



# *Welcome* to MEA

Where the spirit of the Eastern Mediterranean  
meets the city's pulse.

By day, it's a sun-kissed escape of bold flavors and fresh vibes. By night, an intimate, buzzing scene of food, music, cocktails, and conversation. Chef Omri McNabb gives Mediterranean classics a modern twist — think unexpected pairings, fire-grilled favorites, and plates made to share. Every night here is about connection, discovery, and living in the moment.

Come for the flavors, stay for the feeling.

## *Bread & Dips*

	Order your favorite bread and dips for the perfect kickstart	
Jerusalem Bagel (V)	Warm, airy sesame bagel served with date molasses, za'atar & olive oil	6
Frena Bread (VG)	Ghee bouquet garni	6
Pita Bread (V)	Freshly baked, blistered to perfection	4
Pickles (V)	A colorful, house-fermented mix of fresh vegetables	4
Zucchini Tahini (VG)	Caramelized walnut, Aleppo pepper, extra virgin olive oil	7
Spicy Experience (VG)	For the heat-seekers: shifka peppers, red chili butter, fried chili, and horseradish chrain. Hot, layered, and addictive	7
Labaneh (VG)	Thick, tangy labaneh topped with sumac, pine nuts & a drizzle of olive oil	6
Green Tahini Catch	Crisp-on-the-outside, tender-within fish falafel. Made with fresh fish, served with green tahini.	10

## *Fresh & Raw*

Grilled Aubergine (V)	Charred and glazed with white miso, tahini, flaked almonds, tomato salsa & fresh herbs	16
Burrata Hraime	Creamy burrata in a warm Hraime sauce, dashi no moto, finished with olive dust, basil & extra virgin olive oil <i>Vegetarian option available</i>	17
Ruby tide Tuna	Feta cream, Granny Smith salsa, marinated red beets	19
Tomato Carpaccio (VG)	Paper-thin coeur de boeuf layered with smoky aubergine cream & aged dry cheese	15
Beef Tartare	Hand-cut beef with ajo blanco, herbs. Served with fries—because indulgence is part of the ritual.	26
Greek salad (VG)	Tomato, cucumber, feta, red onion, kalamata olives, pita croutons	23

## *Mains & sharing plates*

<b>Beet Kubbeh Soup</b>	Beef Kubbeh, beetroot soup reduction, celery, parsley	<b>26</b>
<b>Oxtail Tortellini</b>	Homemade tortellini, oxtail stew, sage, beurre noisette, pine nuts, butter milk <i>Vegetarian option available</i>	<b>27</b>
<b>Mustard beurre blanc Sea Bass</b>	Pan-seared with a white wine fennel broth. Finished with mustard, mixed herbs & bonito	<b>33</b>
<b>Baharat Pointed Cabbage (VG)</b>	Charred and glazed, with Baharat aioli, crunchy breadcrumbs & a smoky cabbage reduction	<b>23</b>
<b>Chicken alla Milanese</b>	Crispy, golden chicken schnitzel with house pickled mayo	<b>31</b>
<b>Mediterranean Lamb chops</b>	Tender lamb with creamy cannellini bean purée, garlic confit, date demi-glace, zhug & za'atar	<b>38</b>
<b>Mazura Rib-Eye Dry-Aged for 4 weeks</b>	Perfectly grilled, with demi-glace, harissa-carrot purée & a side of golden fries	<b>52</b>

## *Side dishes*

		<b>5</b>
<b>Fries (VG)</b>	Crispy, golden, with Sumac salt	<b>5</b>
<b>Mea Salad (V)</b>	Iceberg, radish, red onion & an apple vinaigrette	<b>6</b>
<b>Roasted Potatoes (VG)</b>	With bold filfel chuma sauce—smoky and addictive	<b>12</b>
<b>Grilled Broccolini (VG)</b>	Charred to perfection, served with tahini beurre blanc & toasted almonds	<b>9</b>
<b>Crispy Cauliflower (VG)</b>	Golden florets with a side of Mouhammara—our signature red pepper and walnut dip	

(V) – Vegan, (VG) – Vegetarian

We are happy to advise you on any allergies or special diet.  
Prices in euro. Taxes included. Card payments only, no cash.

## Delicacies & Sweet Endings

<b>Levantine Millefeuille</b>	Kadayif baked in butter, mousse labaneh, Mastic syrup, hazelnut butter, pistachio Dukkah	14
<b>Pistachio Tart</b>	With tangy sour cheese	12
<b>Malabi (V)</b>	Orange blossom custard, pecan, honey, cinnamon	12
<b>Chocolate Mousse</b>	Decadent Belgian Chocolate Mouse topped with salted caramel crumble & olive oil powder	12

## Sweet wines

**Adyar Vin Doux Naturel, 2016** 10  
Grenache, Syrah, Merweh  
*Bekaa Valley, Lebanon*

**Marsala Florio,  
Semisecco Superiore, 2014** 10  
Grillo  
*Sicily, Italy*

## Liqueurs

**Five Farms Irish Cream** 9

**Adriatico *Italy*** 9  
*Roasted Almonds 28%*

**Paolina *Lebanon*** 7  
*Limoncello 30%*  
*Mandarina 30%*  
*Mastiha 28%*

**Skinos *Greece*** 8  
*Mastiha 28%*

**Chartreuse Verte 55% *France*** 12

## Night cocktails & caps

**Baklava** 18  
Brugal 1888, Bayou Reserve, salted walnut,  
orgeat, honey, Turkish tobacco

**Yia Mas** 14  
Feta washed Zubrowka, Skinis mastiha,  
honey, Greek yoghurt, lime

**Tahini Martini** 15  
Altere wodka, salted black tahini syrup,  
Mr. Black, Halva  
*Espresso Martini, silkier & richer flavour*

**Our Brandy** 12  
Premium Brandy, Héritage 40% *Lbn*  
Jassignac 15y, Karam Winery 44% *Lbn* 16

**Vecchia Romagna**  
*Tre Botti 40.8%*  
*18-Year-Old 43.8%*

## Specialty Coffee

**Irish Coffee *Bushmills Irish Whisky*** 12  
**Italian Coffee *Adriatico Roasted Almonds*** 12  
**Lebanese Coffee *Premium Brandy, Héritage*** 12