#### HUMMUS BOWLS

Served with two pita (white or whole wheat) Each additional pita .80¢/ piece Gluten free pita available upon request \$1.50/ piece

Hummus Classic \$8.95 Hummus with imported tahini, olive oil, and our secret sauce (gf.v)

Jaffa Style Hummus \$10.00 A unique style of hummus. Thicker, with more garlic, pine nuts, olive oil and parsley (gf,v)

Hummus Masabacha \$10.50 The Classic topped with whole and pureed chickpeas blended with tahini (gf,v)

Hummus Beets \$12.50

The Classic topped with Marinated beets, feta cheese, chopped walnuts, orange zest cilantro and balsamic reduction (gf)

Hummus Eggplant \$11.95 The Classic topped with chunky eggplant stewed tomatoes and garlic (gf,v)

Hummus Sabich \$12.50 The Classic topped with fried eggplant, potato, hard boiled egg, cucumber, tomato, chopped pickles, amba sauce, and fresh herbs (gf)

Hummus Cauliflower \$12.95 The Classic topped with Roasted cauliflower, golden raisins, toasted almonds,

Hummus Mushrooms \$11.95 The Classic topped with mushrooms & sautéed onions in vegetable broth (gf,v)

Hummus Lamb \$16.00 The Classic topped with pomegranate braised lamb shoulder with fresh mint (gf)

Hummus Beef \$13.50
The Classic topped with Moroccan spiced ground beef and pine nuts (gf)

Hummus Chicken Liver \$15.50 The Classic topped with sautéed chicken livers with lots of caramelized onions (gf)

#### SALADS

Large Israeli Salad \$9.75 Chopped cucumber, tomato, red onion, parsley, with lemon vinaigrette (gf,v)

Greek Salad \$11.95 Chopped romaine, cucumber, tomato, kalamata olives, bell pepper and imported sheep's feta cheese (gf) + Chopped chicken \$4.50

Oren's Fatush Salad \$10.95 Tomato, cucumber, onion, feta cheese and crushed pita chips in lemon and vinaigrette

BOUREKAS \$1.95/6 for \$10 Choice of Mushroom, Potato or Sweet Cheese

Flakey phyllo dough with your choice of filling

#### GRILLED ENTREES

Choice of 2 sides or dips. Served with one pita (white or whole wheat). Each additional pita .80¢/ piece Gluten free pita available upon request \$1.50/ piece Cauliflower or sweet potatoes as a side + \$2.00

Chicken Skewer 1/\$17.95
All natural chicken with secret spice blend (gf)

Beef Skewer 1/\$18.50 All natural ground beef and lamb with blended herbs and garlic, drizzled with tahini (gf)

Vegetable Skewer 1/\$13.50 Onion, tomatoes, red bell peppers, eggplant and mushrooms (gf,v)

Add an ala carte skewer chicken \$8.95 beef \$9.50 vegetable \$7.95

#### ISRAELI FAVORITES

Traditional Shakshuka \$13.50

2 Organic eggs poached over easy in our spiced tomato sauce (gf) Served with one pita (white or whole wheat). Each additional pita .80¢/ piece Gluten free pita available upon request \$1.50/ piece

+ Turkey Sausage \$3.95

+ Mozzarella and Pesto \$2.99

Green Shakshuka \$13.50

2 Organic eggs poached over easy in a spinach and kale cream sauce (gf) Served with one pita (white or whole wheat). Each additional pita .80¢/ piece Gluten free pita available upon request \$1.50/ piece

Schnitzel de Noir \$17.95

Breaded chicken breast, mashed sweet potatoes and garlic green beans (contains Dijon mustard)

Rice Bowl \$14.95 Turmeric spiced Basmati rice simmered with tomatoes, garlic, onions, mint and parsley. Topped with chicken or beef kebab. Served with tahini (gf) With falafel or veggie skewer \$13.95

#### PITA SANDWICHES

Choice of white, wheat, or gluten free

Falafel \$9.95 Hummus, falafel, cucumber, tomato, pickles and tahini (v)

Sabich \$10.95 Fried eggplant, potato, hardboiled egg, Amba sauce, hummus, cucumber, tomato, herbs, pickles and tahini

Chicken Schnitzel \$13.95 Breaded and fried chicken breast with

hummus, tomato, cucumber and pickles

Chicken \$12.95 Grilled chicken, hummus, cucumber, tomato, pickles and tahini

Beef \$13.50 Ground beef kebab, hummus, cucumber, tomato, pickles and tahini

#### BEER WHITE WINE

All beer \$4.95

GoldStar Israeli Lager

Stella Artois Pilsner

Hoegaarden White Wheat

Firstone Walker "805"

Blonde Ale

Bear Republic Racer 5

Mt. Hermon White Blend \$9.50/\$36 Galilee, Israel

Cannonball Sauvignon Blanc \$11/\$40 Healdsburg, CA

Chalk Hill Chardonnay \$13/\$48 Sonoma Coast, CA

ROSE WINE

**5% will be added to all purchases for SF Employer Mandates**Consuming raw or undercooked eggs may increase your risk of foodborne illness.

La Caprice de Clementine \$10/\$40 Provence, France

## RED WINE

Mt. Hermon Red Blend \$9.50/\$36 Galilee, Israel

Roth Estate Pinot Noir \$13/\$48 Sonoma County, CA

Cycles Gladiator Merlot \$10/\$38 Central Coast, CA

Noble Tree Cabernet Sauvignon \$13/\$48 Sonoma County, CA

Rip, Scoop, Eat!

**OREN'S** 

HUMMUS

#### DIPS&SIDES

## Sampler Dish \$14.00

A taste of our favorites marked • below (no subs please) (gf) Not available for Take-Out

Served with two pitas (white or whole wheat). Each additional pita .80¢/ piece Gluten free pita available upon request \$1.50/ piece

#### 1 for \$4.95 / 2 for \$8.95 / 3 for \$12.50 DIPS

Each dip served with one pita Each additional pita .80¢/ piece

Small Hummus a side portion of the classic (qf,v)

\*Babaganoush Eggplant Fire roasted eggplant mashed with tahini, garlic and herbs (gf,v)

\*Greekstyle Eggplant A puree of eggplant, tomato, dill, parsley, garlic and lemon (gf,v)

Romanian Eggplant Fire roasted eggplant mashed with red bell peppers, lemon, cilantro and garlic (qf,v)

Chunky Eggplant Chunky eggplant stewed with tomatoes and garlic (gf,v)

\*Oren's Eggplant
A puree of fried eggplant, spices,
caramelized onion and hard boiled

# \*Labane

Strained yogurt topped with za'atar spice and olive oil (gf)

#### SIDES

#### Small Israeli Salad

Chopped cucumber, tomato, onion, parsley, lemon and extra virgin olive oil (gf,v)

#### Falafel Side

5 Falafel balls topped with tahini (gf,v)

\*Marinated Beets Steamed beets in apple cider

cilantro vinaigrette (gf,v)

#### Traditional Tabule

Bulgur, cucumber, tomatoes tossed with herbs, olive oil and lemon juice (v)

\*Moroccan Carrots

Steamed, sliced carrots dressed with olive oil, garlic and mild red spice (gf,v)

"Untraditional" Tabule

Bulgur, corn, cucumber, red onion and kale with lemon & olive oil (v)

Pickles and Olives

Imported brined pickles and green olives (gf,v)

#### FRIES

Quick Fried Cauliflower Florets \$7.00 With pesto labane (gf)

Sweet Potato Fries \$7.00

With red pepper mayo (gf)

Fries \$4.95 (gf,v)



(gf) gluten free (v) vegan

SAN FRANCISCO 71 3rd St. (415) 915-6736

Internet password: abuhassan | www.orenshummus.com



#### Israeli Breakfast \$18

Two eggs any style, Israeli salad, fresh goat cheese with olives & roasted peppers, tahini, matbucha, bread basket of assorted fresh breads, fresh juice and an espresso drink.

- + Turkey sausage (3 links) \$4.95
- + Oren's Hash \$4.50

#### Traditional Shakshuka \$13.50

- 2 Organic eggs, poached over easy in our spiced tomato sauce (gf)
- + Diced Turkey Sausage \$3.95
- + Mozzarella and Pesto \$2.99 (gf)

# Green Shakshuka \$13.50

- 2 Organic eggs poached over easy in a spinach and kale cream sauce (gf)
- + Diced Turkey Sausage \$3.95
- + Mozzarella and Pesto \$2.99 (gf)

#### BREAKFAST HOURS:

Monday - Friday 8 - 11 am Saturday & Sunday 8- 2 pm

Oren's Hash & Eggs \$11

Two fried eggs, turkey sausage, Oren's Hash (potatoes, eggplant, peppers and onions)

Challah French Toast \$10

Whipped cream, strawberries & maple syrup

Yogurt & Muesli \$9

Low fat vanilla yogurt with gluten free granola, fresh & dried fruit, and honey (gf)

Gluten Free Quiche \$9.50

Turkey bacon, broccolini and a blend of cheeses in a gluten free crust with a side of fruit or Israeli salad (gf)

Smoked Salmon Plate \$17.50 Thinly sliced smoked salmon, dill labane, marinated beets, red onion, sliced tomato, cucumber & bread basket

#### BREAKFAST SIDES

Single Egg any style

4.95

1.90

4.50

7

Turkey Sausage (3 links)

Oren's Hash (potatoes, eggplant, red pepper and onion)

Challah Toast (2 pieces) .99

Israeli Salad

4.50 Side Hummus 4.50

Low Fat Vanilla Yogurt 3.99

Borekas 1.95 each/6 for 10 Mushroom, Cheese or Potato

Baklava 2.25 each

Bread Basket

assorted fresh breads, petite croissant, nutella, butter & jam

GRAB & GO

Share the love - Take home our wonderful packed food and share it with loved ones.

8oz container \$6 16oz available upon request \$12 Buy three get the fourth FREE

#### DIPS

- \*Hummus (gf,v)
- \*Jaffa Style Hummus (gf.v)
- \*Romanian Eggplant (gf,v)
- \*Babaganoush Eggplant (gf,v)
- \*Oren's Eggplant (gf)
- \*Greek Style Eggplant (gf,v)
- \*Chunky Eggplant (gf,v)
- \*Labane (gf)

\*8 oz includes 1 pita / 16 oz includes 2 pitas

#### SIDES

Does not include pita

Green Cabbage (gf,v)

Marinated Beets (gf,v)

Moroccan Carrots (gf,v)

Hot Green Harissa Sauce (af.v) Red Chili Garlic Sauce (gf,v)

Pickles and Olives

Imported from Israel (gf,v)

#### BAKED

Bourekas \$1.95 each Cheese or Potato or Mushroom

Challah \$4.95 (Friday only)

Pita .8o¢ each (white or wheat)

Gluten Free Pita \$1.50 each

#### DRINKS

Fresh Juice: orange, carrot, 50/50 \$4.95

Lemonade \$4.95

Freshly squeezed, homemade lemonade with mint leaves

Ice Tea \$4.95 Homemade ice tea

Soda \$2.75

Malt \$4.50

Israeli non alcoholic black beer

Coconut Water \$4.25

San Pellegrino \$4.50

Bottled Water \$3.99

Kid's Apple Juice \$1.95

Single Mimosa \$7

Bottomless Mimosa \$20

JP Chenet Champagne Glass \$9

### SAMOVAR

Loose Leaf Teas \$3.95 Chamomile Twist Tea

English Breakfast Tea Jasmine Green Tea Turmeric Spice Tea

# FLYING GOAT

ESPRESSO & PRESSED COFFEE

Espresso \$3.50 Single Shot

Latte \$3.95

with Low-fat or Whole milk

Cappuccino \$3.95 with Low-fat or Whole milk

Americano \$3.50

Espresso with hot water

Pressed Coffee \$5.00 Regular or Decaf

#### ADDITIONAL HOT DRINKS

Turkish Coffee \$3.25 Imported from Israel

Nescafe \$2.95 Imported from Israel Hot Mint Tea \$2.75 Fresh mint leaves

#### CATERING

We offer catering packages for every event. Let our pita bar serve your co-workers or our á la carte options impress your guests at any special occasion. We deliver!

Pick up a catering menu, visit us on line or email our catering coordinator at Catering@orenshummus.com | (650) 204-0017

Proudly supporting local agriculture as a member of CAFF



Helping to alleviate hunger by donating to Bay Area Food Runners



Member of the California Farmers Market Association



Not all ingredients listed so please let us know about any allergies.

Consuming raw or undercooked meats, poultry or eggs milk may increase your risk of foodborne illness.

While many of our items are gluten free, there is always a possibility of trace amounts of cross-contamination with ingredients containing gluten. We promise to do our best but please consider this when ordering from our menu.