

A few facts about Mediterranean Food

The history of the gyro (doner kebab) cooking dates back over 150 years to a small town in Turkey called Adana. A gyro (doner kebab) is a blend of ground lamb and ground beef with herbs and spices on a vertical skewer turning parallel to a hot grill, then thinly sliced and served in a pita bread. Just as hamburgers and hot dogs are as common to the American grill, shish kebabs (known in Greek as Souvlaki) are the common food for the Greek and Turkish grill. Harvard and the University of Athens Medical School have discovered that a traditional Mediterranean diet cuts the risk of cancer and heart disease by over 25 percent!

The Falafel was created over 3000 years ago by the Egyptians as travel food and as a protein substitute. The Falafel was later adopted by the Phoenicians of Lebanon. Since they were the Merchants of their world at the time, they had a very good knowledge of spices. They added a blend of herbs chosen for their great taste as well as Medicinal value.

Falafel's unique qualities makes it the most popular sandwich in the world. It is delicious. It is Vegan and loaded with protein. The nutritional and medicinal values of its ingredients makes it the most balanced health food anywhere. Here at Kebab Cafe, our falafel is made from freshly ground garbanzo beans, fresh veggies and spices.

Who owns the Kebab Café?

Kebab café owner Simon Beyzade was born and raised in London, England. His family immigrated from the Mediterranean Island of Cyprus to London in the early 1960's, bringing along with them their cultural food.

Throughout his teen years, Simon worked at a Mediterranean restaurant where he learned to make and cut the gyro. Shortly after that his family opened their own restaurant in London.

Simon met his Humboldt County sweetheart Shanell in London, England where she was a student at the American College for Applied Arts. He followed her back to the United States in 1988 and they were married two years later.

Simon worked in the construction and cabinet trades for nine years, until his passion for cooking and his desire to share authentic Mediterranean cuisine prompted him to open the Kebab Café in February of 1997, with the help of his wife and his mother-in-law "Pat".

Although Simon misses his family and friends in London, he has found happiness here in Humboldt County with Shanell and their three beautiful daughters, Jeyda, Tibel and Ashkim.



Kebab Café

Mediterranean Cuisine
Menu

707-826-2121

5000 Valley West Blvd.

Arcata, Ca 95521

Dine-in or Take-out

Monday-Friday 11:00 am to 8:00 pm

Saturday 12:00 pm to 7:00 pm

Serving Humboldt
Since 1997



Appetizers & Dips

Halloumi Cheese (3) from the Mediterranean island of Cyprus deep fried.....	4.60
Falafel Balls (3balls) w/Tzatziki sauce.....	3.75
Dolma grape leaves w/rice & herbs.....	.80ea
Atomic Hot Mushrooms seasoned and grilled w/our own hot sauce...VERY HOT!.....	3.40
Baba Ghannouj w/Pita roasted egg plant, parsley, garlic and olive oil	2.75
Hummus w/Pita garbanzo beans, garlic, and olive oil blended into a smooth dip.....	2.75
Tzatziki w/Pita Non-fat yogurt, cucumber and garlic.....	1.90
Red Sauce w/Pita a blend of tomato puree, fresh vegetables and herbs.....	1.90
Combo sampler 2 Halloumi, 2 falafel balls, 2 dolma, hummus, baba Ghannouj, red sauce, Tzatziki & a warm pita bread.....	12.65
Add Tabouli (6 .oz).....	1.50

Soup & Salad

Mediterranean Salad w/house dressing....	4.25
Mediterranean Chicken Salad	7.95
Tabouli SaladCup 2.65.... Bowl 5.30	
Chicken Noodle Soup Cup 2.25.... Bowl 3.85	

Side Order

French fries	2.50
Rice w/vermicelli	Cup 1.45... Bowl 2.25
Pita Bread	1.00ea
Falafel Balls	1.25ea
Gyro Meat ¼ lb.	3.85
Hummus	1.75
Baba Ghannouj	1.75
Tzatziki90
Red Sauce90
Crumbled Feta Cheese	1.45
Tahini	1.75
Kebab Cafe's bottled "HOT" sauce	5.00

Kebab Sandwiches

Served inside a fresh warm pita with freshly cut cold veggies and your choice of our own Tzatziki or Red sauce

Regular Sandwich	2.85
(plus add the cost of 1 skewer from below)	
Large Sandwich	2.85
(plus add the cost of 2 skewers from below)	

Kebab Skewers (Souvlaki)

Specially seasoned and char-broiled

Chicken tender chunks of breast meat.....	3.70
Pork tender lean cubes.....	3.30
Beef tender lean steak cubes.....	3.70
Lamb tender lean cubes from leg of lamb.....	5.90
Beef Kofte ground beef w/herbs.....	4.20
Lamb Kofte ground lamb w/herbs.....	5.90
Shrimp 5 large shrimp & veggies.....	4.55
Veggie variety of fresh veggies.....	3.05
Mushroom	3.40

Dinner Plates

Start with the basics (cold cut veggies, lightly sprinkled with our own Mediterranean dressing, choice of rice or French fries, tzatziki or red sauce and a warm Pita bread).....

Plus add the cost of each item to create your own dinner plate by adding any one or more kebab skewers, falafel or gyro meat.

Rice Special

Rice (contains wheat)	2.25
Plus add the cost of any kebab skewers from above.	
(3 falafel balls or ¼ lb. of gyro meat can also be served w/a kebab skewer to make a Rice Special	

Adana	4.30
Plus add the cost of any one of these three items: lamb Kofte (2), beef Kofte (2) or gyro meat (approx ¼ lb.) Pita bread grilled and sliced then covered with the meat of your choice, sprinkled with onions (optional) then covered w/our own Red sauce (hot or mild) Served w/a side of rice.	

Gyros (Yee-ros) or (DonerKebab)

Gyro meat is a blend of ground lamb and ground beef. Seasoned and grilled on a vertical broiler then thinly sliced and served inside a warm pita with cold cut veggies and your choice of Tzatziki or Red sauce

Gyro Sandwich	6.75
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Falafel Sandwiches

Freshly made with ground garbanzo beans and spices then deep fried to a crispy brown and served inside a warm pita w/fresh veggies.

Reg. Falafel (3 balls).....	6.60
Lg. Falafel (5 balls).....	9.10

Falafel Burgers

Falafel Burger	4.60....	w/cheese.....	4.90
Dbl. Falafel Burger ...	6.85....	w/cheese.....	7.45

Gyro Burgers

Gyro Burger	4.75	w/cheese.....	5.05
Dbl. Gyro Burger	6.95....	w/cheese.....	7.55

Hamburgers

1/3 lb. patty served inside a sesame bun with lettuce, tomato, pickles, onion, mustard, mayo and ketchup

Hamburger	4.25.....	w/cheese.....	4.55
Dbl. Burger	6.30.....	w/cheese.....	6.90
Ask about our combo Burgers 6.85w/cheese... 7.45			

NEW! Kids Burgers 2.25 w/cheese... 2.55	
(Add small fries for).....	1.35

French Fries	2.50
French Fries Inside a Pita	3.35

Desserts

Baklava	2.10
Turkish Delight	2.10
Halva	2.10
Truffles homemade.....	2.10
Cheesecake	2.50
Turkish coffee	2.25

