

## COMBO SPECIALS •

Served with shirazi salad, grilled tomatoes, choice of Basmati rice. Choose any two skewers from either side or one skewer from each side.

**Choose 2  
From below  
\$19.30**

Chicken  
Ground Sirloin

**Choose 2  
From below  
Market Price**

Salmon Shrimp  
Wahoo Filet Mignon  
Lamb

For a gluten-free diet, ask for no lavash bread.

## SIDE ORDER OF GRILLED SKEWERS

Tomato .....	\$6.00
Vegetable .....	\$8.50
Potato .....	\$6.00
Ground Sirloin .....	\$10.35
Chicken .....	\$10.35
Filet Mignon .....	\$13.10
Lamb .....	\$13.10
Salmon .....	\$13.35
Wahoo .....	\$13.35
Shrimp .....	\$10.00

## SIDES OF RICE

Small / Large

White Basmati Rice .....	\$6.25 / \$8.25
Herb Basmati Rice .....	\$6.75 / \$9.00

## DESSERT

## SIDE

Baklava .....	\$4.25	Grilled Corn .....	\$5.00
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## BEVERAGES

Soda .....	\$4.00	Doogh .....	\$5.00
Iced Tea .....	\$4.00	Hot Tea .....	\$4.50
Snapple .....	\$4.50		



*All of our meats, poultry, and seafood are grilled over Mesquite charcoal. Mesquite is an all-natural wood without additives or impurities.*

*The phenomenal popularity of mesquite is its unique ability to sear the food with high, dry heat, locking in natural juices, and adding delicate flavor.*



WE OFFER CATERING SERVICES FOR ANY OCCASION. CALL US FOR EASY PICK-UP, DELIVERY, OR ON-SITE CATERING. OUR PASSION IS FOOD, AND YOUR SATISFACTION IS OUR REWARD!

### MIRA MESA

6755 Mira Mesa Blvd, Ste 101  
San Diego, CA 92121  
858-452-1990

### CARMEL VALLEY

3870 Valley Centre Dr, Ste 303  
San Diego, CA 92130  
858-793-0705

### LA JOLLA

1030 Torrey Pines Rd, Ste C  
San Diego, CA 92037  
858-456-9576



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**MIRA MESA**  
**858-452-1990**



*The Thrille of the Grille*

*All meats cooked over  
mesquite charcoal*

LUNCH • DINNER

**Free Delivery**  
with a minimum of  
\$15 within a 3 mile radius

**marketplacegrille.com**

## APPETIZERS

Small / Large

For a gluten-free diet, substitute pita for cucumbers/carrots.

**Hummus** ● ● ● \$7.25 / \$11.00

Made with chickpeas, tahini, olive oil, and garlic. Served with pita bread. For a low-carb option, ask for cucumbers and carrots.

**Tabouleh** ● ● ● \$7.25 / \$11.00

Freshly made salad with parsley, tomatoes, green onion, garlic, and bulgur with olive oil and freshly squeezed lime juice. Served with pita bread.

**Shirazi** ● ● ● \$7.25 / \$11.00

Freshly made salad with cucumber, tomatoes, onion, and parsley with olive oil and freshly squeezed lime juice. Served with pita bread.

**Baba Ghanoush** ● ● ● \$7.25 / \$11.00

Our famous eggplant dip is roasted over a charcoal mesquite fire and blended with yogurt and tahini. Served with pita bread.

## SALADS

All salads include lavash bread. For a gluten-free diet, ask for no lavash bread.

**Greek Salad** ● ● ● \$11.00

Romaine lettuce, tomatoes, red onion, kalamata olives, feta cheese, and our homemade vinaigrette dressing.

**Caesar Salad** ● ● ● \$10.00

Romaine lettuce, parmesan cheese, caesar dressing.

**House Salad** ● ● ● \$9.75

Iceberg lettuce, tomatoes, cucumbers, carrots, red cabbage, and our famous house dressing.

**Spinach Salad** ● ● ● \$9.65

Spinach, feta cheese, tomatoes, and a homemade honey vinaigrette dressing.

Add a skewer to any of the above salads.

**Chicken, Ground Sirloin, or Vegetable** \$7.25

**Filet Mignon, Lamb, Salmon, or Wahoo** \$9.50

\$1.00 charge for substitution. Prices subject to change without notice.

\* NEW ITEM | ● = VEGETARIAN | ● = GLUTEN-FREE | ● = LACTOSE FREE | MP = MARKET PRICE

## SOUPS

Small / Large

**Chicken Soup** ● ● ● \$7.25 / \$10.00

Our homemade chicken soup is made of potato, zucchini, squash, carrot, celery, tomato, corn, bell pepper, onion, and chicken in a spicy curry broth.

**Vegetable Barley Soup** \$6.50 / \$9.50

Slow simmered barley soup made with whole wheat barley, spinach, cilantro, and lentils.

**Soup & Salad Combo** \$15.00

## ENTREES

White / Herb

Served with a fresh garden salad, house dressing, lavash bread, and choice of white or herb Basmati rice. For a gluten-free diet, ask for no lavash bread.

Chicken . . . . .	\$18.10 / \$18.60
Ground Sirloin . .	\$18.10 / \$18.60
Salmon . . . . .	\$21.10 / \$21.60
Wahoo . . . . .	\$21.10 / \$21.60
Shrimp . . . . .	\$17.60 / \$18.10
Filet . . . . .	\$20.10 / \$20.60
Lamb . . . . .	\$20.10 / \$20.60
Vegetable . . . . .	\$16.75 / \$17.25

## TONY'S SPECIAL

Grilled assorted vegetable skewer with tomato, onion, yellow squash, and zucchini over iceberg lettuce and shirazi salad accompanied with your choice of meat. Served with lavash bread.

**Chicken** . . . . . \$19.20

**Ground Sirloin** . . . . . \$19.20

**Salmon** . . . . . \$22.10

**Wahoo** . . . . . \$22.10

**Filet** . . . . . \$21.20

**Lamb** . . . . . \$21.20

**Shrimp** . . . . . \$20.60

For a gluten-free diet, ask for no lavash bread.

## BOWLS

White / Herb

Bowls are served with tabouleh on top of white or herb Basmati rice and lavash bread. For a gluten-free diet, substitute the tabouleh for shirazi salad and no lavash bread.

Chicken . . . . .	\$12.90 / \$13.40
Ground Sirloin	\$12.90 / \$13.40
Salmon . . . . .	\$15.25 / \$15.75
Wahoo . . . . .	\$15.25 / \$15.75
Shrimp . . . . .	\$14.50 / \$14.80
Filet . . . . .	\$16.50 / \$17.50
Lamb . . . . .	\$16.50 / \$17.50
Vegetable . . . . .	\$12.65 / \$13.15

## CRISPY BOWLS

White / Herb

Served in a crispy lavash bread bowl filled with a choice of white or herb Basmati rice, lettuce, shirazi salad, and baba ghanoush. For a gluten-free diet, substitute the crispy lavash bread for a regular bowl.

Chicken . . . . .	\$15.75 / \$16.25
Ground Sirloin .	\$15.75 / \$16.25
Salmon . . . . .	\$17.35 / \$17.85
Wahoo . . . . .	\$17.25 / \$17.75
Shrimp . . . . .	\$16.00 / \$16.75
Filet . . . . .	\$18.25 / \$18.75
Lamb . . . . .	\$18.25 / \$18.75
Vegetable . . . .	\$15.50 / \$16.00

## WRAPS

Our wraps are served on whole wheat lavash bread. Includes lettuce, tomatoes, cucumber, pickle, red cabbage, onion, mayo, and house dressing. Add hummus or baba ghanoush for \$0.75.

Chicken . . . . .	\$15.25
Ground Sirloin . . .	\$15.25
Salmon . . . . .	\$17.50
Wahoo . . . . .	\$17.50
Shrimp . . . . .	\$15.50
Filet . . . . .	\$17.00
Lamb . . . . .	\$17.00

**Veggie Wrap** ● \$12.50

In addition to the above ingredients, we add spinach, feta cheese, carrots, and walnuts.



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