

# HOMEMADE RECIPES HOUSEMADE MARINADES

### TASTE THE DIFFERENCE

## APPETIZERS 4.99

⊘ Indicates appetizers served with a pita bread [adds 400 cal]

#### **@ KASHK-O-BADEMJAN**

A mixture of sauteed eggplant, onions, garlic and yogurt (V)

[600 cal]

#### DOLMEH

FALAFEL Stuffed grape leaves (V)

Fried chickpea patties, served with tahini sauce (v) [690 cal]

(V) Vegetarian

#### **HUMMUS**

Mixture of mashed chickpeas, tahini sauce, lemon juice, fresh garlic and olive oil (V) [430 cal]

[400 cai]

# **⊘** MUST-O- MOOSEER

Homemade yogurt mixed with shallots (V) [100 cal]

## SANDWICHES 8.99

Wrapped in a house pita bread with lettuce, tomatoes, onions, and feta cheese, with yogurt cucumber sauce on the side [adds 50 cal]

(NO SUBSTITUTIONS PLEASE

# MOBY'S SPICY GROUND CHICKEN

Ground chicken, grated onion, jalapeño and cilantro with house seasoning
[740 cal]

**MOBY'S GYRO** 

Sliced seasoned beef with garlic sauce

[1330 cal]

#### **MOBY'S JOOJEH**

Chunks of boneless chicken breast marinated in house seasoning [890 cal]

#### **MOBY'S KUBIDEH**

Ground beef, grated onion with house seasoning [760 cal] \*

MOBY'S COMBO I 16.99 Combination of Kubideh

and Chenjeh [620 cal]

**MOBY'S COMBO II** 14.49

Combination of Kubideh and Joojeh [510 cal] \*

MOBY'S COMBO III 16.99 Combination of Kubideh

and Barreh [530 cal] 3

**MOBY'S SUPER COMBO** 18.99

Combination of Joojeh and Chenjeh **OR** Barreh

[740/650 cal]

**SALMON KABOB** 15.49

Marinated chunks of boneless

fish in house seasoning

[410 cal]

# ENTRÉES

MAKE IT A COMBO

Served with a **choice of rice** [adds 500 cal], **salad** [adds 300 cal] **OR 1/2 rice + 1/2 salad** [adds 390 cal], Entrées come with 1/2 pita bread [adds 200 cal] & yogurt cucumber sauce [adds 50 cal]

KUBIDEH KABOB 12.49 Ground beef, grated onion with house seasoning [390 cgl] \*

JOOJEH KABOB 12.49 Chunks of boneless chicken breast marinated in house seasoning

[320 cal]

CHENJEH KABOB 14.99 Chunks of beef marinated in house seasoning [420 cal]\*

BARREH KABOB 14.99

Chunks of lamb marinated in house seasoning (H) [330 cal] \*

**SPICY GROUND CHICKEN KABOB** 12.49

Ground chicken, grated onion, jalapeño and cilantro with house seasoning [350 cal]

> MOBY'S GYRO 10.99 Sliced seasoned beef with garlic sauce [760 cal]

> > (H) Halal

# FAMILY PLATTERS

Served with rice  $\mathbf{OR}$  salad, pita bread and a side of yogurt cucumber

FAMILY PLATTER #1 (SERVES 3-4) 39.99

3 skewers Kubideh

1 skewer Joojeh 1 skewer Chenjeh **OR** Barreh [3570/3480 cal]

enjeh **OR** Barreh [3570/3480 cal] 2 appetizers or desserts

adds 280-1180 cal

TRY A FAMILY PLATTER! FAMILY PLATTER #2 (SERVES 5-6) 65.99

5 skewers Kubideh [740/650 cal] 2 skewers Joojeh

2 skewers Chenjeh **OR** Barreh [5430/5250 cal] 3 appetizers or desserts

[adds 300-1770 cal]

#### NO SUBSTITUTIONS ON FAMILY PLATTERS

(H) Other Halal items available upon request. Limited quantities available.
\* Notice: Some menu items contain or may contain raw or undercooked ingredients. Consuming raw or undercooked eggs, steaks, hamburgers, fish and seafood may increase your risk of food-borne illnesses.
We use nuls and nut based oil in some of our menu items.

If you are allergic to nuts, or any other food, please let your server know.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information is available upon request.

# **VISIT MOBYSKABOB.COM**

## FOR ONLINE ORDERING & LOCATIONS NEAREST YOU

# VEGETARIAN

All entrées are served with a

choice of rice [adds 500 cal], salad [adds 300 cal] OR 1/2 rice + 1/2 salad [adds 390 cal], Entrées come with 1/2 pita bread [adds 200 cal] & yogurt cucumber sauce [adds 50 cal]

All sandwiches come with a side of yogurt cucumber sauce [adds 50 cal]

### SANDWICHES

8.99

(NO SUBSTITUTIONS PLEASE)

# ENTRÉES

10.99 MOBY'S VEGGIE [1010 cal] Sauteed fresh mushrooms, onions,

#### **VEGGIE DELIGHT** [780 cal]

Ripe avocado, provolone cheese, mushrooms, tomatoes, spinach and mayo, wrapped in fresh pita bread

# tomatoes, and spinach

MOBY'S VEGGIE KABOB [730 cal]

MOBY'S MELT [880 cal]
Melted provolone and American cheese. fresh mushrooms, onions, tomatoes, and spinach, wrapped in fresh pita bread

Grilled seasonal veggies

#### FALAFEL [1200 cal]

Fried chickpea patties, served with tahini sauce

FALAFEL [1480 cal] Fried chickpea patties served with tahini sauce

## SALADS

 ⊘ Indicates salads served with 1/2 a pita bread [adds 200 cal] and House dressing [70/130 cal] unless otherwise noted

#### **⊘ GARDEN SALAD** 4.49 sm / 6.99 lg

Mixed greens and iceberg lettuce, tomatoes, onions, cucumbers and mushrooms [90/170 cal]

#### **⊘ MOBY'S SALAD** 5.49 sm /7.99 lg Mixed greens and iceberg lettuce.

tomatoes, cucumber, onions, feta cheese, Kalamata olives, Peperoncini [80/170 cal]

#### SHIRAZI SALAD 3.49

Chopped cucumbers, tomatoes, fresh herbs, and onions served with house dressing [100 cal]

# **⊘ SPINACH SALAD** 5.49 sm /7.99 lg Spinach, cucumber, feta cheese, Kalamata olives and tomatoes

[80/150 cal]

#### **⊘** MEDITERRANEAN SALAD 8.49

Mixed greens and iceberg lettuce, tomatoes, onions, raisins, chopped parsley, walnuts and crumbled feta cheese [130/270 cal]

#### SIDES

TORSHI 2.49 sm / 3.99 lg Mixture of diced vegetables pickled in vinegar and spices [30/60 cal]

**SEER TORSHI** 2.49 sm / 3.99 lg Garlic pickled in vinegar and spices [70/130 cal]

MUST-O-KHEYAR 0.99 sm / 2.99 lg Yogurt mixed with chopped cucumbers and fresh herbs [50/100 cal]

**VEGGIE KABOB** ...... 5.49[90 cal] **SPICY GREEN SAUCE** ...... 0.50 [25 cal] BREAD ...... 1.99 [400 cgl] RICE ......2.99 sm / 4.49 lg [270/500 cal] KUBIDEH KABOB ......3.99[190 cal] \* CHENJEH KABOB ...... 8.99 [420 cal] **BARREH KABOB** ...... 8.99 [330 cal] JOOJEH KABOB ...... 6.99 [320 cal] SPICY GROUND CHICKEN .... 3.99 [350 cal **SALMON KABOB** ......8.99 [410 cal]

### DESSERTS

## **ROLETT** 3.99 Delicate sponge cake filled

with cream [220 cal]



Homemade (3pc) [370 cal]



#### **BAKLAVA** 4.99

Sweet pastry made of layers of filo pastry filled with chopped nuts (walnuts OR almonds) and sweetened with syrup [330 call

# BEVERAGES

HOMEMADE DOOGH 2.99 [160 cgl] BOTTLED DOOGH 2.99 [170 call **FOUNTAIN SODA 2.49** [0-230 cal]

**BOTTLED DRINKS** 2.99 [0-290 cal] PERSIAN HOT TEA 1.49 [0 cal] **BOTTLED WATER 1.99 [0 call** 

**ORGANIC POMEGRANTE JUICE** 2.99