The Mediterranean Cuisine:

The Mediterranean: A Geographic Region, a Climate, and a Cuisine

Unlike many other ethnic cuisines, Mediterranean cuisine is not the product of a specific ethnic group or culture. There is a vast amount of cultural variance in the cooking found in this geographic region.

History

Although Mediterranean cuisine isn’t governed by a single culture, it is very much the product of cultural influence and exchange. The world’s earliest civilizations bordered the Mediterranean Sea. As the point of intersection between Asia, Europe, and Africa, with major civilizations located in each area, the Mediterranean was geographically destined to become a major trading hub. Traders exchanged cultural commodities like spices and other food goods.

The different cultures of the Mediterranean came into direct contact as a result of the empire-building efforts of various civilizations. Once one civilization overthrew the government of another, they often imposed their own cultural practices upon the conquered society.

Common Elements in Mediterranean Cuisine

The overarching characteristics of Mediterranean cuisine are largely shaped by the climate and geography of the region.

The most universally used and prevalent ingredient in the cuisines of the Mediterranean is olive oil. Olive trees are prevalent throughout the region, and the distinctive oil is a major export of many Mediterranean countries. Sometimes bitter oil works its way into a variety of dishes, and is used both as a cooking agent and a dressing. Olives themselves are a regular ingredient in Mediterranean cuisine, adding a punchy, fermented, acidity to dishes.

Fresh vegetables dominate Mediterranean cuisine, with a wide variety taking center stage in dishes throughout the region. While there is some cultural variation, eggplant, squash, tomatoes, legumes, onions, mushrooms, okra, cucumbers, and a variety of greens and lettuces all flourish in this region and are commonly used. Vegetables appear in dishes in a variety of forms: baked, roasted, sautéed grilled, puréed, and served fresh in salads.

Meat is generally used sparingly in Mediterranean cuisine, and, in most of the Mediterranean, tends to be grilled. Goat and sheep milk are also used in a variety of Mediterranean dishes, primarily in the forms of yogurt and cheese.

Seafood is a more prevalently used protein source, appearing in variety of dishes. The close proximity to the Mediterranean Sea provides easy access to fresh seafood, which makes frequent appearances in dishes throughout the region.
A preponderant use of fresh herbs characterizes Mediterranean cuisine. The climate and geography of the region is naturally suited to growing herbaceous plants. While there is some cultural variation in the use of certain herbs, overall the culinary traditions of the Mediterranean use basil, oregano, thyme, rosemary, marjoram, parsley, dill, mint, garlic, tarragon, fennel, cilantro, and saffron.

The Culinary Distinctions of the Mediterranean

Although there are common elements that unify the cuisines of the Mediterranean, there are some significant regional and cultural differences. The Mediterranean can be divided into three culinary regions: Eastern Mediterranean, Southern Europe, and North Africa.

Eastern Mediterranean cuisine

Which encompasses some Middle Eastern cuisine, describes the culinary traditions of Greece, Turkey, Syria, Lebanon, Israel, Palestine, and Egypt. Yogurt and fresh cheeses like feta, halumi, and lebanah feature prominently in Eastern Mediterranean cuisine: yogurt appears in a variety of sauces, while cheese can be either cooked into dishes or eaten raw in a multitude of culinary contexts. The flavors of parsley, sumac, mint, and lemon juice dominate the Eastern Mediterranean cooking palate, while pomegranates and nuts are regular ingredients in sauces and spreads. Grains take the form of rice or flat breads like pita and lavash. Lamb, mutton, poultry, and goat meat are prominent proteins, and are typically grilled—either whole, as skewered chunks of meat like kebabs. Chickpeas are used in a variety of contexts, often as a meat substitute, and can be cooked whole, ground into a paste for a spread, or fried.

Southern European cuisine

Which is found in Italy, Southern France, and Spain, contains specific ingredients that distinguish it from the rest of Europe’s cooking traditions and other Mediterranean countries. Unlike other Mediterranean cuisines, wine is a prominent element of Southern European dining, both as a flavor enhancement in cooked dishes and on its own. Pork is also consumed more by these countries than the rest of the Mediterranean, and is more prevalent than goat, mutton, or lamb. Tomatoes, garlic, mustard, and pine nuts are used in a variety of combinations to flavor Southern European dishes. A multitude of different grains are consumed: leavened breads, pasta, and rice are staples.

North African

cuisine is characterized by an abundant use of spices. Morocco, Algeria, Tunisia, and Libya all regularly use cumin, coriander, saffron, cinnamon, cloves, chilies, saffron, and paprika in their cooking traditions. Dried fruit like dates, apricots, and raisins make frequent appearances in North African cuisine, both on their own and in cooked dishes. Preserved lemons add a characteristic salty. Lamb, mutton, and goat meat are the dominant protein in North African dishes, although chicken, and even beef, make regular culinary appearances.
# MENU

## MEAT MEZZA

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>SFEHA</td>
<td>$5.50</td>
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<tr>
<td>Homemade dough stuffed with seasoned beef, onions, pine nuts and baked to perfection.</td>
<td></td>
</tr>
<tr>
<td>BEEF ARAVIS</td>
<td>$7.00</td>
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<tr>
<td>Ground beef marinated with tomato, onion and parsley grilled inside pita bread.</td>
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<tr>
<td>MAANIK</td>
<td>$6.50</td>
</tr>
<tr>
<td>Spicy homemade Lamb sausage sautéed in garlic and lemon juice.</td>
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<tr>
<td>KIBBEH</td>
<td>$6.50</td>
</tr>
<tr>
<td>Minced Beef and cracked wheat shell stuffed with seasoned ground beef and pine nuts.</td>
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</tr>
<tr>
<td>SAMBOLISK</td>
<td>$5.50</td>
</tr>
<tr>
<td>Traditional Lebanese style empanadas stuffed with seasoned beef and pine nuts.</td>
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</tr>
<tr>
<td>SOUJUK</td>
<td>$6.50</td>
</tr>
<tr>
<td>Spicy homemade sausage sautéed in garlic and lemon juice, tomato and onion.</td>
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</tr>
<tr>
<td>CHICKEN KAFTA MEZZA</td>
<td>$5.50</td>
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<tr>
<td>Ground chicken mixed with onions and parsley, served with our homemade garlic sauce.</td>
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<tr>
<td>GABY'S MEDITERRANEAN FEAST (FOR TWO)</td>
<td>$22.00</td>
</tr>
<tr>
<td>Served with: Hummus, Baba Ghannouj, Grape Leaves, Falafel, Fatayer, Sfeeha, Kibbeh and Tabouleh salad. <em>No Substitutions Please</em></td>
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## VEGETARIAN MEZZA

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUMMUS</td>
<td>$4.50</td>
</tr>
<tr>
<td>Pureed garbanzo beans, blended with lemon juice, tahini paste and fresh garlic.</td>
<td></td>
</tr>
<tr>
<td>GRAPE LEAVES (HAND ROLLED)</td>
<td>$5.00</td>
</tr>
<tr>
<td>Vines leaves, stuffed with rice, tomato, onion and parsley.</td>
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</tr>
</tbody>
</table>
**FOOL MUDAMMAS**
Fava beans cooked in garlic and topped with olive oil and parsley. $5.50

**LOUBIEH**
Homemade stewed green beans, tomato and onion. $5.00

**FATAYER**
Homemade dough stuffed with seasoned spinach, onion, pine nuts and baked to a golden brown color. $5.50

**RAKAKAT**
Crispy hot pastry rolls, stuffed with with seasoned cheese mix and onion. $5.50

**BABA GHANNOUJ**
Charbroiled eggplant, pureed with lemon juice, garlic and tahini paste. $4.50

**FALAFEL (4 PIECES)**
Vegetarian patties made from garbanzo beans and vegetables. $5.00

**MULADARA**
Slowly cooked brown lentil beans and rice topped with sauteed onion. $5.50

**MUSAKA**
A delightful mix of eggplant, garbanzo beans and tomato. $5.00

**LABNEH**
Strained Yogurt spread with olive oil and dry mint. $5.00

**SHANKLISH**
Marinated feta cheese with tomato, onion, oregano, parsley and olive oil. $6.50

**VEGETARIAN'S CHOICE**
Hummus, Baba Ghannouj, Falafel, Grape Leaves and Tabouleh salad *No Substitutions Please* $9.50

**BRUCE ZAATAR PIZZA**
Grilled pita bread topped with Zaatar, feta cheese and chopped tomato. $5.50

**CHEESE ARAYIS**
Grilled pita bread stuffed with Mozzarella and Feta cheese. $5.50

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**PITA WRAP SANDWICHES**
EACH WITH ITS OWN DISTINCTIVE DRESSING, SERVED WITH YOUR CHOICE OF RICE, FRENCH FRIES, OR SIDE HOUSE SALAD.

**FALAFEL PITA**
Falafel patties with tomato, onion, parsley and tahini sauce. $5.50

**BEEF SHISH KABOB PITA**
Beef cubes with hummus, tomato, onion and parsley. $6.50

**LAMB SHISH KABOB PITA**
Lamb cubes with hummus, tomato, onion and parsley. $7.50

**CHICKEN SHAWARMA PITA**
Marinated strips of chicken with garlic sauce, tomato and parsley. $6.50

**SOLUJK PITA**
Spicy homemade sausage with hummus and sauteed onion. $6.50

**CHICKEN KAFTA PITA**
Ground Chicken meat, garlic sauce, tomato and parsley. $6.50

**KAFTA KABOB PITA**
Minced ground beef with hummus, parsley tomato and onion. $6.50

**CHICKEN KABOB PITA**
Chicken cubes with garlic sauce, tomato and parsley. $6.50

**BEEF SHAWARMA PITA**
Marinated strips of beef with tahini, tomato, onion and parsley. $6.50

**MAANIK PITA**
Spicy homemade Lamb sausage with hummus, tomato, onion and parsley. $7.00
**SOUPS**

**LENTIL SOUP**
Pureed golden lentil beans and spices. $4.00

**JOJO'S CHICKEN**
Chicken pieces (bone-in) mixed with rice and vegetables. $5.00

**HEARTY VEGETABLE SOUP**
Mixed vegetable soup. $4.00

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**SALADS**

**TABOULEH**
Finely chopped Italian parsley, diced tomatoes, onions and bulgur wheat all tossed with lemon juice and olive oil. $5.50

**GREEK SALAD**
Crisp mixed greens in a lightly spiced dressing, topped with fresh feta cheese and kalamata olives. $8.50

**JUDY'S SALAD**
Our Greek Salad with chicken kabob cubes, marinated in lemon juice, garlic, olive oil and Mediterranean spice. $11.50

**PHOENICIAN LAMB SALAD**
Boneless lamb shank sauteed in olive oil, garlic, lemon and bulgur (cracked wheat). $12.50
SIDE ORDERS

ZAATAR ......................................................... $3.00
A special mix of sesame seeds, herbs, spices and extra virgin olive oil. A house specialty.

SIDE SALAD .................................................................................................................. $3.00
Romaine lettuce, tomato and onion with our House dressing.

FRENCH FRIES .......................................................... $3.00
It's Gaby's special seasoning that makes these fries so tasty!

RICE ........................................................................ $3.00

ENTREES

ALL ENTREES ARE SERVED WITH GABY'S HOUSE SALAD AND RICE

CHICKEN PLATES

CHICKEN KAFTA .............................................................................................................. $9.00
Ground chicken mixed with onion and parsley served with our homemade garlic sauce.

CHICKEN AND CHEESE ARAYIS .................................................................................. $8.50
Grilled Chicken strips sauteed with mushroom, onion, parsley and cheese grilled inside pita bread.

LEMON CHICKEN ........................................................................................................ $10.50
Skinless chicken breast sauteed in lemon juice and olive oil, topped with a light creamy sauce.

ROTISSERIE CHICKEN ............................................................................................ $10.50
Half a Rotisserie Chicken in our special seasonings.
BAKED CHICKEN WITH ROASTED VEGETABLES $9.00
Marinated chicken baked with bell pepper, onion and potatoes; topped with lemon juice and herbs. (Bone In Chicken).

CHICKEN SHAWARMA $9.50
Strips of Chicken breast marinated and slowly broiled on a vertical rotating grill.

CILANTRO CHICKEN $11.25
Skinless chicken breast sauteed with cilantro, fresh garlic, tomato, onion and olive oil.

CHICKEN KABOB $9.50
Charbroiled chicken cubes marinated in lemon juice garlic, olive oil and spices.

PHOENICIAN CHICKEN KABOB $11.25
Charbroiled Chicken cubes sauteed with fresh tomato, onion, mushroom, herbs and spices.

BEEF PLATES

BEEF SHISH KABOB $10.25
Charbroiled Beef cubes marinated in olive oil and mild seasoning.

PHOENICIAN BEEF KABOB $11.25
Charbroiled Beef cubes sauteed with fresh tomato, onion, mushroom, herbs and spices.

KABOB COMBO $12.50
A combination of Beef, Chicken and Beef Kafta Kabobs.

BEEF SHAWARMA $9.50
Strips of beef marinated and slowly broiled on a vertical rotating grill.

KAFTA KABOB $9.50
Charbroiled minced ground beef with parsley, onion and spices.

SEAFOOD PLATES

COD A LA MEDITERRANEAN $13.50
Light and Refreshing Cod fish fillet pan-fried in olive oil and served on a bed of sauteed fresh tomato.

LEMON MAHI MAHI $12.50
Thick Fillet served with a light lemon cream sauce.

LEMON SALMON $12.50
Salmon Fillet served with a light lemon cream sauce.

PHOENICIAN SHRIMP $13.00
Jumbo Shrimp sauteed with fresh tomato, onion, mushroom and a rich blend of herbs and spices.
DESSERTS
PLEASE TRY TO SAVE ROOM FOR OUR SPECIAL DESSERTS!

BAKLAVA $2.50
No meal at Gaby's is complete without one! Made daily with nuts filled in delicate Fillo dough and orange blossom syrup.

NAMOURA $2.50
Call it Lebanese cornbread! Made with Farina, yogurt, semolina and orange blossom syrup.

SHABIYAT $3.50
Fillo dough filled with Ashta (Lebanese Cream)

OSSMALIYA $3.50
Shredded Fillo dough stuffed with Ashta (Lebanese Cream) and topped with syrup

ZNOUN-EL-SIT $3.50
Fillo dough rolls stuffed with Ashta (Lebanese Cream) and topped with syrup

ASSORTED FRENCH PASTRIES $3.00

BEVERAGES

COKE, DIET COKE, SPRITE, ROOTBEER $2.00

PINK LEMONADE, ICED TEA $2.00

PERRIER $2.50

CHOICE OF GUAVA, PINEAPPLE OR MANGO $2.50