

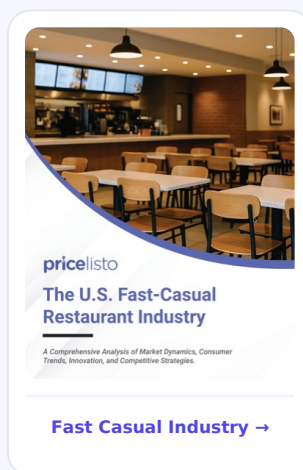


Tabule (CA)

Menu Prices — October 24, 2026

Tabule (CA) menu with prices in Canada, updated October 2019: 59 items
across 8 categories, prices from \$0.90 to \$35.95.

Restaurant & Food Industry Reports



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Tabule (CA) Menu with Prices (Canada)

Tabule (CA) menu with prices in Canada, updated October 2019: 59 items across 8 categories, prices from \$0.90 to \$35.95. Prices are collected by PriceListo and may vary by location. See the latest prices online at ca.pricelisto.com/menu-prices/tabule-ca

Menu categories: Pita Sandwiches · Mezza Cold · Mezza Hot · Vegetarian Entrées · Meshweh - Grill · Samak - Seafood · Sides · Drinks

Pita Sandwiches

ITEM	PRICE
Eggplant in a Pita Eggplant, romaine lettuce, tomatoes, cucumber and onion topped with tahini.	\$7.50
Chicken in a Pita Mennonite farm-raised chicken breast, romaine lettuce, tomatoes, cucumber and onion topped with tahini.	\$8.95
Lamb in a Pita Fresh Ontario lamb charcoal broiled with romaine lettuce, tomatoes, cucumber, and red onions.	\$9.50
Falafel in a Pita Falafel, romaine lettuce, tomatoes, cucumber and onion topped with tahini.	\$7.50
Kefta in a Pita Ground lamb and beef with parsley, romaine lettuce, tomatoes, onion, garlic, and red onion.	\$8.50

Mezza Cold

ITEM	PRICE
Akaawi Cheese Seared with nigelli seeds topped with tomato concasse and finished with za'atar and extra virgin olive oil drizzle.	\$11.95
Assorted Pickles	\$3.95
Falafel Salad Romaine lettuce, tomatoes, red onions, and cucumber topped off with gluten-free falafel and tahini.	\$13.95
Hallum Salad Baby arugula, onions and seared hallüm cheese tossed together in a pomegranate dressing.	\$12.95
Fattush Salad Tomatoes, cucumber, fresh mint, onions, parsley, and toasted whole wheat pita, lightly dressed with lemon, garlic, sumac...	\$13.25
Basterma with Labni Seasoned cured beef is known as 'middle eastern prosciutto' labni, arugula, olive oil drizzle, and za'atar.	\$12.95
Small Hummus Chickpea purée, Lebanese tahini sauce, fresh lemon juice and a touch of garlic add pine nuts.	\$7.50
Large Hummus Chickpea purée, Lebanese tahini sauce, fresh lemon juice and a touch of garlic add pine nuts.	\$12.95
Small Babaganuj Puréed bbq eggplant mixed with Lebanese tahini, garlic, and fresh lemon juice.	\$7.50
Large Babaganuj Puréed bbq eggplant mixed with Lebanese tahini, garlic and fresh lemon juice.	\$12.95
Small Tabule Gluten-free option. Vegan. Hand chopped parsley salad with whole wheat bulgur, tomatoes, onions and a hint of mint tosse...	\$7.50
Large Tabule Gluten-free option. Vegan. Hand chopped parsley salad with whole wheat bulgur, tomatoes, onions and a hint of mint tosse...	\$12.95
Small Labni Homemade Lebanese yogurt cheese mixed with garlic and topped off with za'atar (Lebanese spices).	\$7.50

ITEM	PRICE
Large Labni Homemade Lebanese yogurt cheese mixed with garlic and topped off with za'atar (Lebanese spices).	\$12.95
Small House Salad Lettuce, tomatoes, red onions, cucumber, fresh mint, and parsley tossed in a lemon garlic dressing.	\$8.00
Large House Salad Lettuce, tomatoes, red onions, cucumber, fresh mint and parsley tossed in a lemon garlic dressing.	\$12.95
Mezza Hot	

ITEM	PRICE
Warak Enab Vegetarian home-made grape leaves, stuffed with rice, tomatoes, garlic, lemon, and spices served with yogurt sauce.	\$11.95
Small Mujaddara	\$8.50
Large Mujaddara	\$14.95
Chicken Liver	\$12.95
Homemade Lentil Soup Puréed red lentils with no cream or butter.	\$7.25
Garlic Tomatoes Sautéed tomatoes seasoned with garlic and coriander, in a tomato sauce.	\$9.50
Fried Eggplant Slices of eggplant fried and topped with a lemon garlic dressing.	\$9.50
Ma'aneK - Lebanese Spicy Sausage Ground beef with middle eastern spices and pine nuts.	\$7.95
Arnabeet Flash fried cauliflower finished with a touch of tahini.	\$8.95
Kubbe	\$7.95
Falafel Vegetarian patties consisting of crushed chickpeas, split fava, parsley, garlic, onions and spices served with tahini.	\$8.95
Garlic Shrimp Sautéed shrimp in a tomato garlic sauce, a little spicy.	\$14.50

Vegetarian Entrées	
ITEM	PRICE
Eggplant Entrée Drizzled with tahini on a bed of müjaddara and topped with fresh pomegranate seeds.	\$17.50
Vegetable Two skewers of marinated vegetables served with müjaddara.	\$17.50
Falafel Entrée Gluten-free falafel balls served with müjaddara and vegetables.	\$17.50

Meshweh - Grill	
ITEM	PRICE
Chicken Liver Entrée	\$20.45
Kefta Banadura Two juicy skewers of ground mixed lamb and beef in a tomato garlic sauce. All mains are served with chefs vegetables and...	\$23.95

ITEM	PRICE
Lamb Chops	\$35.95
Four pieces cut from Ontario lamb rack, dry-aged in house. All mains are served with chefs vegetables and rice topped wi...	
Kefta	\$19.95
Two juicy skewers of ground mixed lamb and beef with onions, parsley, garlic, and spices. All mains are served with chef...	
Tawük	\$19.95
Two juicy skewers of Mennonite farm-raised marinated chicken breast (hormone and antibiotic-free) all mains are served w...	
Lamb	\$23.95
Two skewers of fresh Ontario lamb dry aged in house. All mains are served with chefs vegetables and rice topped with oni...	
Lahmeh	\$23.95
Two skewers of Ontario veal tenderloin. All mains are served with chefs vegetables and rice topped with onions.	
Samak - Seafood	

ITEM	PRICE
Bronzino Whole Fish	\$34.00
Fresh whole fish, pan-fried and topped with a fresh lemon garlic dressing comes with Lebanese vermicelli rice and grille...	
Red Snapper	\$24.95
Line-caught fresh fillet baked with herbs and olive oil served with Lebanese vermicelli and grilled vegetables.	
Garlic Shrimp Entrée	\$24.95
Sautéed shrimp in a tomato garlic sauce, a little spicy comes with Lebanese vermicelli rice and grilled vegetables.	
Grilled Shrimp	\$23.95
Grilled Salmon Kebabs	\$23.95
Fresh Atlantic salmon grilled with lemon, garlic, and spices come with Lebanese vermicelli rice and grilled vegetables.	

Sides	
ITEM	PRICE
Hot Sauce	\$0.90
Gluten-Free Pita	\$3.95
Fries	\$4.95
Garlic Sauce	\$0.90
Tahini Sauce	\$0.90
Yogurt Sauce	\$0.90

Drinks	
ITEM	PRICE
Coke	\$2.25
Diet Coke	\$2.25
Sprite	\$2.25
Ginger Ale	\$2.25
Iced Tea	\$2.25