



Alforon a FoodNetwork DDD Featured Restaurant

Oven Baked FlatBread / Bajeen

Zaatar (V)	8.95
Imported Organic Zaatar, Summac & Sesame	
Extra (V)	add 2.50
Tomato, black Olives, fresh Mint	
Suprême (VG)	+ add'l 3.00
'Extra' + Labni (Kefir Cheese]	
LahmBajeen	8.95
Fresh ground beef, fresh tomato, onion, spices on an extremely thin oven baked flat bread	
Spicy	add 1.00
W/ eggs	add 2.50
W/ cheese	add 2.00
Cheese (VG)	9.95
A.T.G Special + Tomatoes + Dried Zaatar	
Olives+Fresh Mint+EVOO...add'l 4.00	
Peppers & Jalepenos	add 2.00
Zaatar mixed or side by side . add 2.00	
House Tomato Sauce	
add 3.00	
Feta Cheese Pie (VG)	11.95
(Alforon special mix)	
Peppers & Jalepenos	
add 2.00	
Zaatar (Dry)	
add 2.00	
Spinach	
add 3.50	
Spinach Pie (V)	3.75
Spinach, onions, summac spices	
Raed (S) (VG).....	16.95
A blend of soft cheeses in a closed oven baked Flatbread	
W/ Peppers & Jalepenos ... add 2.00	
Fawaz (S) (VG).....	16.95
A blend of white cheeses in a closed oven baked Flatbread	
W/ Peppers & Jalepenos add 2.00	
Kishik Bajeen (S) (VG)	16.95
Imported Old Country receipe of dried Yogurt	
Cracked Wheat, Oven Baked w/ Diced tomatoes, Green Onions	
Egg Bajeen (S) (all Day Breakfast).....	13.95
Oven Baked flatbread of Egg mixed with Cheese	
W/ Vegetables	
add 3.00	
Eggs in Clay Pot (S)	11.95
Two Oven Baked Eggs mixed with Cheese	
W/ Vegetables	
add 3.00	
Each additional egg	
add 3.00	

Alforon World Famous Falafel

1/2 Dozen Falafel Plate	13.95
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All Falafel Plates served W/ Lebanese bread, tahini & house pickled veggies

Wrap (V)	13.95
Our mix of Falafel pieces, fava & garbanzo beans specially seasoned with spices & herbs, deep fried upon ordering & mixed with sliced romaine lettuce, diced tomato, tahini, parsley & pickles.	
W/ Peppers & Jalapenos add 2.00	

Alforon Mezza (Appetizers)

Humous (V)	11.95
Garbanzo Beans, Tahini, Garlic & Lemon Juice	
Spicy..... add 2.00	
With meat	
add 3.00	
With pine nuts	
add 3.00	

Baba Ghannouj (V)	12.95
Oven Roasted Eggplant, Tahini, Garlic & Lemon Juice	
Labni (VG)	12.95
Kefir Cheese, olives & Zaatar	
Garlic or Cucumbers .. each add'l .. 2.50	

Alforon Grape Leaves (V)	
1/2 Dozen	13.95
1 Dozen	24.95
House made. Stuffed & hand rolled one at a time W/ Lemon juice & spices	

Mezza dishes served W/ Lebanese bread and house pickled veggies

Labni Bajeen (VG)	9.95
Zaatar, Honey or Falafel add 3.00	
A.T.G Special + Tomatoes + Dried Zaatar	
Olives+Fresh Mint+EVOO.....add'l 4.00	

Phoenician Pie (S)	21.95
Seasoned Gr. beef mixed with 3 cheeses	
Peppers & Jalepenos	
add 2.00	
Spinach and Cheese (VG)	16.95
Spinach, onions, summac & spices	
Peppers & Jalepenos	
add 2.00	

Vegetarian Bajeen(V) (S)	16.95
Tomato, onion, olive, summac, Oregano	
& bell peppers + cheese add 2.50	

Chicken Tawook (S)	16.95
Our own style Flatbread of Marinated & diced chicken with garlic paste	
With cheese	
add 2.50	
Peppers & Jalepenos	
add 2.00	

Soujouk Bajeen (S)	16.95
Featured on FoodNetwork DDD	
Specially spiced blend of Armenian spices with ground beef with tomato, onion and fresh white cheese, Flatbread	
Peppers & Jalepenos	
add 2.00	

Shawerma Bajeen(S)	16.95
Our own style Flatbread Marinated sliced beef with fresh diced tomato, onion & Tahini sauce	
Peppers & Jalepenos	
add 2.00	

Portabello Mushrooms * (VG) (S).....	19.95
Our own mix of portabello Mushroom, Onions and topped with house Fetta Cheese	

Shanklish Bajeen* (S) (VG).....	19.95
Aged Cheese, Zaatar infused with Tomatoes, green Onions & extra virgin Olive oil	

Kafta Bajeen * (S)	21.95
3/4 Lbs of Kafta Kabab Meat on an oven baked Flatbread, topped w/ Humous, Garlic paste, diced Tomatoes & fresh Mint	

Smoked Salmon Bajeen* (S)	21.95
Three Cheese oven baked Flatbread topped w/ Smoked Salmon, Capers, Green Onions, Fresh Basil & sliced lemon	

Fattet Humous (VG).....	23.95
Bowl of Steamed Garbanzo Beans covered w/ house made Yogurt, Garlic, Mint, toasted Lebanese Bread Topped w/ Beurre Noisette	

Lebanese Sausages in clay pots(S)	14.95
Cooked in a tangy lemon with extra Virgin Olive Oil + 2 eggs	
add 6.00	

1 Dozen Falafel Plate.....	24.95
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Falafel Bajeen (Oven baked)(V)(S).....	16.95
W/ Humous (Added to wrap & Bajeen only) .. 3.00	

Sambousek	
3 Pcs w/Cheese	11.85 6Pcs
3 Pcs w/ Meat	8.85 6Pcs

Kibbie	
2 Large Kibbie Balls	14.95
Served with House Yogurt Cucumber	

Alforon Olives & Jalapeno (V)(S)	
Alforon's own special mix & dressing with imported extra virgin oil	
13.95	

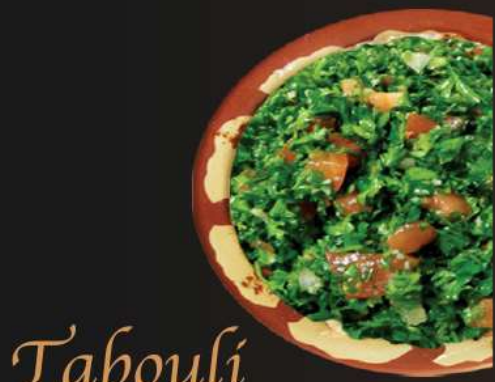
Balilah (V) Reg	11.95 Lg
Garbanzo Beans in a bed of Extra Virgin Olive oil, Garlic and Fresh Lemon	
23.95	

Foul (V) Reg	11.95 Lg
Traditional Fava Beans in a bed of Extra Virgin Olive oil, Garlic and Fresh Lemon juice.	
23.95	

(V) Vegan (VG) Vegetarian (S) Chef's Signature Dishes

Let us cater your party or event. Certain items may contain sesame or nuts. Let us know if anyone in your party has any food allergies. We will do all we can to accommodate. 18% Service Charge on any Party of 5 or more. 20% on Parties of 8 or more. 22% on Parties of 12 or more. No more than 2 split checks per table.





Tabouli



Fattoush



Kaack



Maamoul



Baklava



Kenefeh Kaack

Alforon Salads

- Tabouli (V)
Queen of Lebanese Salads
(1 person) ... Reg 13.95 (2-3 persons)..... Lg 25.95
- Fattoush (V)
Romain, Tomato, Cucumber, Radish, 4 colored Bell peppers, with an amazing house dressing & Toasted Lebanese Bread
(1 person) Reg 13.95 (2-3 persons)..... Lg 25.95
- Alforon Arugula Salad (V)
Arugula, Diced Tomatoes, Roasted nuts in House Vinaigrette dressing.
(1 person) Reg 13.95 (2-3 persons)..... Lg 25.95
- Alforon Beet Salad (V) (S)
Over a bed of Romain Lettuce with our own house dressing
(1 person) ... Reg 13.95 (2-3 persons)..... Lg 25.95
- Yogurt, Cucumber & Mint (VG)
House made Yogurt with Cucumbers and Mint
(1 person) ... Reg 13.95 (2-3 persons)..... Lg 25.95

Soup 8.50
* Lentil Soup (V) * Lemon Lentil soup(V)
* Heart of Zucchini Soup (V) or (VG)

- Sides**
- Fresh Fries w/Garlic Paste 14.95
 - Shawerma Fries w/ Tahini Sauce 19.95
 - Chicken Fries w/Garlic Paste 19.95
 - Garlic Paste 4 Oz 4.95 8 Oz 9.95
 - Tahini sauce
 - House Yogurt { 4 Oz 3.95
 - House Pickles { 8 Oz 8.95

Desserts

- Baklava 4.95
- Aaysh Essaraya (S) (AKA Love Dessert)..... 9.95
Voted Best Dessert in San Diego
- Maamoul (Limited Availability)..... 3.95
- Halawit Beirut Bajeen w/Sesame (S)..... 11.99
- Kenefeh as original as in Lebanon 11.99
Kaack Add 3.00
(Kenefeh Available Saturday and Sunday only)

Drinks

- Water bottle 1.95
- Soda 3.95
- Lebanese Coffee (Hand made)..... 4.95
- Special Blend Hot or Iced Tea 3.95
- Yogurt drink - Aayran (House made)..... 4.95
- Fresh Lemonade (mint add .95) 4.95
- Jallab Or Mulberry 4.95
- Orange Juice 5.95
- Apple Juice 4.95
- Perrier (SM) 5.99 (LG)..... 9.99
- Beer Domestic..... 7.00
- Imported Almaza 8.00

Alforon Exclusive Specialty

- Kaack 3.95
Traditional Lebanese sesame bread

(V) Vegan (VG) Vegetarian (S) Chef's Signature Dishes * FlatBread=Bajeen



The Freshness of Everyday Baking and Old Country Cooking, using the Highest Quality local and imported ingredients. Alforon will take you back on a Journey to 19th Century Lebanon with the Flavors and Freshness of Old Time.

Always fresh, always delicious.



*An Authentic Mediterranean
Fresh Oven Baked Cuisine*

Featured On "FoodNetwork's DDD" Diners, Drive Ins & Dives"

* SAN DIEGO MAGAZINE CRITIC'S CHOICE Award & "CREAM OF THE CROP"

* "CBN's Coveted "SPECTRUM" Award for Service Excellence,

* "ZAGAT" Rated "Best Lebanese / Mediterranean Cuisine"

Sayyadieh (Fisherman's Rice)

A Crowd & Chef's favorite!

صَيَادِيَّة سَمَك

Cooked in the consommé' of fish, roasted Almonds & Pine Nuts, Tahini sauce, Caramelized Onions. Tilapia Filet 26.95 Swaii Filet +4.00 Salmon Filet +8.00

Ouzi Lamb (GF)

Featured on "FoodNetwork's" DDD " Diners, Drive-Ins Dives"

A Crowd & Chef's favorite!

لحم خروف على أرز الأوزي

Our Chef's own recipe. Lebanese Style Oven Baked Leg of Lamb de-boned and spread over **Ouzi Rice** slow cooked with meat then topped with roasted Almonds, and a side of House made Yogurt 26.95

Lamb Fatteh

فتّة لحم أوزي باللبن

Ouzi Lamb Meat spread over Hot Garbanzo Beans, Covered W/ Cooked Garlic Mint Yogurt, W/ Toasted Lebanese Bread & Topped With "Beurre Noisette" (Brown Butter) roasted Almonds & Pine Nuts, Served in a Large Bowl 29.95

Majbous (GF)

مجبوس دجاج مع حشو و دقوس

A Very Popular Aromatic Yellow Rice with its condiments, Beautifully Seasoned with Turmeric, Cardamom & much much More. Served with Roasted Chicken. Your Choice of White or Dark Meat 26.95

Kibbie (...As American as Apple pie... As Lebanese as Kibbie !!!)

One of the oldest & most traditional Lebanese dishes, "Kibbie". Made with extremely lean beef or veggie, cracked wheat, special herbs & spices. With its numerous varieties; Here are our Chef's & Family Favorites:

1. Kibbie Labaniyyeh (Recommended for Yogurt Lovers)

كبة لبنية

Two Large Kibbie Balls Stuffed with Pine Nuts & Seasoned Gr Beef, Cooked & served in a bowl of Hot (Not spicy), Cooked Yogurt with Roasted Garlic & Mint Then served with White Basmati rice 29.95

2. Vegan Kibbie (V)*

كبة اللقتين (دون مشتقات اللحوم)

Two large Vegan Kibbie Balls made from Curcubita, Stuffed W/ Spinach, Garbanzo Beans, Caramelized Onions served on a bed of Fattoush salad 26.95

3. Baked Kibbie

كبة بالصنية

The Gran Daddy of all Kibbie. Oven Baked 7" round Served W/ Yogurt Cucumber Salad Or Fattoush Salad 25.95

4. Baked Beet Kibbie (V)*

كبة شمندر (دون مشتقات اللحوم)

Our Chef's Creative Vegan Recipe, Oven Baked 7" Round 2 layered Beet Kibbie Stuffed W/Spinach, Garbanzo, Caramelized Onions on Arugula Salad 25.95

5. Grilled Kibbie

كبة مشوية

Famous in northern Lebanon, Dome shaped Kibbie Stuffed with seasoned meat and Nuts. Served on top of Yogurt Cucumber & Mint or Fattoush Salad 26.95

6. Kibbie Arnabieh (B' Tahini)

كبة أرنبية بالطحينة

Kibbie Balls Stuffed with Pine Nuts & Seasoned Gr Beef in a Tahini sauce made with sour Oranges (An Amazing & Different Tahini Sauce) with Julienne Onions and Garbanzo Beans, Served with Basmati Rice 33.95

Kafta B'Alforon (GF)

كفته بالفرن

Oven Baked "Kafta Kabab Meat Patty" covered with Sliced Potatoes Sliced Tomatoes, topped with Herb rich and Hearty Tomato Sauce. Lebanon's version of a Meat and Potato dish. Oven Baked & Served with White Basmati Rice 33.95

Kafta B' Tahini (GF)

كفتة بالطحينة

Oven Baked "Kafta Kabab Meat Patty", 7" round, covered with Sliced Potatoes, Topped with Tahini sauce then Oven Baked and, Served W/ Basmati Rice 33.95

Kousa & Malfouf Mih-Shi (GF)

كوسا وملفوف محشي

One of the ultimate comfort food dishes in Lebanon. Cored Zucchini Cabbage Leaves Stuffed with Extremely lean Meat, Tomatoes and Rice in a light tomato sauce. With two sides House made Yogurt and Lemon garlic 29.95

Kousa Bil Laban (GF)

كوسا باللبن

Stuffed Cored Zucchini Stuffed with Extremely lean Meat, Tomatoes & Rice cooked in a Tangy Garlic & Mint Yogurt sauce. Served with Basmati Rice 31.95

Mouloukhiyyeh

ملوخية لبنانية بالدجاج

Lebanese Style Mouloukhiyyeh W/Chicken Breast, Onion Vinaigrette, toasted

Lebanese bread Served with White Rice 31.95

Shish Barak

شيش برك مع الرز

Extremely thin dumpling squares stuffed with seasoned Gr. Beef and Pine Nuts,

Or for Vegetarians (VG)* Stuffed with Wild Mushrooms. Served in a bowl of

cooked Yogurt W/ Roasted Garlic Mint mixture served with Basmati rice 31.95

Chicken Kabab, Kafta Kabab, Beef or Lamb Kabab (GF)

كباب لبناني

Alforon Original Mix & Marinade, Two Skewers Served with Grilled Tomato &

Grilled Onion on a bed White of Basmati Rice

- Kafta- Seasoned Ground Beef Kabab, a side of Yogurt Cucumbers 26.95

- Chicken- Cut up Breast Served with our popular Garlic Paste. 28.95

- Beef- Cut up Tenderloin / Filet Mignon a side of Yogurt Cucumbers 32.95

- Lamb- Cut up Tenderloin / Filet Mignon, a side of Yogurt Cucumbers 35.95

Please Allow 18 to 20 Minutes of Grilling Time

Vegan Vegetarian Options

Lebanese Eggplant Mousakaa (GF) (V)*

مسقعة لبنانية مع الرز

Cubed Eggplant (Aubergine), Seasoned tomato sauce, Extra Virgin Olive Oil

& a side Basmati Rice (V)* 25.95 W/ Seasoned Extra Lean Gr. Beef Add 5.00

Okra- (Bamieh) (GF) (V)*

بامية مع الرز

Lebanese style Okra in a tangy tomato sauce, flavor rich with herbs & spices,

served with White Basmati Rice (V)* 25.95 Lamb & Beef Cubed meat Add 6.00

Green Peas & Carrots (GF) (V)*

بازيلا مع الرز

Popular Vegan comfort food dish in Lebanon, served in a bowl of tomato sauce

& Vermicelli Rice (V)* 25.95 W/ Seasoned Extra Lean Gr. Beef Add 5.00

Falafel Salad (GF) (V)*

سلطة الفلافل بالطحينة

Falafel Nuggets over a Healthy serving Romaine lettuce, Diced Tomato

topped with an amazing Tahini sauce 25.95

Favarugula- Salad (GF) (V)*

فول على سلطة الروكا (الجرجير)

"Foul" (Fava Beans) in a Lemon EVOO Dressing on a bed of Arugula salad

& topped with Fresh Diced Tomatoes 25.95

Mjaddara (Lentils w/ Rice) (GF) (V)*

مجدرة مع فتوش

Lentils, Onions, Egyptian Rice, bouquet of spices, with Fattoush Salad 25.95

Eggplant Fatteh (VG)*

فتة باندجان

Large Bowl of Roasted Eggplant Covered W/Garlic Mint, Hot Or Cold Yogurt,

Toasted Lebanese Bread, "Beurre Noisette" roasted Almonds / Pine Nuts, 26.95

Bean Medley (GF) (VG)*

مخلوطة حبوب مع الرز

Five different kinds of Beans soaked & cooked with Lentils, Onions,

served in a large Bowl with Basmati Rice or Fattoush Salad 26.95

Red Wine:

- Pinot Noir Glass 12.00 - 49.00 Bottle

- Popular "House" Cabernet Sauvignon 12.00 Glass - 500 ml Carafe 32.00

- Merlot - Cabernet Sauvignon - Syrah 9.50 Or 42.00 Bottle

- Lebanese KSARA Reserve & Chianti 78.00 Bottle only

White Wine:

- Pinot Grigio, Chardonnay, Sauvignon Blanc Glass 9.50 Or 42.00 Bottle

Beer:

Lebanese "ALMAZA" 8.00 Domestic 7.00

Corkage :

10.00 Plus 2.00 per glass used

Finish Your Meal with Our Chef's Wonderful Specialty Non-Caffeinated All Natural Aromatic

White Tea an ALFORON Exclusive... 3.95 ea.