



MEDITERRANEAN HARBOUR
Bar & Grill

Lebanese Cuisine

Open Daily

Lunch 11:30am - 4:00pm

Dinner 4:00pm - 9:30pm

Happy Hour

We have \$3 house wine, \$3 Draft beer, \$4 house liquor and half off bar food menu

Shelter Cove Harbour • 13 Harbourside Lane

843.842.9991

www.mediterraneanharbour.com



Now delivering by the Uber Eats APP



Appetizers

Hummus | \$8

Dip of chickpeas purée, tahini.

Baba Ghanouj | \$8

Roasted eggplant purée, tahini.

Grape Leave | \$8

Rice stuffed grape leaves, tomatoes, parsley.

Sambosik | \$8

Fried pastry dough, ground beef, pine nuts.

Feta Cheese Rolls | \$8

Fried Phyllo dough, feta, mint, red onions

Falafel | \$8

Fried chick peas & fava beans patties, tahini sauce

M.H. Sampler Platter | \$16

Your choice of 3 appetizers

Sandwiches

SANDWICHES SERVED 11:30 AM - 4:00PM

M.H. Burger | \$11

1/2 LB Ground beef patty, lettuce, tomato, onion, your choice of cheddar, Swiss or feta cheese.

Kafta Kabob | \$11

Spiced Ground beef, tomato, onion, Mediterranean pickles, tahini, on Lebanese bread.

Beef Shawarma | \$10

Slow roasted marinated beef, tomatoes, onions, Mediterranean pickles, tahini, on Lebanese bread

Chicken Flatbread | \$10

Pita Bread, Garlic Spread, Tomato, onion, Mozzarella

Steak Flatbread | \$11

Pita Bread, hummus spread Tomato, onion, Mozzarella

Spinach Flatbread | \$9

Pita bread, garlic spread, tomato, onion, Mozzarella

Shrimp Flatbread | \$12

Pita bread, Garlic Spread, Tomato, onion, Mozzarella

Chicken Shawarma | \$10

Slow roasted marinated chicken, tomato, pickles, with garlic spread on Lebanese bread.

Falafel Sandwich | \$8

Fried chick peas & fava beans patties, tomato, cucumbers, onions with tahini sauce on Lebanese bread.

Salads

Salads: Add chicken or beef Shawarma | \$5 Add Shrimp | \$8

Tabouleh | \$9

Blend of Parsley, mint, diced tomatoes, onions & Bulgur wheat

Fattouch Salad | \$9

Romaine lettuce, Blend of tomato, onion, cucumber, green pepper & baked pita bread.

Blue Cheese Salad | \$9

Mixed green, strawberry, walnut, blue cheese.

Greek Salad | \$8

Romaine Lettuce, tomato, cucumber, green pepper, feta, Kalamata Olive.

Entrée

Ahi Tuna | \$20

served with citrus soy sauce

Falafel Crusted Cod | \$18

Pan seared, falafel crusted

Mahi Mahi | \$18

seasoned with lemon, garlic

Blackened Flounder | \$18

blackened spiced seasoning

Shrimp Kabob | \$20

Marinated with garlic lemon sauce

Kafta Kabob | \$18

Spiced Ground beef, onions, parsley

Chicken Kabob | \$17

Grilled chicken kabob.

Beef Kabob | \$19

Grilled beef kabob.

Kabob Combo | \$25

Your choice of any 3 different kabobs

Half Rack of Lamb | \$26

Rack of lamb grilled to order

Chicken Shawarma | \$17

Slow roasted chicken, cooked on vertical rotisserie.

Beef Shawarma | \$19

Slow roasted beef, cooked on vertical rotisserie

Shawarma Mix | \$23

Slow roasted chicken & beef cooked to perfection

Lamb Kabob | \$23

Grilled Lamb kabob

Seafood Platter | \$24

Shrimp, scallops, seasonal fish.



It's Greek To Me (Page 75)

Enjoy the unique taste of genuine Greek cuisine, from gyros to fried calamari to souvlaki to baklava for dessert in one of their cozy dining rooms or expanded patio. Serving all natural chicken, organic soups, Gulf Coast wild caught shrimp, fresh

fish. Food is prepared with authentic Greek recipes using only the best ingredients and equipment, including the only gyro machines on the island. Greek wine, beer and ouzo. Serving lunch and dinner continuously from 11am – 10pm daily. Reservations accepted. 11 LAGOON RD. (BY COLIGNY PLAZA), SOUTH END, 843-842-4033, WWW.ITSGREEKTOMEHI.COM



Mediterranean Harbour Bar & Grill (Page 74)

Simon Mikhael has brought Lebanese cuisine to Hilton Head. Featuring the recipes of his mother, Marie Saba, they offer favorites such as Falafel, Kibbeh, Kafta,

and seafood dishes. Not content to just share her recipes, Marie is overseeing the kitchen to make sure that each recipe is made to her satisfaction. For those unfamiliar with Lebanese cuisine, most dishes are grilled or baked and use ingredients like lemon, garlic, parsley, olive oil and spices. Enjoy their indoor and outdoor seating with a full service bar. Open daily and serving lunch SHELTER COVE HARBOUR, 843-842-9991, WWW.MEDITERRANEANHARBOUR.COM.

GREEK CHICKEN SALAD TACO

by Carrie Hirsch • Makes 4 tacos



Ingredients:

- 1 pound grilled chicken, sliced (warm or cold)
- 1/2 head iceberg lettuce, coarsely chopped
- 1/2 cup crumbled feta
- 1/3 red onion, diced
- 2/3 cup Kalamata olives
- 1 1/2 cups tzatziki sauce* (recipe follows)
- Lemon wedges
- (4) 5" white corn soft tortillas
- Taco holder

Tzatziki Sauce:

- 1/2 cucumber
- 3 garlic cloves
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon coarse salt
- 1 1/4 cups whole milk Greek yogurt

Directions:

Make the tzatziki sauce first: peel, seed and grate 1/2 cucumber and let sit in a mesh sieve. Process garlic, olive oil and salt in a mini food processor or form into a paste using a mortar and pestle. Pat dry grated cucumber using paper towels. Transfer cucumber and garlic mixture to a medium bowl, then stir in yogurt. Cover and refrigerate for 1 hour minimum before serving.

Taco assembly: Place white corn tortillas into taco holders. Divide lettuce and chicken slices between tortillas, then top with feta, red onion, and Kalamata olives. Drizzle with tzatziki sauce. Serve with lemon wedges.

All menu prices and items are subject to change.

10% OFF

restrictions apply cannot be combined with other promotions

