b> .....                                                                                                                                                           | 20 |
| Served with rice, hummus and house salad.                                                                                                                                                   |    |
|  <b>Falafel Plate</b> .....                                                                              | 16 |
| Served with hummus, house salad and tahini sauce.                                                                                                                                           |    |
|  <b>Mujadra</b> .....                                                                                    | 16 |
| Lentil, cracked wheat and sautéed onions, served with house salad and yogurt.                                                                                                               |    |

## Salads

|                                                                                                                                      |                           |
|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| <b>Toppings ~ Feta Cheese or Almonds ~ 4 Grilled Halloumi Cheese ~ 5</b>                                                             |                           |
| <b>Chicken Breast, Chicken Shawarma, or Impossible ~ 7 Beef Shawarma ~ 8 Salmon ~ 9</b>                                              |                           |
| <b>House Salad</b> .....                                                                                                             | <b>Medium 8 Large 12</b>  |
| Romaine, red cabbage, tomatoes, cucumber, and carrots, mixed with our house dressing.                                                |                           |
| Try one of our delicious toppings.                                                                                                   |                           |
| <b>Fattouch</b> .....                                                                                                                | <b>Medium 8 Large 12</b>  |
| Lettuce, tomatoes, cucumber, radish, onions, green pepper, and parsley in a unique dressing, mixed with toasted pita.                |                           |
| <b>Tabbouli</b> .....                                                                                                                | <b>Medium 10 Large 12</b> |
| Chopped parsley, tomatoes, onions, mint and cracked wheat in a light lemon dressing.                                                 |                           |
| <i>Available with Quinoa - Add 4</i>                                                                                                 |                           |
| <b>Greek Salad</b> .....                                                                                                             | <b>Medium 11 Large 14</b> |
| Romaine, red cabbage, tomatoes, cucumber, carrots, black olives, feta cheese, pepperoncini, and beets mixed with our house dressing. |                           |
| <b>Caesar Salad</b> .....                                                                                                            | 14                        |
| Romaine lettuce with croutons and parmesan cheese, mixed with our Caesar dressing.                                                   |                           |
| <b>Lentil Salad</b> .....                                                                                                            | 15                        |
| Fattouch mix, topped with mujadra (lentils), dressed with lemon juice and olive oil.                                                 |                           |
| <b>Cypriot Halloumi Rocca Salad</b> .....                                                                                            | 16                        |
| Arugula leaves, onions and tomatoes, mixed with our specialty citron dressing, topped with roasted halloumi, garnished with beets.   |                           |
| <b>Almond Rice Salad</b> .....                                                                                                       | 14                        |
| House salad with warm rice and toasted, slivered almonds.                                                                            |                           |
| <i>Substitute Rice with Quinoa - Add 4</i>                                                                                           |                           |
| <b>Spinach Salad</b> .....                                                                                                           | 14                        |
| Spinach, tomatoes, onions, and mushrooms, mixed with our house dressing.                                                             |                           |
| <b>Falafel Salad</b> .....                                                                                                           | 17                        |
| Combination of tabbouli, fattouch, hummus, and falafel patties served with tahini sauce.                                             |                           |

# Charcoal Broiler

*Served with Soup or Salad and Includes Your Choice of Two Side Dishes*

|                                                                                                                                                                                                            |                               |                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|---------------------------|
| <b>Deboned Chicken</b> .....                                                                                                                                                                               | <i>3/4 Chicken ~ 22</i> ..... | <i>1-1/4 Chicken ~ 27</i> |
| Chicken marinated in lemon juice, natural herbs, and garlic.<br><i>Pan seared with lemon artichoke oregano sauce, spicy barbeque sauce or garlic cilantro sauce ~ add 3</i>                                |                               |                           |
| <b>Chicken Kabob (Tawook)</b> .....                                                                                                                                                                        | 24                            |                           |
| Marinated chicken breast on skewers, charbroiled to perfection with a side of garlic sauce.<br><i>Pan seared with lemon artichoke oregano sauce, spicy barbeque sauce or garlic cilantro sauce ~ add 3</i> |                               |                           |
| <b>Shish Kabob *</b> .....                                                                                                                                                                                 | 26                            |                           |
| Tenderloins charbroiled to taste. <i>Chef recommendation - Medium.</i>                                                                                                                                     |                               |                           |
| <b>Kafta Kabob *</b> .....                                                                                                                                                                                 | 23                            |                           |
| Ground beef mixed with a blend of spices, parsley, and onions, charbroiled to perfection.                                                                                                                  |                               |                           |
|  <b>IMPOSSIBLE Kafta</b> .....                                                                                            | 26                            |                           |
| Impossible Vegan Kafta mixed with a blend of spices, parsley, and onions, charbroiled to perfection.                                                                                                       |                               |                           |
| <b>Chicken Kafta</b> .....                                                                                                                                                                                 | 23                            |                           |
| Ground chicken breast mixed with a blend of spices, parsley, and onions, charbroiled to perfection.                                                                                                        |                               |                           |
| <b>La Pita Mixed Grill</b> .....                                                                                                                                                                           | 29                            |                           |
| Chicken Kabob, Kafta Kabob and Shish Kabob.                                                                                                                                                                |                               |                           |
| <b>Lamb Chops *</b> ( <i>Choice of 3 or 5 Chops</i> ) .....                                                                                                                                                | Market Price                  |                           |
| Trimmed and charbroiled to perfection. Topped with sautéed fresh garlic and spices.                                                                                                                        |                               |                           |
| <b>Surf &amp; Turf</b> .....                                                                                                                                                                               | Market Price                  |                           |
| Four jumbo shrimp and three lamb chops, charbroiled to perfection.                                                                                                                                         |                               |                           |
| <b>Shrimp Kabob</b> .....                                                                                                                                                                                  | 32                            |                           |
| Eight jumbo shrimp marinated and charbroiled to taste.                                                                                                                                                     |                               |                           |
| <b>Mediterranean Salmon</b> .....                                                                                                                                                                          | 30                            |                           |
| Marinated salmon with lemon and herbs, charbroiled to taste.                                                                                                                                               |                               |                           |

## House Specialties




*~ All \$25 Each ~*

*Served with Soup or Salad and Includes Your Choice of Two Side Dishes*

- Hummus with Chicken or Beef** ~ Choice of chicken or beef, sautéed with pine nuts.
- Hummus with Shawarma** ~ Choice of beef, chicken or a combination.
- Shawarma Platter** ~ *"Our Secret Recipe"* Marinated and seasoned with natural herbs and spices, roasted on rotating skewers. Choice of beef, chicken or a combination.

## Traditional Entrées

*Served with Soup or Salad*

|                                                                                                                |    |
|----------------------------------------------------------------------------------------------------------------|----|
| <b>Mushroom Sauté</b> .....                                                                                    | 24 |
| Your choice of chicken or beef, sautéed with fresh mushrooms, garlic, and spices, served with rice and hummus. |    |
| <i>With Salmon</i> .....                                                                                       | 27 |
| <i>With Shrimp</i> .....                                                                                       | 30 |
|  <b>Ghalaba</b> .....       | 21 |
| Vegetarian ~ Sautéed carrots, broccoli, onions, tomatoes, mushrooms, and green peppers, served with rice.      |    |
| <i>with Chicken or Beef</i> .....                                                                              | 25 |
| <i>with Salmon</i> .....                                                                                       | 28 |
| <i>with Shrimp</i> .....                                                                                       | 31 |
|  <b>Grape Leaves</b> .....  | 22 |
| Your choice of vegetarian style or beef, served with yogurt and hummus.                                        |    |
|  <b>Mujadra</b> .....       | 22 |
| Lentil, cracked wheat and sautéed onions, served with yogurt.                                                  |    |

## Side Dishes

Rice with Almonds ~ Roasted Herb Potatoes ~ House Fries with Garlic Sauce  
Grilled Vegetables ~ Quinoa with Turmeric ~ Add 4

# Traditional Pita Wrapped Sandwiches

~ All \$7 Each ~

**Chicken Shawarma** ~ Chicken roasted on a rotating skewer, with garlic and pickles.

**Beef Shawarma** ~ Lean beef roasted on a rotating skewer, with sesame sauce, onions, tomatoes, and pickles.

**Spicy Chicken** ~ Chicken breast with tomatoes, pickles, and spicy garlic.

**Smoked Turkey & Mozzarella** ~ Served with lettuce, tomatoes, pickles, and garlic ranch.

**Kafta Kabob** ~ Beef or chicken.

**Super Kafta** ~ Beef or chicken rolled with tabbouli and hummus.

**Chicken Tawook** ~ Marinated chunks of chicken breast with garlic and pickles.

**Chicken Tawook and Tabbouli** ~ With hummus.



**Falafel** ~ Bean and vegetable patty, served with sesame sauce, tomatoes, and pickles.

**Super Falafel** ~ With falafel, tabbouli, and hummus.

**Mujadra** ~ With tomatoes, onions, and pickles.

**Grape Leaves and Hummus** ~ Vegetarian or beef filled.

**Hummus and Tabbouli** ~ Wrapped in a pita.

## Gourmet Baguettes

~ All \$10 Each ~

**Chicken Breast** ~ Served in a toasted French baguette with garlic and pickles.

**Chicken Tender Sandwich** ~ Served in a toasted French baguette with tomatoes and ranch dressing.

**Spicy Chicken Breast** ~ Served in a toasted French baguette with tomatoes, pickles, and spicy garlic.

**Smoked Turkey & Mozzarella** ~ Served in a toasted French baguette with tomatoes, pickles, and garlic ranch.

**Barbecued Chicken Breast** ~ Served in a toasted French baguette with barbecue sauce, tomato, and pickles.

**Sojok Sandwich** ~ Beef sausage with pickles and tomatoes, served in a toasted French baguette.

**Maqaniq Sandwich** ~ Ground beef mixed with a blend of spices, pine nuts, vinegar, and coriander, sautéed with lemon and served in a toasted French baguette with tomato and pickles.

## Man~Ushi

~ All \$13 Each ~

**Spicy Chicken** ~ Chicken breast served on sesame bread with mozzarella cheese, tomatoes, pickles, and spicy garlic spread.

**Turkey** ~ Turkey breast served on sesame bread with mozzarella cheese, tomatoes, and garlic ranch spread.



**Vegetarian Delight** ~ Thick oregano and sesame bread with feta cheese and tomato.

## Markouk

~ All \$13 Each ~

*Paper Thin Wraps Made With a Blend of Whole Wheat and Multi Grain Flour*



**IMPOSSIBLE Markouk** ~ Impossible Vegan Kafta with tomatoes, pickles, and tahini garlic sauce.

**Chicken Caesar Markouk** ~ Chicken breast with romaine, tomato, and Caesar dressing.

**Beef Markouk** ~ Shaved beef with roasted tomato, roasted onion, parsley, pickles, and tahini sauce.

**Chicken Markouk** ~ Chicken breast with roasted tomato, pickles, and garlic sauce.



# Liquid Health Bar

~ All \$7 Each ~  
 Quart Size, add \$6

**Straight Health Juice** - Your choice of carrot, orange, apple, mango or guava.

**Carrot Apple**

V 4 - Carrot, parsley, beets, and spinach.

**Strawberry Punch** - Strawberries, bananas, orange juice, and honey.

**Health Cocktail** - 2% milk, strawberries, banana, and honey.

**Femme Fatale** - Coconut, orange, and bananas.

**High "C" Lemonade** - Lemon juice, orange juice, and honey.

**Mango Smoothie** - Mango, bananas, strawberries, and honey.

**Carrot Punch** - Carrot juice, orange juice, strawberries, banana, and honey.

**Sweet Sunshine** - Mango, strawberries, banana, orange, and honey.

**Guava Smoothie** - Guava, banana, and strawberries.

## Beverages

|                         |                       |                                        |      |
|-------------------------|-----------------------|----------------------------------------|------|
| Mineral Water .....     | 3                     | Ice Tea .....                          | 3    |
| Soft Drinks .....       | 3                     | Lemonade .....                         | 3    |
| Coffee .....            | 3                     | Specialty Teas .....                   | 4.50 |
| Arabic Coffee Pot ..... | Small 6 ..... Large 9 | Orange and Spices, Mint, or Green Tea. |      |
| Arabic Tea Pot .....    | 9                     |                                        |      |

## A La Carte

|                                     |                     |                                   |                    |
|-------------------------------------|---------------------|-----------------------------------|--------------------|
| Rice with Almonds .....             | 6                   | House Dressing .....              | 12 oz. 7, Quart 13 |
| Roasted Herb Potatoes .....         | 6                   | Oven Baked Bread, 6 Pieces .....  | 2                  |
| House Fries with Garlic Sauce ..... | 6                   | Oven Baked Bread, 12 Pieces ..... | 3.90               |
| Grilled Vegetables .....            | 6                   | Spinach Pie .....                 | 7                  |
| Quinoa with Tumeric .....           | 9                   | Cheese Pie .....                  | 7                  |
| Homemade Yogurt .....               | 4                   | Oregano Pie .....                 | 7                  |
| Garlic Dip .....                    | Side 1.95, 12 oz. 8 | Meat Pie .....                    | 8                  |

## Soups

|                        |    |
|------------------------|----|
| Chicken Cilantro ..... | 5  |
| Crushed Lentil .....   | 5  |
| Broccoli .....         | 5  |
| Soup Of The Day .....  | 5  |
| Quart Of Soup .....    | 12 |

## Desserts

|                                    |   |
|------------------------------------|---|
| Rice Pudding .....                 | 6 |
| Cream Caramel .....                | 6 |
| Baklava .....                      | 6 |
| Gourmet Carrot Cake .....          | 9 |
| New York Supreme Cheese Cake ..... | 9 |

*Ask about our Dessert Du Jour*

## Kids' Stuff

|                               |   |                          |   |
|-------------------------------|---|--------------------------|---|
| Hamburger & Fries .....       | 6 | Orange Juice .....       | 4 |
| Cheeseburger & Fries .....    | 7 | Apple Juice .....        | 4 |
| Chicken Tenders & Fries ..... | 7 | Milk .....               | 3 |
| Turkey Sandwich & Fries ..... | 7 | Child's Soft Drink ..... | 3 |

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