



TRUVA
Turkish Kitchen

LUNCH MENU

SPREADS & SOUP

Red Lentil Soup \$8 GF

Traditional Turkish Style Recipe | Onion | Potatoes | Carrots | GF Flour

Traditional Hummus \$9 GF

Pureed Chick Peas | Garlic | Tahini | Olive Oil | Fresh Lemon Juice

Babaganoush \$9 GF

Smoked Eggplant | Turkish Yogurt | Tahini | Parsley | Garlic
Olive Oil | Fresh Lemon Juice

Muhammara \$10

Walnut | Roasted Red Pepper | Breadcrumbs | Pomagranate Molasses
Pepper & Tomato Paste | Lemon Juice | Olive Oil

Spinach Tarator \$9 GF

Chopped Sauteed Spinach | Onion | Garlic | Strained Yogurt
Olive Oil

Haydari \$9 GF

Semi dehydrated Yogurt | Walnut | Dill | Mint | Feta | Butter | Garlic

Eggplant Salad \$9 GF

Smoked Eggplant | Red Pepper | Grilled Tomato | Lemon Juice
Olive Oil | Parsley

Tabbouleh \$9

Bulgur | Fresh Mint | Crisp Cucumber | Scallions | Tomatoes
Italian Parsley

Mix Your Spreads | 3 for \$22 | 4 for \$26

COLD MEZE

Artichoke Bottoms \$12 GF

Chiffonade Green Beans | Potatoes | Carrots | Onions | Olive Oil
Fresh Lemon Juice | Fresh Dill

Stuffed Grape Leaves \$8 GF

Seasoned Jasmine Rice | Onions | Currants | Pine Nuts | Olive Oil
Fresh Lemon Juice

Burrata and Beets \$14 GF

Red & Golden Beets | Aged Balsamic Glaze | Fresh Mint
Beet Pesto Sauce | Olive Oil

SIDES

Garlic Cilantro Fries \$7 Turkish Style Rice \$7 Asparagus \$8

Seasonal Vegetables \$7 Sautéed Spinach \$7

HOT MEZE

Oven Roasted Cauliflower \$12 GF

Olives | Roasted Red Peppers | Feta | Vinegar Dressing

Truva Dumpling \$13

Bulgur | Lamb & Beef | Onions | Currants | Italian Parsley | Walnuts

Cheese Dumpling \$12

Fried Cracked Wheat Dumpling | Mozzarella | Feta | Parmesan
Tomatoes | Sping & Satued Onions | Garlic

Zucchini Pancake \$10 GF

Shredded Zucchini | Scallions | Italian Parsley | Dill | Garlic | Feta
Goat Cheese | Yogurt Sauce

Fried Calamari \$14

Tender Lightly Fried Calamari Rings | Teased in Sweet Chili Glaze
Tartar Sauce

Falafel \$8 GF

Seasoned Fried Chick Peas | Fresh Cilantro | Garlic | Onions
GF Flour | Tahini | Yogurt Sauce

Mini Lahmacun \$11

Ground Lamb & Beef | Parsley | Tomatoes | Peppers | Garlic
On House Baked Flat Bread

Octopus \$16 GF

Chargrilled Mediterranean Octopus | Herb Salad | Olive Oil
Fresh Lemon Juice | Grilled Tomato Caper Sauce | Hummus

Creamy Mussels \$15 GF

Creamy Garlic Sauce | Scallion | Parsley

Albanian Liver \$12

Deep Fried Liver | Butter | Cumin | Black Pepper | Oregano
Salt | Paprika

Shakshuka \$9 GF

Eggplant | Tomatoes | Zucchini | Squash | Fresh Tomato Sauce
Garlic | Onion

Cheese and Hummus \$12 GF

Oven Baked Hummus | Butter Sauteed Sun Dried Tomato

Meatballs \$14

Hand Chopped Top Sirloin Filled with Potatoes | Carrot | Sweet Peas
Hard Boiled Eggs | Sauteed Garlic, Onions, & Tomatoes

FRESH MADE SALADS

Truva Salad \$10 GF

Lettuce | Baby Arugula | Crisp Cucumber | Fresh Tomato
Radish | Pomegranate Vinaigrette

Shepard's \$10 GF

Tomatoes | Cucumbers | Red Onions | Scallions | Dill
Italian Parsley | Feta | Fresh Lemon Juice | Olive Oil

Beets & Arugula \$10 GF

Red & Golden Beets | Organic Arugula | Walnuts
Pickled Red Onions | Fresh Lemon Juice
Olive Oil | Beet Pesto

Quinoa Bowl \$12

Chilled Quinoa | Grilled Asparagus | Charred Tomatoes
Feta | Radish | Raw Spinach | Turkish Yogurt Sauce

**Add the Following Proteins to you Salad:
Chicken \$8 | *Salmon \$12 | Octopus \$12 | Shrimp \$12**

**Please note that a 20% gratuity will be added to all parties of (6) guests or more.
No split checks for parties of (6) or more**

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE
YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.