

MENU



Flame & Skewers

MEDITERRANEAN RESTAURANT

— MENU —

platters

Shawerma
Includes rice, hommus, sauce & pita bread.

Beef	9.59
Chicken	9.59
Combination	10.59

Kabob
Choice of meat, with rice, salad, hommus, grilled vegetables & pita bread.

Lamb	11.99
Beef	10.59
Chicken	10.59
Kofta	8.99
Combination	13.59

(Combination plate includes choice of 3 meats. Lamb limited)

Vegetarian
Includes 9 falafels, hommus, tajini sauce, salad & pita bread.

Falafel	6.59
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sandwiches

All sandwiches are wrapped in pita bread.

Shawerma

Beef - Topped with tomatoes, onions & tajini sauce. 4.99

Chicken - Topped with lettuce, pickles, tomatoes and a garlic sauce. 4.99

Kabob
Topped with grilled onions, grilled tomatoes and special sauce

Lamb	5.99
Beef	4.99
Chicken	4.99
Kofta	4.99

Vegetarian
Topped with romaine lettuce, tomatoes, pickles, hommus & tajini sauce.

Falafel	4.59
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salads

Greek 6.59
Romaine spring mix, tomatoes, cucumbers, feta cheese & olives.

Green 5.59
Romaine spring mix, tomatoes, cucumbers, lemon and olive oil dressing.

Fattosh 5.99
See glossary on other side.

Tabbooleh 4.59
See glossary on other side.

Beef 7.59
Green salad topped with beef.

Chicken 7.59
Green salad topped with chicken.

1/2 Green 2.59

1/2 Greek 3.59

Dessert

Baklava	1.99
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sides

Hummos	4.59
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See glossary on other side.

Baba Ghannoj	4.59
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See glossary on other side.

French Fries	1.99
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Shawerma Meat Side. 3.59

Falafel	.39
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See glossary on other side.

Taziki	4.59
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See glossary on other side.

Dolma	2.59
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See glossary on other side.

Rice	2.59
Sweet Potato	2.99

Kids Menu

2pc. Chicken Strips with fries	3.99
5pc. Cheese Sticks	2.99
5pc. Jalapeño Poppers	2.99
Shawerma with rice or salad	4.59
Kabob with rice with rice or salad	4.59



Shawerma



Kabob



Salad



Falafel

TWO LOCATIONS TO SERVE YOU.

5486 California Ave. • (661) 328-1400 and 1201 24th St. • (661)325-1500

www.flameandskewers.com





Flame & Skewers

MEDITERRANEAN RESTAURANT

Since its opening in February 2006, the locally owned and operated Mediterranean Restaurant has become a popular Bakersfield institution. Whether for lunch or dinner, the centrally located “Flame and Skewers” is the perfect gathering spot. The lively atmosphere, authentic decor and creative cuisine all reflect the Mediterranean Region that inspired the restaurant.

When we say “Fresh” and “Natural”, we mean exactly that! Mediterranean cuisine is rooted in the use of fresh and healthy ingredients. At Flame and Skewers we have stayed true to this time-honored tradition and we prepare all our foods in-house. Mediterranean cuisine is light distinctively flavorful through the careful blending of fresh ingredients.

— GLOSSARY —

Baba Ghannoj - [bah-bah gah-NOOSH] A Middle Eastern mixture of grilled eggplant, tajini, olive oil, lemon juice and garlic. It's garnished with paprika & olive oil and used as a spread or dip.

Baklava - [BAHK-lah-vah; bakh-lah-VAH] This sweet dessert consists of many layers of butter-drenched phyllo pastry, spices and chopped nuts. A spiced honey-lemon syrup is poured over the warm pastry after it's baked and allowed to soak into the layers.

Dolma - [DOHL-mah] Grape leaves stuffed with rice, onions, tomatoes, parsley and other spices.

Falafel - [feh-LAH-fehl] A Middle Eastern specialty consisting of small, deep-fried croquettes or balls made of highly spiced, ground chickpeas, parsley and cilantro.

Fattosh - [fah-TOSH] A salad made with romaine lettuce, tomatoes, cucumbers, onions, and pita chips mixed with salt, olive oil and a lemon vinaigrette.

Hummos - [HOOM-uhs] This thick Middle Eastern dip is made from chickpeas seasoned with lemon juice, garlic and olive or sesame oil.

Kabob - [kuh-BOB] Small chunks of meat that are usually marinated before being threaded on a skewer and grilled.

Kofta - [kof-tuh] Ground meat, usually beef & lamb, mixed with onions, parsley and other spices.

Shawerma - [shuh-WAHR-mah; sh-WAHR-mah] Shawerma consists of spiced, marinated beef (sometimes chicken or veal) that has been molded around a vertical, rotating spit and slowly roasted. Thin slices of the meat are shaved off as the spit keeps turning.

Tabbouleh - [tuh-BOO-luh] A Middle Eastern salad of bulghur (cracked) wheat, fine chopped parsley, tomatoes, onions, mixed with lemon juice and olive oil.

Taziki - [dzah-DZEE-kee] A mixture of plain yogurt, grated or chopped cucumber, minced garlic, olive oil, chopped fresh mint.

