

MEDITERRANEAN HARVEST FOR LIFE

Enjoy life more. Enjoy more life.

Menu

Soups & Salads



STRAWBERRY CHICKEN SALAD

8.99

Grilled chicken marinated in raspberry vinaigrette placed atop baby spinach combined with strawberries, pears, avocado, sweet onion and sesame seeds. Raspberry vinaigrette served on the side.

VEGETABLE MINISTRONE

4.89

An exciting array of vegetables cooked in extra virgin olive oil with a variety of beans, greens, pasta and diced tomatoes added to enhance the flavor. Served sprinkled with fresh parsley for garnish.

SWEET POTATO BISQUE

3.89

Sweet potatoes cooked in vegetable broth, blended until smooth with dried thyme leaves, cayenne, soy milk added for flavor.

BLUEBERRY BISQUE

3.89

Fresh blueberries blended with honey, brown sugar, cinnamon, lemon and apple juice - garnished with plain yogurt and blueberries.

TURKEY CHILI

4.69

Ground turkey cooked in extra virgin olive oil combined with chili powder, onion, tomato paste, red beans and corn, served over rice, topped with shredded cheddar cheese and sour cream..

Mediterranean Harvest For Life
1520 South 70th Street, Suite 101
Lincoln, Nebraska 68506

Phone: 402.484.5800
Fax: 402.484.5810
MediterraneanHarvest.com

Major credit cards accepted.



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Entrees



KABOB ON COUSCOUS

11.99

Marinated eye of round roast cut into cubes (soy sauce, extra virgin olive oil, molasses, ginger, dry mustard, minced garlic) with roasted vegetables and couscous. Served over couscous garnished with cherry tomatoes and chopped fresh

BAKED CITRUS-HERB SALMON FILET

12.29

Salmon fillet sprinkled with sea salt and ground black pepper - grated lemon and orange rind spread over salmon - fresh chives, thyme -oregano-tarragon sprigs arranged across salmon with lemon slices on top. Served over lemon rice.

SLOW COOKED PEPPER STEAK

13.99

Round steak cut in strips with soy sauce, minced garlic, onion, honey, pepper, ginger poured over steak, garnished with green pepper and diced tomatoes. Served over rice or noodles.

BAKED CHICKEN IN RASPBERRY SAUCE

12.89

Skinless chicken breast covered with combined raspberry sauce mixture, garnished with fresh raspberries. Served with one side of choice.

MANDARIN ORANGE CHICKEN

11.89

Skinless chicken breast covered with combined orange juice and poultry seasoning and mandarin oranges. Served with rice or pasta and one side of choice.

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