



# Niagara Gourmet

Catering & Personal Chef Services  
Office: (905) 682-0184 Shop: 905-641-CHEF  
E-mail: david@niagaragourmet.ca Visit: www.niagaragourmet.ca

## Mediterranean & Middle Eastern Specialties

### MEZE

Humus Chick Pea  
Baba Ghanoush Eggplant  
Roasted Red Pepper and Feta  
Taramosalata Cod Roe Dip  
Taziki Cucumber Dip  
Dolmas Stuffed Grape Leaves  
Falafel Chick Pea Patties  
Spanikopita Spinach & Feta Pie  
Haloumi Cheese Pastry

### SALADS

Tabouli  
Fattoush Salad  
Greek Salad  
Tomato & Onion

### KABOBS

Chicken Breast  
Lamb Shish Kabob  
Tika Beef Kabob  
Kafta Ground Beef Kabob

### ENTREES

Egyptian Koshari Lentil, Macaroni & Chickpeas  
Mousaka with Lamb or Beef  
Garlic Chicken with Okra  
Oven Baked Fish Tanjine  
Chicken with Olives and Preserved Lemons  
Couscous – Chicken or Vegetarian  
Roast Leg of Lamb  
Lamb Stew with Artichokes  
Lentil and Feta Bake with Hazelnuts

We are experienced in Halal and Kosher meal preparations.