

The cuisine of Lebanon is the epitome of the Mediterranean diet. It includes an abundance of starches, fruits, vegetables, fresh fish, and seafood; animal fats are consumed sparingly. Poultry is eaten more often than red meat, and when red meat is eaten it is usually lamb. It also includes copious amounts of garlic and olive oil and hardly a meal goes by in Lebanon that does not include those two ingredients. Most often foods are either grilled, baked or sautéed in olive oil; butter or cream is rarely used other than in desserts. Vegetables are often eaten raw or pickled as well as cooked. While the cuisine of Lebanon doesn't boast an entire repertoire of sauces, it focuses on herbs, spices and the freshness of ingredients; the assortment of dishes and combinations are almost limitless. The meals are full of robust, earthy flavors and much of what the Lebanese eat is dictated by the seasons.

# Pita Gourmet

THE WAY YOU REALLY WANT IT

Middle Eastern Cuisine  
and Traditional American Food  
Natural & Vegetarian

Daily Specials  
Hot Soup Daily  
Friday Fish Fry



## Pita Gourmet

Dine in or take out • Gift Certificates • Catering - small groups or large

41 Main Street, Cortland, NY 13045  
Tuesday-Saturday 11:00 a.m. to 8:30 p.m.  
(Dining room closes at 9:00 p.m.)

607-756-4442

[www.pitagourmet.com](http://www.pitagourmet.com)  
[info@pitagourmet.com](mailto:info@pitagourmet.com)



♥ indicates healthy choice



## APPETIZERS

Small Large

- ♥ **Toubouleh** 4.95 8.25  
The freshest diced salad: parsley, tomato, onion, and bulgar wheat blended with lemon and oil.
- ♥ **Hommos** 4.95 8.25  
Mashed chick peas and sesame paste with garlic and lemon.
- ♥ **Baba Gannush** 4.95 8.25  
Mashed eggplant and sesame paste with garlic and lemon.
- Falafel** 4.50 7.95  
Vegetable patties prepared from chick peas, fava beans and spices served with pita.
- ♥ **Grape Leaves vegetarian** 4.50 6.25  
Stuffed with rice, oil, lemon and spices.
- ♥ **Mazza combo** 8.25 13.25  
Choose three of five tabouleh, hommos, baba gannush, grape leaves or falafel.
- ♥ **Fabulous Five** 13.25 22.50  
Enjoy all 5 - Tabouleh, hommos, baba gannush, grape leaves, and falafel.
- ♥ **Labneh** 4.95 8.25  
A strained yogurt with garlic salt, dried mint & olive oil.

All dished above are served with Pita bread

Add Extra Pita bread 1.00

- ♥ **Spinach Pie** 6.25  
Simply the best, give it a try!!!! (ask for availability)
- ♥ **Olive Dish** 2.75  
Kalamata black olives

## PLATTERS

1 Skwr 2 Skwr

- ♥ **Shishtawooc** 11.95 19.45  
Marinated char-broiled skewer of chicken served with rice & traditional salad or soup.
- Shish kebab** 12.95 20.50  
Char-broiled skewer of lamb or beef served with rice & traditional salad or soup.
- Shawerma kebab** 12.95 20.50  
Marinated char-broiled skewer of lamb or beef served with rice & traditional salad or soup.
- Kufta kebab** 11.95 19.45  
Ground beef and lamb with parsley, onion, and spices Served with rice & traditional salad or soup.
- ♥ **Spicy breast of chicken** 12.95 21.50  
Prepared to your satisfaction. Choose Hot, Medium or Mild spices. Served with rice & traditional salad or soup.
- Rolled Cabbage** 12.95  
Rolled tender cabbage leaves stuffed mysteriously with ground meat, rice and seasoning.

Four Six  
5.95 8.50

**Grape Leaves with Meat**  
Stuffed with rice, lamb and beef, and spices.

## VEGETARIAN PLATTERS

Single Mix

- ♥ **Vegetarian** 10.50 11.95  
Falafel with your choice of Tabouleh, Hommos, or Baba Gannush. Served with lettuce, tomato, radish, pickles and tahini sauce.

## MIDDLE EASTERN PITA WRAPS

- Gyro** 6.25  
Served in pita with lettuce, tomato, onion, and our homemade Tzatsiki sauce.
- Chicken Gyro** 6.25  
Served in pita with lettuce, tomato, onion, and our homemade Tzatsiki sauce.
- Kibbie** 7.25  
Fried ground packed wheat with beef. Served in pita with lettuce and our homemade Tzatsiki sauce.
- Kufta** 7.25  
Ground beef and lamb, with parsley, onions, and spices. Served with lettuce, tomato, and our homemade Tzatsiki sauce.
- Falafel** 5.95  
Vegetable patties (chick peas, fava beans, and tahini). Served with lettuce, tomato, radish, and pickles.
- ♥ **Hommos wrap** 5.50  
Served in pita with lettuce, tomato and onion.
- ♥ **Baba gannush wrap** 5.50  
Served in pita with lettuce, tomato, and onion.

Add Feta Cheese, Baba, Hommos or a side of Sauce to any wrap 1.00

## PITA WRAP

- Tuna Salad** 5.50
- Chicken salad** 5.50
- Turkey** 5.50
- BLT** 5.50
- Ham & Cheese** 5.50
- Vegetarian** 5.50

Served with mayonnaise, lettuce, tomato, onion and house dressing.

## AMERICAN SANDWICHES

- Tuna Salad** 5.95
- Chicken Salad** 5.95
- Turkey** 5.95
- BLT** 5.95
- Ham & Cheese** 5.95

On white or wheat with mayonnaise, lettuce, tomato, onion, and house dressing. Served with chips.

## BURGERS

ROLL IN PITA

- Hamburger** 5.95 6.25
- Cheeseburger** 6.25 6.50
- Bacon Cheeseburger** 6.95 7.25  
Served with mayo, lettuce, tomato, onion & fries

## SIDE ORDER

- French Fries** 3.25
- Onion Rings** 4.50
- Mozzarella Sticks** 5.50
- Fish Sticks** 3.75

## SALADS

Small Large

- ♥ **Traditional Salad** 3.95 5.25  
Lettuce, tomato, Feta
- ♥ **Greek Salad** 4.25 6.25  
Lettuce, tomato, Feta, black olives & onion
- ♥ **Garden Salad** 4.25 6.75  
Lettuce, tomato, onion, cucumber, radish & peppers
- ♥ **Fattoush Salad** 4.75 6.95  
Lettuce, tomato, cucumber, radish, onion, pickles, pepper and our house dressing on roasted pita bread.

Two Three  
6.50 8.25

**Falafel Salad**  
Lettuce, tomato, cucumber, radish, onion, pickles & pepper with Falafel & Tahini sauce.

Add Gyro or Chicken Gyro meat to any salad 3.00

**DRESSINGS: House, Italian, Ranch or French**

## SOUP OR RICE

Cup Bowl

- ♥ **Lentil soup** available daily. 3.25 4.50

## BEVERAGES (Coca-cola Products)

- Soda** 2.00
- Milk** 2.00
- Chocolate Milk** 2.00
- Iced Tea** 2.00
- Hot Chocolate** 2.00
- Coffee or Tea** 1.25

## DESSERTS

- Baklava** (Fillo dough, walnuts & honey) 3.50
- Namoura** (Semolina, coconut, walnuts & honey) 3.50
- Sesame Candy** (Halwa) 3.50
- Rice Pudding** (Grandma's Recipe) 3.50



\* Changes to standard menu items may increase meal prices. Please ask your server. \*\* All Prices Subject to change