

appetizers

BABA charbroiled eggplant blended with tahini & lemon juice, topped with scallions & olive oil \$6.00

HUMMUS chick peas blended with tahini & lemon juice, topped with scallions & olive oil \$5.50

FALAFEL (5) patties of chick pea & fava bean blend, mildly spiced & fried, a side of tahini-yogurt \$6.00

TOURLOU a ratatouille of roasted vegetables, chick peas & garlic \$6.00

DOLMADES grape leaves stuffed with a vegetarian rice mix, topped with feta, a side of tzaziki \$6.50

TABULEE a mix of parsley, tomatoes, scallions & bulgur wheat in a lemon-olive oil dressing \$6.00

SAUTEED SPINACH in olive oil & garlic \$5.50

SPANAKOPITA spinach & feta in filo pastry \$6.00

VEGETARIAN COMBO any 3 of the above \$8.00, any 4, \$10.00

GRILLED CHICKEN STRIPS with sides of honey-mustard & tahini-yogurt \$7.00

OCTOPUS SALAD served in a lemon-olive oil dressing on a bed of mixed greens \$8.50

soups

LENTIL escarole, potatoes \$3.50 with grilled chicken \$4.50 with cheddar add \$1.00

VEGETARIAN CHILI in a mildly spiced fresh tomato sauce \$3.50 with grilled chicken \$4.50, with cheddar add \$1.00

LENTIL CHILI half lentil, half chili \$3.50 with grilled chicken \$4.50 with cheddar add \$1.00

CHICKEN VEGETABLE (seasonal) with vegetables in a seasoned chicken broth \$3.50

CREAMY VEGETABLE (seasonal) with vegetable of the day in a creamy sauce \$3.75

GAZPACHO (seasonal) cold tomato, cucumber & green pepper with fresh herbs \$3.75

TZAZIKI (seasonal) yogurt, cucumber & mint \$3.75

salads

All salads served with tomatoes, cucumbers & scallions

Toppers: chicken \$3.50, tenderloin \$5, shrimp \$5

Optional: dolmades (3) or falafels (3) \$3

MIXED GREENS with alfalfa, choice of dressing \$5.50 small \$4.00

TUNA SALAD (dolphin safe, celery & mayo), or **CHICKEN SALAD** (with apples & walnuts) topping a large mixed greens salad \$8.00

SPINACH mushroom, alfalfa served with asiago or feta with choice of dressing \$6.00 small \$4.50

GREEK mixed greens with feta, banana peppers & Kalamata olives in Greek dressing \$6.00 small \$4.50

CAESAR romaine lettuce, pita croutons & asiago cheese in Caesar dressing \$5.50

PINE NUT mixed greens, mushrooms, alfalfa, asiago & roasted pine nuts in yogurt-pine nut dressing \$7.00

ROMAN mixed greens, apples, toasted pitas & goat cheese in lemon-citronette dressing \$7.00

MEDITERRANEAN mixed greens, grilled eggplant, goat cheese & vinaigrette dressing \$7.00

FATTOUSH romaine, onions, & toasted pita in Greek dressing \$6.00

FRUIT & NUT fresh seasonal fruit, walnuts, yogurt & honey \$7.00

pita pockets

With lettuce, tomatoes, cucumbers, alfalfa & scallions

TUNA SALAD pita or CHICKEN SALAD pita with feta or cheddar & choice of dressing \$7.00

VEGETARIAN: Falafel pita (with tahini-yogurt), Hummus pita or Tabulee pita \$6.00

pita rolls

KABAB: beef or chicken served with tomatoes, grilled onions & peppers, feta & Greek dressing \$6.00

CHICKEN PITA or

GYRO PITA

Served with tomatoes, onions & tahini-yogurt \$6.00

FALAFEL lettuce, tomato, scallions, banana peppers & tahini-yogurt \$6.00

DOLMADES tomato, scallions, feta & Greek \$6.00 EGGPLANT tomato, scallions, feta & Greek \$6.00

specialties

CHICKLAKI PLATE chicken, mixed greens, tomato, cucumbers, mushrooms & scallions with feta & Kalamata olives & choice of dressing \$9.00

GYRO PLATE broiled mild blend of lamb & beef, tomato, cucumbers, mushrooms, scallions over mixed greens with feta & Kalamata olives & choice of dressing \$9.00

SOUVLAKI PLATE grilled tenderloin, mushrooms, grilled onions & peppers over mixed greens, tomato, cucumber, feta, olives & choice of dressing \$11.00

MIXED GRILL chicken, beef & shrimp on a pita with grilled onions, peppers & mushrooms, choice of tabulee or Greek salad & a side of hummus \$14.50

MOUSSAKA layered lean beef, eggplant & potato casserole in béchamel, served with a small salad \$9.50

MELANZAGNA layered eggplant & seasonal vegetables with 5 cheeses baked & topped with marinara, served with a small salad \$9.50

SPANAKOPITA served with a small salad \$9.00

pasta

Linguini (basil or spinach), fettuccini, spaghetti or gluten-free penne

Toppers: chicken \$3.50, tenderloin \$5, shrimp \$5

Optional: garden or Greek salad with pasta add \$3

AGLIO OLIO olive oil, roasted garlic, cilantro, crushed red peppers, scallions \$9.00

GRECCA feta, cilantro, scallions & olives \$9.00

BASILICA basil, pine nuts, scallions, asiago \$9.00

LIMONE sherry-lemon sauce, spinach, sundried tomatoes & artichokes topped with feta \$10.00

PIGNOLIA goat cheese cream sauce, mushroom & pine nuts \$10.00

PISTACCHIO with goat cheese cream sauce, broccoli & pistachios \$10.00

MARINARA with fresh tomato & basil sauce, asiago cheese \$9.00

VERDURA in marinara with broccoli, artichoke, mushroom, spinach & onions with asiago \$9.50

PESTO basil pesto, artichoke, red peppers, asiago \$10

RAVIOLI or TORTELLINI choice of marinara, vodka cream sauce or basil pesto, asiago cheese \$9.50

COUSCOUS choice of turlou or bean chili \$7.50

juice bar

Freshly squeezed or extracted, to order, from fresh fruits & vegetables (12 oz)

CARROT 3.50

CELERY \$3.50

V2 \$3.50

ORANGE \$3.50

LEMONADE \$2.75

BLENDED \$3.75

Orange-banana, orange-strawberry, orange-fruit cocktail, honey banana-milk

beverages

COLD BOTTLED

Orangina, root beer, perrier, pure cane sugar sweetened soda \$3.00

Regular or diet soda, sweetened iced tea

Spring water \$1.75

ICED Poured

Coffee, decaf, unsweetened tea \$2.50

Cappuccino \$3.00 Fountain Soda \$2.00

Arnold Palmer \$2.50

HOT

Coffee, Swiss water process decaf, tea \$2.00

Espresso \$2.50 Cappuccino \$3.00

beer & wine

Inquire about our exotic local, domestic & international beer & wine list

Organic and gluten-free subject to availability

dessert

Locally made pastries

Homemade baklava: pistachio, walnuts or cashews

Gluten-free and nut-free subject to availability

extras

Hot sauce \$1.00 Side of Kalamata olives \$2.00

Extra pita \$1.00 Extra side of dressing \$1.00

important

Locally owned and operated since 1980, Aladdin's Natural Eatery is an Employee owned, managed and operated restaurant under the supervision and consulting of founder Sami Mina.

We strive to serve all natural foods, locally grown when in season. We use sea salt, filtered water, raw sugar and extra virgin olive oil in our food preparation. We make our own fresh pasta, roast our own blend of coffee and make all of our sauces and dressings. Please inquire with the server or the manager about Gluten-free and nut-free products which are available to accommodate your dietary needs.

Catering and takeout are available at all locations.

locations

Rochester

646 Monroe Avenue 585-442-5000

Pittsford

8 Schoen Place 585-264-9000

Henrietta

200 Park Point Drive 585- 272-0015

Ithaca

100 Dryden Road 607-273-5000

Please send comments and suggestions to:

www.myaladdins.com

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