MENU

Legend*
Balade: Fresh, local; used when describing produce of high quality
Burghul: Cereal made from different wheat species, such as durum wheat
Jebneh: Cheese
Laban: Homemade Lebanese yoghurt
Manakeesh: Lebanese pizza that comes with a variety of toppings; enjoyed anytime of the day
Mezza: Refers to a selection of tasty dishes served in the beginning of a large-scale meal
Salata: Lebanese name for salad
Sandweechet: Lebanese name for sandwich
Sumac: Tart and tangy, deep burgundy colored spice harvested from a wild berry bush
Tahini: Paste of lightly toasted ground sesame seeds
Tarboush: A red felt cap with a tassel that hangs from the crown that used to be part of traditional Middle Eastern dress wear
Toum: A Lebanese garlic aioli
"V": Vegetarian dish
Zaatar: Spice mixture of dried wild thyme, sesame seeds and sumac; high in antioxidants

Soups
***Hearty Lentil Soup (V)*:** Swiss chard, lentils and potatoes with essential Lebanese spices 4.50
Chicks & Veg: Homemade vegetable soup with tender pieces of chicken in an aromatic broth 5
***V Eight Soup (V)*:** A medley of eight vegetables; selection of the freshest ingredients available in season 4.50

Salads
Tabouleh (V): Authentic Lebanese parsley salad with bulghur* mixed with chopped onions, parsley and tomatoes, olive oil and fresh lemon juice 7.50
Fattoush (V): Lebanese salad of romaine hearts, cucumbers, tomatoes, onions, bell peppers and parsley tossed with pomegranate molasses, sumac* and extra virgin olive oil; served with toasted pita crisps 7.50
Skinny Shawarma: A mixture of greens tossed with sliced onions, tomatoes, black and cucumber, then topped with shawarma meat. Served with choice of dressing 11
Chicken Meshwe Salad: Chargrilled marinated boneless chicken over a mixture of greens, black olives, cucumbers, tomatoes and feta cheese. Served with choice of dressing 10
Spinach Salad (V): A combination of spinach, cucumbers, mushrooms, scallions and tomatoes finished off with feta cheese. Served with choice of dressing 8
Mediterranean Tuna Salad: Chargrilled marinated tuna over a mixture of greens, black olives and red onions. Served with choice of dressing 12

Dressings
Balade* House Dressing
Olive Oil-Balsamic Mingle
Almond Nutter

Balsamic Vinaigrette
Tahini* Sauce
Honey-Dijon
Hot Sauce

Mezza*

Hummus (V): Delightful dip of chickpea puree, with tahini and lemon juice 4.50
Baba Ghanouj (V): Chargrilled eggplant pureed with tahini, fresh lemon juice and sprinkled with sumac* 4.50
Warak Einab (V): Homemade-style grape leaves, stuffed with chickpeas, tomatoes, parsley and rice 6
Shankleesh (V): Our homemade aged cheese is perfectly blended with zaatar*- dried wild thyme, diced tomatoes and onions 5
Kebbeh Kras: Lebanon's national dish; a mixture lean beef and cracked wheat, shaped into shells, filled with a mixture of seasoned ground beef, diced onions and pine nuts, and then served with a side of laban* 5
Labneh with Toum* (V): Balade's* heavenly cream cheese made from Greek yoghurt and infused with wild Lebanese thyme and crushed garlic 4
Sambousik: Decadent pastry pockets filled with seasoned ground lamb and toasted pine nuts 5
Grilled Halloume Cheese (V): You cannot go wrong with our grilled, sizzling hot Cypriot cheese slices served with tomatoes and cucumber 6
Makanek: Flambéed Lebanese-spiced beef sausages with a hint of lemon 7
Soujouk: Mildly hot, smokin' beef sausages mixed with diced tomatoes and flambéed in olive oil 7
Jwaneh (wings): Chargrilled chicken wings, marinated the Balade* way 6
Loubiye Bzeit (V): Fresh green beans sautéed in olive oil with onions, tomatoes and aromatic Lebanese herbs. It has never been easier to eat healthy 7
Falafel (V): Made with chickpeas, fava beans and parsley, then fried in a savory peanut oil, exploding with flavor 6.50
Vegetarian Mazmeez (V): Create your own dreamy vegetarian ensemble by choosing four of the following: Hummus, Tabouleh, Baba Ghanouj, Falafel, Labneh with Toum, Shankleesh or Warak Einab 12

Sandweechet*

All sandwiches are lightly toasted. White or wheat.

Shish Tawook: Pieces of marinated grilled chicken served with a Lebanese garlic aioli 8
Meat Shawarma: Juicy slices of marinated beef and lamb topped with tomatoes, pickles, parsley, sumac* and tahini* sauce 8
Chicken Shawarma: Our famous Balade*-marinated chicken served with Lebanese garlic aioli and topped with vegetables 8
Kafta: Chargrilled ground beef mixed with diced onions, parsley and spices, served with hummus 8
Tuna Filet: Chargrilled marinated tuna, topped with tomatoes, onions, pickles and curry spices, then drizzled with tahini* sauce 8
Soujouk: Mildly hot Lebanese sausage mixed with tomatoes and toum* 8
Shish Kebab: Marinated lean tenderloin beef served with mixed chargrilled vegetables 8
Madkooka: Sautéed ground beef with pine nuts, diced onions, tomatoes, herbs and spices, topped with cheddar cheese 6.50
Hummus & Tabouleh (V): Two Lebanese favorites 6

Baba's Veggies (V): Balade's* famous baba ghanouj* topped with Lebanese salata* 6
Sandweechet Falafel (V): Three falafel patties in a pita topped with tomatoes, onions, greens, pickles, turnips and tahini* dressing 6

Manakeesh* & Other Baked Goods
Fresh Balade dough. Fresh from our oven.*
Kafta: Ground lean beef mixed with chopped onions, parsley and Lebanese spices 10
Beirut Beats (V): Wake your taste buds with our savory breakfast pizza with a Lebanese zaatar* mixture of wild dried thyme, sesame seeds, sumac and olive oil. Music to your mouth! 6.50
Jebneh* (V): Traditional Lebanese white cheese. Sizzling hot! Served with sliced tomatoes 9
Ham & Cheesit: Jambon Jebneh* is the proper ordering term in Lebanon. Lebo cheese topped with slices of ham 10
Lahme Baajin: Balade's* secret recipe of seasoned ground-lean beef, mixed with finely diced onions and tomatoes 9
Fatayir with Spinach and Feta (V): New York's famous pies are taken back to their roots in triangular style; stuffed with chopped spinach and feta cheese 7.50
Sfiha: Delicate miniature squares of pastry filled with our traditional mouth-watering beef and lamb combination. Served with laban* 5
***Sfiha Bjebne* (V):** Squares of cheese to your heart's desire 4.50

Pita Pitza
Popped in the oven flat and removed when crispy.
Sultan El Shawarma: Thinly sliced, marinated beef, roasted with onions, cucumbers, tomatoes, a drizzle of tahini* and a touch of basil 10
Tarboush* Chicken: Thinly sliced marinated boneless chicken served with garlic sauce and Honey-Dijon, sliced tomatoes, onions and pickles 10
Greek Pitza (V): Feta cheese, cucumbers, tomatoes, green peppers, Lebanese zaatar* and kalamata olives, finished with basil 8
Malak El Falafel (V): Delicious crispy falafel with tahini* sauce, finished to perfection with chopped parsley, tomatoes and yellow pepper rings 8

Platters
All served with a side of your choice.
Hummus Shawarma: Our Balade* hummus topped with our signature shawarma, diced tomatoes, scallions and parsley 14
Sheikh El Shawarma: Chicken shawarma served on an open pita served with French fries, pickles and toum* 14
Balade* Mixed Grill: Beef Kafta, Shish Kabob and Chicken Tawook served with French fries and chargrilled vegetables 17
Balade* Lamb: Marinated tender strips of chargilled lamb served with rice, topped with sautéed pine nuts, cinnamon and Lebanese salata* with choice of dressing. Balade* recommends tahini* sauce or toum* 16
Mujaddara Crush (V): Lentils and rice cooked tenderly, topped with caramelized onions 11
Hummus Falafel (V): Our Balade* hummus served with crispy falafel, tomatoes, scallions and parsley 10

Beef Kafta: Chargrilled lean beef mixed with chopped onions, parsley, herbs and spices, served with rice and Lebanese salata* 14
House of Kabab: Marinated lamb served with rice, grilled vegetables and toasted pine nuts 16
Samke Harra: Sea bass marinated the Balade* way, then topped with stuffing and broiled MP

Sides
Lebanese salata*: 4.50
Balade* rice: 3.50
Pickled vegetables: 3.50
Batata mekleyee (French fries): 3.50
Laban* with cucumber: 2.50

Desserts
Baklava: 3.50
Kenafa: 5
Mouhallabie: 5
Gourmet Cake upon request: MP
Halwet el Jebn: 5

Wine List (glass/bottle)
Sparkling
Zardetto Prosecco Brut NV, Veneto, Italy 9/27
Veuve Clicquot Ponsardin, Champagne, France 140

White
Zenato Pino Grigio 08, Veneto, Italy 7/22
Massaya Classic Blanc 08, Bekka Valley, Lebanon 8/24
Forefront Sauvignon Blanc 08, Napa Valley, CA 30
Finca de Arantei Albarino 07, Galicia, Spain 36
Mer Soleil Chardonnay "Silver 07", Santa Lucia, CA 60
Chateau Kefraya La Dame Blanche 07, Bekka Valley, Lebanon 9/32

Red
Massaya Classic Red 07, Bekka Valley, Lebanon 8/25
Di Majo Norante Sangiovese 08, Molise, Italy 9/29
Labastida Crianza 05, Rioja, Spain 32
Harlaftis Cabernet Sauvignon 06, Attica, Greece 10/34
Massaya Silver Selection Red 05, Bekka Valley, Lebanon 40
Chateau Kefraya 03, Bekka Valley, Lebanon 53

Beer
Almaza (Lebanese Beer) 6
Corona 6
Amstel Light 6

<u>Beverages</u> (non-alcoholic)

Cold Drinks

Balade* Jallab with Pine Nuts 4.50
Freshly squeezed: Orange, Apple and Carrot 4.50
Pepsi, Diet Pepsi, Sierra Mist, Lemonade and Cranberry 2.50
Bottled Water: Saratoga – flat or sparkling (12 oz) 2.50
Iced Tea 2.50

Hot Drinks

Freshly Brewed Coffee (regular/decaf) 2
Lebanese Coffee 2.50
Pot of Lebanese Tea with Fresh Mint 4.50
Hot Tea (herbal or regular; ask for selection) 2.50
Cafe Blanc 2.50

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