

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
\$16.20

Chicken
Ground Sirloin

Choose 2
\$19.95

Salmon Shrimp
Wahoo

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

SIDE ORDER OF GRILLED SKEWERS

Tomato	\$4.00
Vegetable	\$5.65
Potato	\$4.25
Ground Sirloin	\$6.00
Chicken	\$7.25
Filet Mignon	\$10.00
Lamb	\$10.00
Salmon	\$10.75
Wahoo	\$10.25
Shrimp.....	\$8.00

SIDES OF RICE

Small / Large

Basmati White Rice	\$5.00 / \$7.00
Basmati Herb Rice.....	\$5.50 / \$7.75

DESSERT

SIDE

Baklava	\$3.50	Grilled Corn	\$3.25
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BEVERAGES

Soda.....	\$2.50	Doogh	\$3.00
Iced Tea.....	\$2.50	Hot Tea.....	\$3.50
Snapple	\$3.00		



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 due to 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 92126
858-452-1990

LA JOLLA

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

CARMEL VALLEY

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



marketplacegrille.com

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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

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APPETIZERS

Small / Large

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

Hummus ● ● ● \$6.00 / \$9.15

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

Tabouleh ● ● ● \$6.00 / \$9.15

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

Shirazi ● ● ● \$6.00 / \$9.15

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

Babaghanoush ● ● ● \$6.00 / \$9.15

Our famous eggplant dip! Eggplants roasted over 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.

House Green with Feta ● ● ● \$9.65

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

Caesar Salad ● ● ● \$8.75

Romaine lettuce, parmesan cheese, caesar dressing.

House Green Salad ● ● ● \$8.40

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 \$4.25

Filet Mignon, Lamb, Salmon, or Wahoo \$7.50

SOUPS

Small / Large

Chicken Soup ● ● ● \$5.50 / \$8.75

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

Vegetarian Barley Soup \$5.50 / \$8.75

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

Soup & Salad Combo \$10.75

ENTREES ● ● ● White / Herb / Brown Rice

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

Chicken	\$15.05 / \$15.55
Ground Sirloin . .	\$14.30 / \$14.80
Salmon	\$18.00 / \$18.50
Wahoo	\$17.50 / \$18.00
Shrimp	\$15.00 / \$15.50
Filet	\$17.00 / \$17.50
Lamb	\$17.00 / \$17.50
Vegetable	\$13.75 / \$14.25

"TONY'S SPECIAL" ● ● ●

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

Chicken	\$16.10
Ground Sirloin	\$16.10
Salmon	\$19.50
Wahoo	\$19.10
Filet	\$18.10
Lamb	\$18.10
Shrimp	\$18.00

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

BOWLS

White / Herb

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

Chicken	\$11.40 / \$11.90
Ground Sirloin . .	\$11.40 / \$11.90
Salmon	\$13.65 / \$14.15
Wahoo	\$13.40 / \$13.90
Shrimp	\$12.80 / \$13.30
Filet	\$15.00 / \$15.50
Lamb	\$15.00 / \$15.50
Vegetable	\$11.15 / \$11.65

CRISPY BOWLS

White / Herb

Served in a crispy lavash bread bowl, filled with choice of Basmati rice, lettuce, shirazi salad, and babaghanoush. For a gluten free diet, substitute the crispy lavash bread for a regular bowl.

Chicken	\$13.50 / \$14.00
Ground Sirloin . .	\$13.50 / \$14.00
Salmon	\$15.00 / \$15.50
Wahoo	\$15.00 / \$15.50
Shrimp	\$14.00 / \$14.50
Filet	\$16.00 / \$16.50
Lamb	\$16.00 / \$16.50
Vegetable	\$13.50 / \$14.00

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 babaghanoush for \$0.75

Chicken	\$12.25
Ground Sirloin . . .	\$12.25
Salmon	\$14.50
Wahoo	\$14.00
Shrimp	\$12.95
Filet	\$14.00
Lamb	\$14.00

Veggie ● \$10.00

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



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

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

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