



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 chraim. 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

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

Side dishes

		5
Fries (VG)	Crispy, golden, with Sumac salt	5
Mea Salad (V)	Iceberg, radish, red onion & an apple vinaigrette	6
Roasted Potatoes (VG)	With bold filfel chuma sauce—smoky and addictive	12
Grilled Broccolini (VG)	Charred to perfection, served with tahini beurre blanc & toasted almonds	9
Crispy Cauliflower (VG)	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

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

Sweet wines

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

Marsala Florio,
Semisecco Superiore, 2014
Grillo
Sicily, Italy

Liqueurs

Five Farms Irish Cream

Adriatico Italy

Roasted Almonds 28%

Paolina Lebanon

Limoncello 30%

Mandarina 30%

Mastiha 28%

Skinos Greece

Mastiha 28%

Chartreuse Verte 55% France

Night cocktails & caps

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

Yia Mas
Feta washed Zubrowka, Skinos mastiha, honey, Greek yoghurt, lime

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

Our Brandy

Premium Brandy, Héritage 40% Lbn
Jessignac 15y, Karam Winery 44% Lbn

12
16

Vecchia Romagna

Tre Botti 40.8%

18-Year-Old 43.8%

Specialty Coffee

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

12

12

12

12

18

14

15

12

16

7

7

7

12

12

12