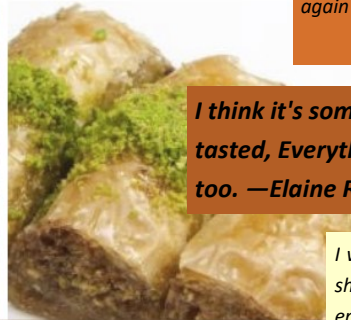


# MAMA'S KITCHEN

Mediterranean Cuisine by Christine Sawalha

*I have been fortunate enough to enjoy some dishes from "Mama's Kitchen", what a wonderful unique and delicious experience for me! I've never had Mediterranean food before and the freshness of the meat and sauces, grains and salad were so refreshing, I loved her food and definitely want to try it again and again. —Amy Comer, Parishioner*



*I think it's some of the best food I have ever tasted, Everything is fresh and it's healthy too. —Elaine Rabe, Parishioner*

*I was so excited when Christine told me she was going to start "Mama's Kitchen" and make her wonderful Mediterranean food accessible to more than just close friends! The best food is cooked "from the heart" (hers is) but it's also distinctive. I love her use of spices and can't wait to see what she'll offer! Plus I am just plain excited about another woman with a unique idea starting up a new business in Georgetown! We will soon be a hub for foodies! —Marion Cook, Parishioner*

All the way across the Atlantic, we are delighted to offer you Mediterranean cuisine right to your table, with a huge variety of delicious authentic flavors, served with special spices and a portion of love, where you can enjoy some delightful appetizers, main course and scrumptious Arabian sweets.

Mama's Kitchen is launching their new catering services, starting November 2018 through Ss. Francis & John Catholic Parish to benefit the Adopt-a-Student Fund.

TO ORDER CALL 502-316-1345

OR EMAIL CHRISTINESAWALHA@HOTMAIL.COM

**Mama's KITCHEN**

MEDITERRANEAN Cuisine

### Dips

**Hummus**  
Chickpeas, Tahini, Garlic, Lemon \$ 4.00

**Egg Plant Dip**  
Grilled eggplants, Tahini sauce, garlic and lemon \$ 5.00

**Labneh Dip with Nuts/Thyme**  
Thick yogurt, organic thyme and some walnuts \$ 5.00

**Zucchini Dip**  
Grilled Zucchini, Tahini sauce, yogurt, garlic and lemon. \$ 4.00

### Pastries

**Spinach Pastries**  
Mama's Kitchen famous dough stuffed with fresh spinach, onions and special Mediterranean spice (Summaq) baked to perfection. \$ 5.00

**Beef Pastries**  
Mama's Kitchen famous dough stuffed with cooked ground beef, seasoned with Mama's secret spices and some fresh cooked tomatoes. \$ 5.00

**Chicken Rolls**  
Tortilla Bread stuffed with grilled chicken in olive oil, seasoned with Mama's secret spices and Summaq. \$ 7.00

**Cheese Pastries**  
Mama's Kitchen famous dough stuffed with finest cheese combinations \$ 5.00

### Main Course & Salads

**Cucumber and Yoghurt Salad**  
Cucumber, fresh mint, yoghurt \$ 7.00

**Grilled Vegetable Salad**  
Zucchini, eggplant, chickpeas, lettuce, corn, cucumber, red beans, potatoes with a special creamy dressing \$ 10.00

**Rice Buns**  
Cooked spiced rice with some ground beef and a mix of vegetables inside our speciality dough. \$ 7.00

**Eggplant Fattah**  
Pita bread, eggplants, tomatoes, yogurt, ground beef & almonds \$ 8.00

**Grilled Chicken with Rice**  
Cooked rice with Mama's special spices topped with seasoned ground beef and nuts with tender grilled chicken \$ 8.00

**Chicken Shawerma**  
Tortilla bread stuffed with seasoned grilled chicken, pickles and special shawerma dip on the side. \$ 6.00

**Baklava**  
Layers of sweet baked Baklava dough stuffed with walnuts or pistachios (12 pieces) \$ 8.00

**Semolina sweets**  
6 Pieces of sweet semolina squares \$ 8.00

### Desserts

**Baklava** \$ 8.00

**Semolina sweets** \$ 8.00

Christine Sawalha 502 316 1345