

# 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 recipe 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

1 Dozen Falafel Plate..... 24.95

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

Falafel Bajeen (Oven baked)(V)(S)..... 16.95

W/ Humous ( Added to wrap & Bajeen only) .. 3.00

## 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

Sambousek

3 Pcs w/Cheese ..... 11.85 6Pcs ..... 23.50

3 Pcs w/ Meat ..... 8.85 6Pcs ..... 17.50

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 ..... 23.95

Garbanzo Beans in a bed of Extra

Virgin Olive oil, Garlic and Fresh Lemon

Foul (V) Reg ..... 11.95 Lg ..... 23.95

Traditional Fava Beans in a bed of

Extra Virgin Olive oil, Garlic and

Fresh Lemon juice.

Mezza dishes served W/ Lebanese bread and house pickled veggies

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

حلال

Halal

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.



Zaatar



Lahm Bajeen



Cheese



Spinach Pie



Spinach & Cheese



Chicken Tawook



Soujouk



Shawarma



Salmon Bajeen



Portaballo



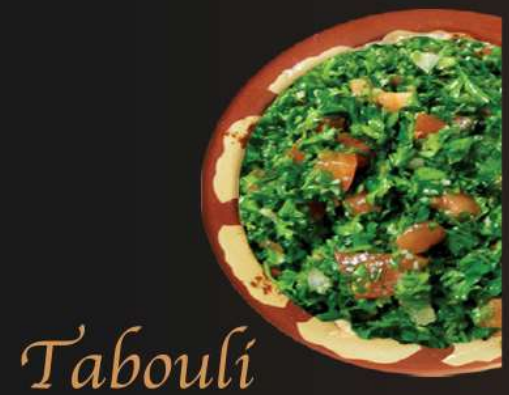
Falafel



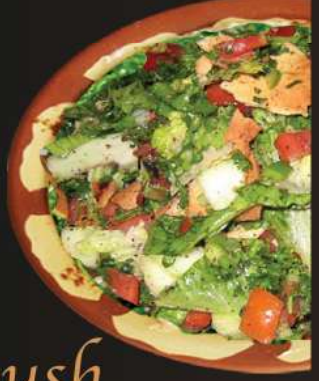
Humous



Baba Ghannouj



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

Baklawa ..... 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

حلال

Halal

*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) (GF)

A Crowd & Chef's favorite!

صيادية سمك

Cooked in the consomme' of fish, roasted Almonds & Pine Nuts, Tahini sauce, Caramelized Onions. Tilapia Filet 27.95 Swaii Filet +3.00 Salmon Filet +7.00

### 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

فتة 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, Served in a Large Bowl 31.95

### Majbous (GF)

مجبوس دجاج مع حشو

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 31.95

#### 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 26.95

#### 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 26.95

#### 5. Grilled Kibbie

كبة مشوية

Famous in northern Lebanon, Dome shaped Kibbie Stuffed W/ seasoned meat & 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 Basmati 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 choice of White of Basmati Rice, Humous or Fattoush Salad

- 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 33.95
- 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 6.00

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

بامية مع الرز

Lebanese style Okra in a tangy tomato sauce, flavor rich with herbs & spices, se  
White Basmati Rice (V)\* 25.95 Lamb & Beef Tender Cubed meat Add 7.00

### 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 6.00

### Falafel Salad (GF) (V)\*

سلطة الفلفل 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 Mixed with Egyptian Rice, bouquet of spices, Topped with Caramelized  
Onions and served with Fattoush Salad 25.95

### Eggplant Fatteh (VG)\*

فتة بانجان

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

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## 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 : 12.00 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... 4.95 ea.

18% Service Charge on Parties of 5 or more 20% on Parties of 8 or more 22% on Parties of 12 or more

**\* (V) Vegan**

**\* (VG) Vegetarian**

**\* (GF) Gluten Free**