

The Eat Well Berkeley Catering Program strives to increase access to healthier food and beverage choices on the UC Berkeley campus. Participating caterers must meet certain nutrition guidelines. EatWell Berkeley options are indicated with a " \checkmark " icon on menus.



Old Damascus Fare Catering Menu

Appetizers

Kibbeh: Crisp, stuffed croquettes. A classic Levantine dish. For a traditional meal, serve with Adas (lentil) soup.

Sambusa (meat): Fried samosa filled with a mix of ground beef, walnut, onion, almonds, and a combination of middle eastern spices.

Sambusa (veggie): Fried samosa filled with a mix of cheese, parsley, red pepper, and black fennel flower seeds.

Dips

- ✓ Mutabbal: Grilled eggplant, stacked with a savory sauce of garlic, parsley, and tahini. (served with pita)
- ✓ Baba-ghanoush: Grilled eggplant mixed with walnut, red

pepper, garlic, parsley, olive oil, and pomegranate molasses. (served with pita) %

- **Hummus:** Chickpeas with tahini and lemon. (served with pita)
- ✓ Fattoush: A middle eastern salad of cucumber, tomato, lettuce, onion, garlic, mint, olive oil, apple vinegar.

Adas (Lentil) Soup: A classic, creamy soup of red lentils, carrot, potato, salt, black pepper, cumin, ginger, and turmeric.

Check out our website: <u>https://olddamascusfare.com/</u>, yelp, and social media pages (@olddamascusfare) to learn more about our work.

Choice of:

- o√Whole Grain Pita 🌽
- White Pita

MainDishes

Mhalayeh: A gluten- free milk pudding cooked with Mastic (Arabic gum) and flavored with vanilla and orange blossom water, topped with almond, pistachio and a berry.

Horaa' Osba'o: A mix of lentils and noodles cooked in pomegranate molasses, onion, lemon juice, olive oil. Topped with crispy pita, garlic and cilantro. %

🗸 Moussaka: Layered eggplant and tomato dish with curry spices. % ㅡ *

Kebab Hindi: Meatballs cooked with tomato sauce that is full of middle eastern spices, in addition to bay laurel leaves. *

Yalanji: Grape leaves or zucchini stuffed with rice, parsley, tomato, onion, pomegranate molasses, and mint.

✓ Freekeh: Freekeh cooked with spices, with meat and almonds as toppings. Served with homemade yogurt salad. ≇

🗸 Fasolia: Green beans cooked with tomato, olive oil, garlic, and coriander.😼 🔴 *

✓ **Mujaddara:** Lentils and bulgur dish, cooked and flavored with olive oil, and topped with crispy onions. Served with yogurt salad (yogurt, garlic, mint, and cucumbers). *₿*

* Optional: served with traditional rice cooked with vermicelli

Desserts

Mhalayeh: a gluten-free milk pudding cooked with Mastic (Arabic gum) and flavored with vanilla and orange blossom water, topped with almond, pistachio, and a berry.

Balozah: milk pudding covered with a thick layer of cooked orange juice on top.

Warbat Bil Ashta: Arabic sweet pastry similar to baklava, consisting of layers thin phyllo dough filled with milk pudding.

Harisseh: sweet semolina cake.

Baloria: A rich pistachio filling covered with stringy dough crust (similar to baklava dough).*Dessert price: \$2 - \$3.5 each piece.

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Drinks

Tamer Hindi: a traditional refreshing summer drink. Sour and sweet juice made out of the tamarind fruit with orange blossom water.

Polo: Fresh lemonade with mint.

* beverages price: \$35/gallon.

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🔌 Whole Grain