

## appetizers

**BABA**—Puree of grilled eggplant blended with tahini, lemon juice and garlic. Topped with scallions. Served with Pita.

**HUMOS**—Puree of chick peas, tahini and lemon juice topped with scallions. Served with Pita.

**TABULEE**—A healthy salad. A mixture of parsley, tomatoes, scallions and bulgur seasoned with olive oil and lemon juice. Served with Pita.

**TOURLOU**—A medley of roasted eggplant, green peppers, chick peas and garlic in virgin olive oil. Served with Pita. Hot or Cold.

**FALAFEL**—Mildly spiced, fried chick pea and fava bean patties served with tahini-yogurt sauce. Served with Pita.

**DOLMADES**—Grape leaves wrapped around basmati rice served with tzatziki sauce, sprinkled with Feta cheese. Hot or Cold.

**TZATZIKI DIP**—Our zesty garlic flavored yogurt-cucumber dip, served with Pita bread wedges.

**SAUTEED SPINACH**—Fresh spinach and roasted garlic sautéed in virgin olive oil and lemon.

**SPANAKOPITA**—A spinach pie made with filo pastry, feta cheese and dill baked to a golden crisp.

**TOASTED RAVIOLI**—Cheese ravioli, lightly breaded, served with marinara sauce.

**GRILLED CHICKEN STRIPS**—Served with honey mustard or tahini dip.

**ARTICHOKE**—Seasonal. One fresh steamed whole artichoke served with a lemon-olive oil dip. Leaf it, dip it, strip it and enjoy it! Served hot.

**GRILLED CHEESE PITA**—Topped with veggies or without veggies.

**GARLIC BREAD STICKS** — Served with Marinara.

## soups

**GAZPACHO** — Cold Spanish soup made with tomatoes, cucumbers, green peppers, cilantro and scallions. Summer only. Bowl or Cup

**CREAMY VEGETABLE**—Homemade with the freshest vegetables. Our chicken broth base is made with cream, fresh celery and onions. Ask server for today's vegetable. Bowl or Cup

**CHICKEN VEGETABLE**—Fresh vegetables in a seasoned chicken broth. Bowl or Cup

**LENTIL**—Cooked lentils with escarole, celery, potatoes and sauteed onions. All vegetarian. Bowl or Cup

**VEGETARIAN MINISTRONE**— October - April. Bowl or Cup

**VEGETARIAN CHILI**—Chili beans, vegetables and fresh tomatoes are the base for this mildly hot and hearty chili (with or without cheddar). Bowl or Cup.

**LENTIL CHILI**—For those who don't like it too hot! Half lentil, half chili (with or without cheddar). Bowl or Cup.

**CHICKEN CHILI** — Vegetarian chili topped with grilled chicken(with or without cheddar). Bowl or Cup.

**CHICKEN LENTIL** — Lentil soup topped with grilled chicken(with or without cheddar). Bowl or Cup.

**NEW ENGLAND CLAM CHOWDER**— Fridays only. Bowl or Cup.

## salads

**Dressings:** greek, fat free honey-dijon, tahini yogurt, pine nut, parmesan peppercorn, vinaigrette, ceasar or tzatziki. **Cheese:** feta or cheddar

**CAESAR SALAD**—Romaine greens tossed with caesar dressing croutons and topped with shaved parmesan, with grilled shrimp or with grilled chicken or beef. Large or small.

**GARDEN SALAD**—Mixed greens, tomatoes, cucumbers, scallions, mushrooms and alfalfa sprouts, your choice of dressing. Small or Large.

**GREEK SALAD**–Mixed greens, tomatoes, cucumbers, scallions, topped with feta cheese, greek olives and greek dressing. Small or Large. Add stuffed grape leaves.

**SPINACH SALAD**–Spinach, tomatoes, cucumbers, mushrooms, scallions and alfalfa sprouts, topped with your choice of cheese and dressing. Small or Large.

**PINE NUT SALAD**–Mixed greens, cucumbers, mushrooms, scallions and alfalfa sprouts topped with roasted pine nuts, parmesan cheese and pine nut dressing. Small or Large.

**MEDITERRANEAN SALAD**–Mixed greens topped with grilled slices of marinated eggplant, goat cheese and vinaigrette dressing.

**ROMAN SALAD**–Mixed greens, apples, tomatoes, cucumbers and scallions tossed with goat cheese, toasted pita bits and roman dressing.

**CHICKEN SALAD**–Mixed greens and vegetables topped with white chicken meat salad in mayonnaise, with walnuts and apples with choice of cheese and dressing.

**TUNA SALAD**–Mixed greens and vegetables topped with a salad of flaked dolphin safe tuna in mayonnaise, with choice of cheese and dressing.

**FALAFEL SALAD**–Mixed greens and vegetables topped with four falafel patties; choice of cheese and dressing.

**FRUIT AND NUT SALAD**–Fresh fruits topped with walnuts, and/or granola, yogurt and honey. An Aladdin's favorite!

**FRUIT SALAD**–Fresh fruits.

## pitas

**GYRO PITA**–A lean blend of lamb and beef, lightly seasoned, broiled, sliced and rolled in a pita with tomatoes, onions and tahini-yogurt sauce.

**SHISHKEBAB PITA**–Diced tender beef, grilled to perfection, onions on a skewer, marinated, and rolled in a pita with feta cheese, tomatoes and greek dressing.

**CHICKEN PITA**–Marinated boneless, skinless chicken thighs, grilled and rolled in a pita with tomatoes, parmesan cheese, onions and tahini-yogurt sauce.

**CHICKEN CEASAR PITA**–Marinated grilled chicken tenders rolled in a pita with romaine lettuce, tomatoes parmesan cheese and ceasar dressing.

**DOLMADES PITA**–Grape leaves topped with feta cheese and greek dressing rolled in a pita with tomatoes and scallions.

**EGGPLANT PITA**–Grilled eggplant, rolled in a pita with tomatoes, feta cheese, scallions and greek dressing.

## specialties

**Dressings:** greek, fat free honey-dijon, tahini yogurt, pine nut, parmesan peppercorn, vinaigrette, ceasar or tzatziki. **Cheese:** feta or cheddar

**CHICKEN SOUVALKI**–Marinated and diced chicken breast, skewered with peppers and onions served over a large greek salad. Pita on the side.

**SOUVLAKI PLATE**–Diced tender beef, grilled to perfection, onion on a skewer, marinated and grilled over large greek salad and choice of dressings. Pita on the side.

**SOUVALKI COMBO**–One chicken kebab and one beef kebab of both dishes above.

**GYRO PLATE**–Broiled gyro meat topping salad greens, topped with crumbled feta cheese, greek olives, scallions and choice of dressing. Pita on the side.

**CHICKLAKI PLATE**–Grilled boneless skinless chicken thighs, topping salad greens, topped with feta cheese, greek olives, scallions and choice of dressings. Pita on the side.

**SPANAKOPITA**–A traditional cheese and spinach pie, filled with feta cheese, spinach and dill, nestled in layers of filo dough and baked until golden. A small greek, garden or spinach salad served on the side.

**MOUSSAKA**–Layers of potatoes and ground beef blended with wine and spices layered with sliced eggplant and topped with light creamy "Bechamel" sauce. A small greek, garden or spinach salad served on the side.

**PASTITSIO**–Ground beef sauteed with wine and spices, blended with pasta and topped with "Bechamel" sauce. A small greek, garden or spinach salad served on the side.

**VEGGIE COMBO**–Make your own vegetarian plate with four of the marked appetizers.

# pockets

**GARDEN PITA**—A pita stuffed with mixed greens, tomatoes, cucumbers, scallions and mushrooms, your choice of feta or cheddar cheese, and choice of dressing, topped with alfalfa sprouts.

**CHICKEN SALAD PITA**—Chicken breast salad in mayonnaise with walnuts and apples layered in a pita with mixed greens topped with alfalfa sprouts, scallions and choice of cheese & dressing.

**TUNA PITA**—Flaked dolphin safe tuna salad in mayonnaise, layered in a pita with mixed greens topped with alfalfa sprouts, scallions and your choice of cheese & dressing.

**FALAFEL PITA**—Mildly spiced chick pea and fava bean patties, served with tahini-yogurt sauce, in a pita with mixed greens, scallions, tomato and alfalfa sprouts.

**HUMOS PITA**—Seasoned puree of chick peas and tahini, layered in a pita with mixed greens, scallions, tomato and alfalfa sprouts.

**BABA GANOOJ PITA**—Puree of grilled eggplant blended with tahini, lemon juice and garlic. Served in a pita with mixed greens, scallions, tomato and alfalfa sprouts.

**TABULEE PITA**—Mixture of parsley, tomatoes, scallions and bulgur, seasoned with olive oil and lemon juice, layered in a pita with mixed greens, scallions, tomato and alfalfa sprouts.

*Add humos to any Pita...*

# pasta

**GAMBERI**—Pasta sauteed with seasonal vegetables, sundried tomatoes and herbs. Also, with grilled shrimp.

**BASILICA**—Pasta with fresh basil, pine nuts, scallions and parmesan cheese.

**AGLIO OLIO**—Pasta with sauteed garlic in olive oil and a hint of crushed red peppers, scallions and parsley.

**MARINARA**—Pasta topped with a sauce of fresh tomatoes, basil and oregano.

**GRECCA**—Pasta with sauteed garlic in olive oil topped with feta cheese, greek olives, scallions and mint.

**PIGNOLIA**—Pasta topped with a cream sauce of goat cheese, mushrooms and roasted pine nuts.

**TOURLOU**—Pasta topped with a medley of roasted eggplant, green peppers and chick peas in olive oil.

**PISTACHIO**—Pasta topped with a cream sauce of goat cheese, broccoli and pistachios.

**GALLINA**—Pasta topped with grilled strips of chicken, sprinkled with feta cheese and scallions.

**EMILIO**—Pasta topped with grilled eggplant, sprinkled with feta cheese and scallions. Also, with grilled chicken.

**BISTECCA**—Pasta topped with tender beef, grilled to perfection, onions, sprinkled with feta cheese and scallions.

**BASIL PESTO**—Your choice of pasta tossed in basil pesto and topped with parmesan cheese. Also, with grilled chicken or with tender beef, grilled to perfection.

**SUNDRIED TOMATO PESTO**—Your choice of pasta tossed in sundried tomato pesto and topped with parmesan cheese. Also, with grilled chicken or with tender beef, grilled to perfection.

**The above pasta dishes can be prepared with your choice of the following fresh pastas:**

Garlic Pepper Linguini

Basil Linguini

Spinach Linguini

Spaghetti

Tri-color Cheese Tortellini

Tri-color Cavatelli

Cavatelli

Cheese Ravioli

Portabella Mushroom Ravioli

# beverages

A wide selection of wines, beers and beverages is available.

## please note:

We strive to prepare our food with fresh and natural ingredients.

For take out service please call well in advance **607-273-5000**.

We will gladly direct-bill Cornell University, Ithaca College and other corporations. Please let your server know.

We accept all major credit cards and City Bucks.

For parties of 6 or more, we reserve the right to add 18% gratuity.

Please make reservations for parties of 6 or more so that we may better serve you.

## Aladdin's Natural Eatery

*100 Dryden Rd., Ithaca, NY 14850*

*60- 273-5000*

Aladdin's...

*just for the health of it!*