

October 2007

“New Vegetarian Delights at The Café Mediterranean”

The Café Mediterranean Restaurant offers monthly specials to excite their customers with new tastes. Last month's on-demand *Gyro Plates* were such the rave, you may now enjoy them at all Café Mediterranean outlets, as part of the ever-expanding menu. Such favorites are what comprise the richly diverse menu – a dynamic synergy between the adventurous customer's requests and the chef's irreverent creative interpretation. Constantly in the pursuit of authentic Mediterranean cuisine, characterized by a keen sense of taste and adventure that offers a glimpse at the elusive Mediterranean mystique and an escape to an exotic destination minus the travel, a table shared at Café Med is a celebration of the passionate enjoyment of life, captured with every sensual bite and every glorious sip of wine. The result is a perfect marriage of flavor and substance, with every masterful addition to the already decadent selections.

Café Med's vibrant menu caters to the most discriminate palette, unique craving, fundamental diet philosophy and to every possible occasion, at a very reasonable price. Essentially, it stays true to the healthy Mediterranean diet with nutritious and fresh ingredients, while covering the finest cuisines from the vast Mediterranean, the Middle East to Northern Africa to Italy, France and Spain. This month, *the home of kebabs, gyros, and falafels*, introduces succulent Vegetarian specials!

According to co-owner Marla Tañada, “a Mediterranean diet's got to have a good pick of vegetables. Vegetarian food can be quite tasty, although not everything we are offering is vegetarian. These salads, sandwiches and a mixed dish will prove it.” From Italy's bounty of green indulgences are the salads: **Grilled Vegetable Salad** (zucchini, eggplant, red, green and yellow bell peppers with a balsamic vinaigrette); **Toasted Panzanella** (tomatoes, cucumbers, red onions, olives, capers and pieces of toasted bread with a nice & light wine vinegar and olive oil dressing); **Roasted Tomato and Cannellini Bean Salad** a classic using a popular ingredient all over the Med – beans! Roasted tomatoes give it that nice baked flavor which also brings out its sweetness. These salads can be light meals, with the promise that you won't miss the meat. However, the **Garden Salad & Lamb Strips with Lemon-Yogurt Dressing** is a healthy non-vegetarian alternative, with fresh garden vegetables,

Kalamata olives and feta cheese. One may also choose to enjoy this salad minus the lamb.

Brand new sandwiches make a light yet substantial meal. Try the ultimate guiltless sandwich, the ***Pan Bagnat*** with grilled eggplant, green beans Provençal, bell peppers, eggs, *tapenade* and a red wine vinaigrette in French Baguette. Then there's another excellent spin to the much-loved *gyro*, the ***Grilled Veggie Gyros***, aromatic smoky grilled vegetables, feta cheese and *Hummus* or *Baba Ghanoush* wrapped in whole wheat pita.

And for those who would like to share a healthy meal with friends, try the ***Mixed Veggie Platter*** (grilled eggplant and zucchini), serves up to four people. The plates are served with three dips, your choice of: *Alioli*, *alioli with basil pesto* and *alioli with harissa* (a spicy sauce with a kick); *Falafel*, *Baba Ghanoush*, *Tzatziki* or *Eggplant Parmigiana*.

So there you have it, sheer indulgence without the guilt! Tañada adds, with a dash of humor in Café Med fashion, "It's a great menu, I could kick myself for not doing this sooner!"

For inquiries please call tel: +632 896 8625 or visit www.thecafemediterranean.com