

# TRUVA LUNCH MENU

## Soups & Salads

### **V Red Lentil Soup (Ezogelin) \$6**

*Traditional Turkish recipe*

### **V Sheppard's Salad (Coban Salatasi) \$8**

*With tomato, cucumber, green pepper, red onion, parsley and dill tossed in olive oil and lemon juice.*

### **V Mediterranean Salad (Akdeniz Salatasi) \$9**

*Mediterranean salad with field greens, artichokes, Turkish olives, vine ripe tomatoes, cucumbers, fresh dill and feta cheese*

*With balsamic vinegar and extra-virgin olive oil*

*Add Chicken \$5.95 • Add Salmon or Shrimp \$8.00 • Add Doner Kebab \$8.00*

## Cold Meze

### Small Plates of Meze (Appetizer)

#### **V Babaganoush \$7**

*Roasted eggplant, Turkish yogurt, tahini, parsley and garlic pureed into a smooth dip*

#### **V Haydari \$6**

*Strained yogurt with walnuts, garlic and mint made into a smooth dip*

#### **V Hot Spread (Acili Ezme) \$6**

*Our signature spread; parsley, walnuts, peppers, tomatoes and yellow onion*

#### **V Tabouleh \$6**

*Traditional Turkish Bulgur with fresh mint, cucumber, green onion, tomatoes and parsley*

#### **V Saksuka \$7**

*Eggplant, onion, tomato, bell pepper, garlic and extra virgin olive oil*

#### **V Hummus \$7**

*Pureed chickpeas, garlic, sesame seed paste, fine herbs with lemon juice and extra virgin olive oil*

#### **V Bulgur Kofte \$7**

*Cracked wheat soaked in herbed juices, formed in kofte shape with lentil, green onion, parsley and love. (Little spicy)*

#### **V Stuffed Grape Leaves (Yaprak Sarmasi) \$7**

*Stuffed with rice, onion, currants, pine nuts, and herbs, with extra virgin olive oil and lemon*

#### **Combo Mezes**

*Combine any of our cold mezes*

*Combine three \$13 Combine four \$17*

## Hot Appetizers

### Sicak Mezeler

#### **Albanian Liver (Arnavut Cigeri) \$9**

*Cubed liver flash fried then sautéed served with red onion, tomatoes and lemon*

#### **V Cigar Shaped Cheese Pastry (Sigara Borek) \$7**

*Feta cheese and parsley wrapped in phyllo dough then lightly fried & drizzled with yogurt sauce*

#### **Cigar Shaped Meat Pastry (Etili Borek) \$8**

*Minced lamb, beef and herbs wrapped in phyllo dough then lightly fried & drizzled with yogurt sauce*

#### **Calamari (Kalamar) \$11**

*Flash fried and seasoned. Served with tartar sauce and sweet chili sauce*

#### **Shrimp Casserole (Karides Guvec) \$12**

*Truvian dish with bell pepper, tomatoes, onion, garlic and mushrooms then topped with mozzarella cheese*

#### **Stuffed Cabbage Rolls (Lahana Sarma) \$9**

*Cabbage stuffed with seasoned ground beef and lamb braised in a tomato sauce*

#### **V Falafel \$7**

*Fried chick peas and mixed vegetables served with garlic and tahini yogurt sauce*

#### **Stuffed Eggplant (Karniyarik) \$12**

*Fresh eggplant fire roasted then stuffed with chopped lamb and beef flavored with pepper, onions, tomatoes and touch of garlic*

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

V-Denotes 100% vegetarian

**Party of 6 or more No separate checks 20% gratuity will be added for your convenience**

# TRUVA LUNCH MENU

## Healthy Delight Sandwiches & Wraps

*(Sandwiches served with one of our healthy side dishes French fries available upon request.)*

**Side Dishes Tabouli:** Cracked wheat and all the fresh healthy ingredients we put together for you

**V Bulgur Kofte:** Truva style just try you will love it (little spicy)

### **Doner \$10**

*Carved beef and lamb (fresh marinated)*

### **Lamb Burger \$10**

*Traditional hand chopped lamb with red bell peppers, paprika and onion*

### **Calf's Liver \$10**

*Cubed liver flash fried then sautéed with hot veggie spread*

### **Fish of the Day (Sandwich) \$10**

*Grilled fresh fish of the day on homemade pita bun with tartar sauce, lettuce and tomato*

### **Chicken Breast \$10**

*Grilled chicken breast kebab, hummus, hot veggie spread*

### **V Falafel \$10**

*Homemade Fresh Falafel, hummus & tahini*

## Truva's Flatbreads (Turkish style flatbread pizzas)

### **Ground Lamb (Lahmacun) \$15**

*Ground lamb, onions, and green pepper flat bread*

### **Beef (Etili Pide) \$15**

*Flat bread with cubed beef tenderloin, tomatoes, and onions*

### **V Vegetable (Sebzeli Pide) \$13**

*Seasonal vegetables with Turkish cheese and Mozzarella*

### **V Cheese (Peynirli Pide) \$10**

*Traditional Turkish white cheese and Mozzarella*

## Entrees

### **V Stuffed Eggplant \$14**

*Italian eggplant fire roasted then stuffed with roasted vegetables (tomatoes, onions and bell peppers)*

*Served with a side of rice, Grilled Tomato and Green Pepper*

### **V Vegetable Moussaka \$15**

*Layers of pan fried potatoes, eggplant, roasted red peppers, fresh spinach, onion, bell pepper, mushrooms and topped with a béchamel sauce*

*Served with a side of rice, Grilled Tomato and Green Pepper*

### **Iskender Kebab \$16**

*Carved Doner Kebab served over toasted pita bread topped with fresh tomato sauce and browned butter.*

*Served with Turkish yogurt, Grilled Tomato and Green Pepper on the side*

### **Beef & Lamb Moussaka \$15**

*Layers of pan fried potatoes, eggplant, onion, bell pepper, minced lamb and beef then topped with a béchamel sauce*

*Served with a side of rice, Grilled Tomato, and Green Pepper*

### **Stuffed Eggplant (Karniyarik) \$14**

*Fresh eggplant fire roasted then stuffed with chopped lamb and beef, flavored with pepper, onions, tomatoes and touch of garlic*

*Served with a side of rice, Grilled Tomato, and Green Pepper*

### **Stuffed Cabbage Rolls (Lahana Sarma) \$13**

*Cabbage stuffed with seasoned ground beef, rice and lamb braised in a tomato sauce served with plain Turkish yogurt*

### **Doner Kebab \$14**

*Traditional Fresh marinated Lamb and Beef Carved Served with a side of rice, Grilled Tomato, Green Pepper and a Green Salad*

### **Adana Kebab \$16**

*Traditional hand chopped lamb with red bell peppers, paprika and onion Served with a side of rice, Grilled Tomato, Green Pepper and a Green Salad*

### **Chicken Kebab \$12**

*Marinated chicken breast char-grilled Served with a side of rice, Grilled Tomato, Green Pepper and a Green Salad*

### **Beef Tenderloin (Sis Kebab) \$16**

*Marinated in olive oil, black pepper and shallots, Served with a side of rice, Grilled Tomato, Green Pepper and a Green Salad*

### **Grilled Salmon (Taze Somon) \$18**

*Fresh Grilled Salmon served over spinach, rice and topped with red pepper aioli*

## Sautéed Dishes

*Your choice of Lamb or Beef \$16 • Chicken \$14*

*Sautéed with bell pepper, tomatoes, onion, garlic and mushrooms • Served with a side of rice*

## Sides - \$5

**V Seasonal Vegetables, Rice Pilaf, Sautéed Spinach, Mashed Potatoes, Asparagus**

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