

Hot Beverages

Arabic Mint Tea
caffeinated and decaffeinated
A blend of imported mint and tea leaves
sweet, medium, or no sugar \$3.50

Arabic Coffee
A light blend of Brazilian
coffee beans and cardamom,
brewed lightly
sweet, medium, or no sugar \$3.50

American coffee
Hot cocoa
Peppermint tea
Earl grey tea
\$2.00 each

Desserts

Kunaffa
A delightful combination
of toasted shredded dough
atop a layer of fresh farmers,
cheese lightly sweetened \$3.75

Baklava
Walnuts and filo dough
unlike any \$2.50



Cold Beverages

Mango nectar
Vinto from Britain
Yogurt saked drink
Apple juice
Spring water
lemonade
Coke, Diet coke
Ginger Ale, Sprite
unsweetened ice tea
club soda
\$2.00 each

*Food from the heart of Jerusalem
nourishes body and soul*

The cover is my father's last charcoal painting of Al Wadd Avenue
in Jerusalem, Mr. Fawzi Masoud

At Sepal

We use all natural ingredients

*We also do not use sugar or dairy product
(excluding desserts)*

*Catering is available for all types of functions,
parties, and special occasions, in house or at a
location of your choice. Waiter will construct a menu
that meets your need.*

(617) 924-5753 fax (617) 924-8588

www.sepal.net

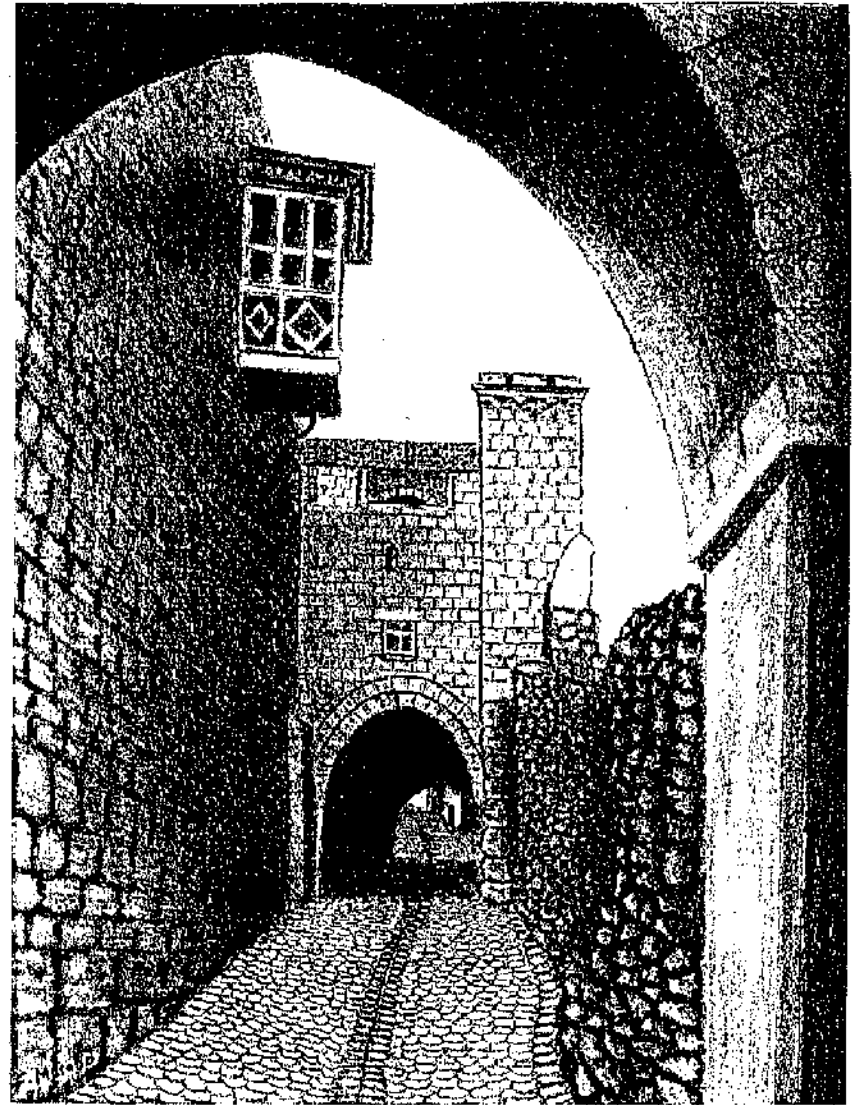
*17 Nichols Avenue, Watertown
Monday - Saturday 11am - 9pm*

Sepal has been recommended by: *The Boston Globe*

*The Watertown Tab, The Boston Phoenix,
The Suburban Avenue, The Boston Vegetarian Society,
The Somerville Journal, The Inproper Bostonian,*

*The Mass Tribune, The Vegetarian Times,
IPRUR, and above all are our*

valued Customers



www.sepalrestaurant.com

Soups

Red Lentils

Hand picked red lentils cooked with a little bit of light olive oil

Butternut Squash

Carrots, chick peas, with light olive oil and curry (not spicy hot)
Cup...\$ 2.65 Bowl...\$ 3.75

Falafels and Dips (on platters)

The following items can be ordered in combinations or individually. Served with pickled turnips, romaine, tomatoes, and syrian bread.

Falafels Choice of fried or baked.

Chick pea based falafels made with eight fresh vegetables and herbs prepared the Sepal's way.

Three large patties served with bread, tahini, pickled turnips, tomatoes and romaine...\$ 6.25

Hommos (no oil is added)

Chick peas cooked to perfection, blended with sesame paste, garlic, and lemon juice...\$ 4.75

Baba Ghanouj (no oil is added)

Eggplant cooked to perfection in its own skin, prepared with sesame paste, garlic, and lemon juice...\$ 5.75

Grape Leaves 4 Tender vine leaves stuffed with vegetables and brown rice, unlike any...\$ 5.75

Fool Tender fava beans with fresh parsley, garlic and olive oil...\$5.75

Combination of the above items

Any two...\$ 7.50, any three...\$ 9.95,
any four...\$ 13.50, all five... \$16.95
with choice of salad add \$5.00

French Fries fresh cut potatoes
...\$ 3.50

Vegetarian Entrees

Maklouba (Tofu)

Chunks of tofu atop layers of golden and flavorful cauliflower, eggplant, and rice, all sealed in a crock to keep in the flavors, then turned upside down, served with a ring of shepherd salad
...\$13.95

Goulash

Baked assortment of vegetables, eggplant, carrots, tomatoes, chick peas, and spanish onions, served with brown rice.
...\$9.95

Stuffed Grape Leaves

Tender California vine leaves, stuffed with selection of vegetables, chick peas, fresh herbs, simmered with olive oil served with fatoush salad.
...\$9.95

Mujadara

Hand picked rich brown lentils, brown rice and spices simmered to perfection with light olive oil topped with caramelized onions, served with fatoush salad.
...\$9.25

Falafel and Fatoush

Two of our flavorful falafels, tahini, and fatoush salad
...\$8.50

Fatoush and Soup

Choice of red lentil soup or butternut squash and fatoush salad
...\$8.50

Salads

Fatoush

Sumiac, mint, olive oil dressing on freshly, toasted syrian bread, romaine, tomatoes, cucumber and green peppers ...\$ 6.25

Tabouli

Cracked Wheat bulgur tomatoes, and parsley ...\$ 6.25

Shepherd's Salad

Our special sumac house dressing, tomatoes and spanish onions...\$ 6.25

Meat Entrees

Maklouba/upside down

Lamb Maklouba

Tender chunks of lamb atop layers of golden cauliflower, eggplant and rice, all sealed in crock, baked to perfection, then turned upside down, served with a ring of shepherd salad.
...\$13.95

Chicken Tawook

Charbroiled chicken tenders, marinated overnight in lemon juice, fresh garlic, curry (not spicy) and olive oil, served on a bed of rice and brown lentils and fatoush salad.
...\$13.75

Beef Kafta Kabab

Freshly ground beef, mixed with fresh herbs and spices, charbroiled on skewer, served on a bed of rice and brown lentils, and fatoush salad
...\$12.75

Meat roll up sandwiches

Chicken Tawook

Chicken tenders, tomatoes, tahini sauce, in syrian bread roll up
...\$7.25

Add Shepherd's Salad...\$7.75

Add Baba Ghanouj...\$7.75

Add Hommos...\$7.75

Beef Kafta Kabab

Skewer of ground beef, tomatoes, romaine, tahini sauce, in syrian bread roll up...\$6.75

Add Shepherd's Salad...\$7.75

Add Baba Ghanouj...\$7.75

Add Hommos...\$7.75

Falafel sandwiches

Regular Falafel

Two large falafel patties (fried or baked) rolled in fresh syrian bread, garnished with ripe tomatoes, romaine lettuce and freshly pickled turnips, topped with tahini sauce, a blend of sesame paste, lemon juice and garlic
regular size...\$5.25 jumbo size...\$7.25

Shepherd's & Falafels

Baked or fried falafels topped with a tantalizing shepherd's salad which includes, diced tomatoes and spanish onions, olive oil, and special sumac dressing all rolled in fresh syrian bread
regular size...\$5.95 jumbo size...\$8.75

Baba Ghanouj...\$5.95

Hommos...\$5.25

Tabouli...\$5.95

Combination sandwiches

Sepal's Delight

Combination sandwich of the regular falafel and shepherd's includes hommos
...\$6.95 jumbo size...\$9.95

Falafel & Baba Ghanouj

regular size...\$7.50 jumbo size...\$9.95

Falafel & Tabouli

regular size...\$7.50 jumbo size...\$9.95

Falafel & Hommos

regular size...\$5.95 jumbo size...\$7.95

