

LASKO

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San Francisco State University

Welcome to Lasko—where the Mediterranean meets Berkeley and the San Francisco Bay! Located in Berkeley's Gourmet Ghetto, a neighborhood best known for spearheading the farm-to-table movement, Lasko is committed to preserving the health of its community by serving Mediterranean cuisine made from locally and organically grown ingredients (Lee, 2013). We pride ourselves in serving up a traditional Mediterranean diet rich in nutrient-dense foods such as vegetables, fruit, legumes, grains, healthy fats, and a moderate intake of fish, all of which are optimal for preventing chronic diseases and ensuring a better quality of life (Sofi, Abbate, Genuine, & Casini, 2010).

The atmosphere at Lasko makes guests feel as though they are on a Mediterranean vacation. They enter an oasis as they follow a path lined with olive trees to our wooden ivory doors. Inside, guests can enjoy a glass of wine nestled next to our warm brick fireplace. With a seating capacity of 75, guests can choose from our indoor dining tables and private booths, or our outside patio and hookah lounge.

Lasko first opened its doors in 1979. Felix Lasko, a young chef, and his wife Elena moved to Berkeley from Greece in the 1970s in hopes of creating a restaurant which would provide high-quality, authentic Mediterranean cuisine and impeccable service to the Berkeley community. After retiring, their two sons Alexander and Nicholas continued to run the family business. If you are lucky, you can catch Felix and Elena almost every Friday night dining in one of our cozy, private booths.

The target population of Lasko encompasses Berkeley city residents, visitors from the surrounding San Francisco Bay area or elsewhere, and University students. The menu has offerings for individuals who subscribe to gluten-free, vegetarian and vegan diets, as these diets

are fairly popular in the Berkeley area (Burkett, 2015; Duggan, 2010). Lasko also meets the Americans with Disabilities Act (ADA) standards for accessibility.

Lasko meets the needs of its target populations in several ways. In addition to gluten-free, vegan, and vegetarian menu offerings, daily menus offer dishes which adhere to the Harvard School of Public Health's Healthy Eating Plate, appealing to those who are health conscious. A variety of vegetables are an integral part of Lasko's menu, as per the Harvard Plate recommendations that non-starchy vegetables compose a large portion of each meal. Lasko uses olive oil, as this is important in the Mediterranean cuisine, and the Harvard Plate also recommends use of olive oil in moderation. Lasko features whole grains and healthy proteins, such as beans and leaner cuts of meat. Beverages contain limited or no added sweetener, and fruit is featured in several menu items. Desserts are modest in size, with healthier options. (Harvard T. Chan School of Public Health, 2011).

Lasko is a family-owned restaurant striving to provide wholesome and balanced Mediterranean style meals to the Berkeley community, both longtime locals and University students, as well as Berkeley visitors. The Harvard Plate recommendations and recent nutrition knowledge are integrated into the menu design and recipes, leading to menu options that aid patrons in achieving a nutritionally balanced meal. Come join us for a meal at Lasko, where you will find yourself immersed in a lively Mediterranean ambiance. You will not only find food to satisfy your palate; you will also find a plethora of offerings that are beautifully nutritionally balanced.

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## Desserts

### Fresh Berries Dressed in Honey

An assortment of this season's freshest berries with a drizzle of rosemary honey and Marcona almonds

### Housemade Pomegranate Sorbet

A refreshing sorbet bursting with pomegranate flavor, brightened with mint leaves

### Mother Lasko's Baklava

Crispy pastry stuffed with toasted walnuts with a chocolate & honey drizzle  
(dinner only)

### Dessert Cheese Plate

Capricious (sheep's milk), chèvre (goat's milk), and Pleasant Ridge Reserve (cow's milk) cheeses paired with fresh pears, figs, and grapes to put a savory end to your meal  
(dinner only)

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## Refreshments

### Homemade Lemon-Mint Soda

### Basil Infused White Wine

### Sparkling Water

### Water

### Turkish Coffee

Espresso spiced with chicory and cardamom for a warm treat

### Moroccan Mint Tea

# Breakfast

## Short Stack Tiganites

Fluffy Greek pancakes topped with an assortment of fresh whipped greek yogurt, thyme infused honey, walnuts, and sweet currants

## Slice of Greek Vegetable Pie

A flaky filo crust filled with spinach, feta, sundried tomatoes, and farm fresh eggs.

## Breakfast Sides

### Mediterranean Breakfast Platter

A delightful platter composed of seasonal fruits, olives, feta cheese, prosciutto, and salami

### Our Morning Yogurt

Traditional Greek yogurt topped with local Honey Pacifica honey and our house

# Lunch

## Roasted Eggplant Wrap

Eggplant seasoned with rosemary and thyme roasted in our wood fired oven for an extra smoky flavor. Topped with fresh vegetables and tzatziki sauce

## Lahm bi Ajin

A Lebanese styled pizza topped with a mix of grass-fed beef and lamb in savory tomato sauce with pine nuts for an added crunch

## Caprese Salad

Vibrant tomatoes and basil top fresh mozzarella cheese with a drizzle of aged balsamic

## Mediterranean Fish Soup

Flavorful fish soup, with mussels, halibut, and shrimp in a delightful broth.

## Lunch Sides

### Gigantes Plaki

Light and slightly sweet, with large lima beans, fresh herbs, and delicate mediterranean spices.

### Spread Plate

Your choice of hummus, baba ganoush, or creamy olive tapenade with warmed whole grain pita

# Dinner

## Mediterranean Pasta

Whole grain linguine noodles tossed in olive oil with sundries tomatoes, Kalamata olives, and marinated artichokes.

Available vegetarian or with your choice of scallops, salmon, or free-range chicken

## Falafel Platter

Delicately ground fava beans, chickpeas, garlic, and parsley fried until golden brown. Served on toasty freekeh

## Prosciutto & Pomegranate Salad

Thin slices of salty prosciutto contrast the tangy pomegranate in this lively salad

## Chilled Yogurt & Persian Cucumber Soup

A refreshing take on soup. Fresh cucumbers blended with Strauss Family Farms yogurt sprinkled with dill

## Dinner Sides

### Zesty Tabbouleh

A traditional salad of bulgur and fresh parsley dressed in a generous drizzle of lemon and olive oil

### Harissa & Pita

A spicy paste of chiles served alongside warm pita

## Desserts

### *Greek Lemon Rice Pudding*

Zesty and refreshing, this is a sweet and tangy twist to classic rice pudding (*v, gf*)

### *Tahinopita*

A classic Greek desert: spiced cake with notes of orange, sesame and cinnamon. Crumbly and filled with walnuts and raisins (*v*)

### *Grilled Peaches & Dukkah*

Mouth-watering grilled peached topped with dukkah, a creamy blend of Egyptian spices and nuts.

Served with whipped cream and blueberries. (*v*)  
(dinner only)

### *Honey & Tahini Ganache*

The perfect after dinner chocolate: dark chocolate with tahini and heather honey, rolled in sesame seeds (*v, gf*)  
(dinner only)

## Refreshments

Homemade Lemon-Mint Soda

Basil Infused White Wine

Sparkling Water

Water

Turkish Coffee

Espresso spiced with chicory and cardamom for a warm treat

Moroccan Mint Tea

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## Breakfast

### *Savory French Toast Casserole*

A savory twist on French toast. Fresh mushrooms, thyme, chèvre, covered in creamy eggs finished with sun-dried tomatoes and rosemary (*v*)

### *Breakfast Cous Cous*

An unlikely breakfast food, this cinnamon cous cous is topped with dried apricots and currants (*v*)

## Breakfast Sides

### *Cretan Dakos*

A crumbly rusk topped with heirloom tomatoes, feta cheese, and olives

### *Kolokythokeftedes*

Made from scratch, these lightly fried balls exquisitely blend zucchini, feta, and green onions resulting in a delectable way to start your day (*v*)

## Lunch

### *Lamb Polenta with Fennel Salad*

Tender lemon roasted lamb served over a creamy polenta with a bright fennel salad

### *Roasted Garlic Falafel Cakes*

A staple of Mediterranean plates, crispy on the outside and tender on the inside, served with hummus, pickled vegetables, and whole grain pita (*v*)

### *Mediterranean Eggplant & Barley Salad*

Spiced barley with oven roasted eggplant and zucchini, tossed in a refreshing lemon garlic dressing. Topped with fresh herbs, tomatoes, and Kalamata olives (*v*)

### *Fasolada*

A thick, hearty soup of navy beans, tomato, onions, and garlic (*v, gf*)

## Lunch Sides

### *Stuffed Tomatoes*

Vine ripened tomatoes stuffed with a delicate blend of rice, herbs, pine nuts, and currants (*v, gf*)

### *Skordalia*

Creamy and garlicky mashed russet potatoes, with a subtle hint of lemon (*v, gf*)

## Dinner

### *Greek Preserved Quail*

A bright and zesty whole quail preserved in extra virgin olive oil, served over a layer of black quinoa

### *Sabzi Pallow*

Spinach sautéed until very tender served warm over a bed of brown basmati rice (*v*)

### *Watermelon & Feta Salad*

Refreshing, sweet and salty. Watermelon elegantly juxtaposed with feta, olives, and thin red onions. Topped with parsley and mint (*v, gf*)

### *Greek Peas & Broth*

This simple yet herbaceous soup is made from local green peas simmered in an aromatic herbed broth (*v, gf*)

## Dinner Sides

### *Olive & Cheese Board*

Select from Humboldt Fog Blue Cheese, chèvre, or Manchego cheeses, to pair with our house marinated olives (*v, gf*)

### *Marathopites*

House-made pita dough filled with local greens, herbs and olive oil for a classic with a twist (*v*)

## Desserts

### *Loukomades*

A fluffy ball of dough coated in local raspberry honey (v, gf)

### *Almond-Pistachio Frozen Yogurt*

Frozen yogurt with a twist, creamy pistachios, almonds and a banana base to give your lunch a light finish (v, gf)

### *Grilled Peaches, Figs, Apricots, & Orange Blossom Scented Yogurt*

Grilled stone fruits and figs, with toasted anise seeds and fresh basil, topped with a refreshing citrus flavored yogurt (v, gf)  
(dinner only)

### *Fluffy Sekerpare*

A Turkish delight of a puffy sweet bread topped with chopped pistachios and hazelnuts (v)  
(dinner only)

## Refreshments

Homemade Lemon-Mint Soda

Basil Infused White Wine

Sparkling Water

Water

Turkish Coffee

Espresso spiced with chicory and cardamom for a warm treat

Moroccan Mint Tea

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## Breakfast

### *Loukaniko Morning Omelette*

Fluffy farm fresh eggs with Greek sausage cooked in a cast iron skillet and finished off in the oven. Perfect for sharing or a full meal for one. (gf)

### *Avocado Toast*

For the lighter taste, creamy avocado pressed onto rustic whole grain toast. Best with a sunny side up on top, or on the side (v)

## Breakfast Sides

### *Citrus Marinated Olives & Peppers*

A savory opening to your morning. Tangy marinated olives and Greek peppers served with toasted sesame crackers (v)

### *Honey Tahini & Tsourekhi Bites*

House-made creamy honey tahini with fluffy Greek Easter Bread bites (v)

## Lunch

### *Kebab*

Your choice of free-range chicken or local grass-fed lamb, roasted over an open flame. Served over our Saffron Basmati Rice (gf)

### *Shawarma*

Choose from free-range chicken, grass-fed lamb, or garlic falafel. Wrapped in a warm pita with pickled cabbage, mini cucumbers, and fresh hummus. (v)

### *Fattoush*

A lively mix of Persian cucumber, cherry tomato, mint, and coated with our house made sumac-mint dressing (v, gf)

### *Lablabi*

Toasty Tunisian chickpea soup simmered with lemon and cumin. Topped with a poached egg (v, gf)

## Lunch Sides

### *Saffron Basmati Rice*

Saffron tinted basmati rice topped with roasted slivered almonds (v, gf)

### *Braised Swiss Chard*

A colorful blend of rainbow chard braised with sweet currants and fresh feta (v, gf)

## Dinner

### *½ Roasted Chicken & Seasonal Vegetables*

Local free-range chicken roasted in our brick oven until just right, served with gently roasted seasonal vegetables and garlic butter for that extra bite (gf)

### *Tagine Makfoul Over Quinoa*

A slow braised mixture of goat and lamb served over a bed of steamed black and red quinoa

### *Mackerel and Green Bean Salad with Harissa Dressing*

Crisp green beans with flavorful mackerel prepared in a fresh salad with spicy harissa dressing (gf)

### *Mushroom Stifado*

Vine-ripened tomatoes, mushrooms, pearl onions and fresh herbs, stewed in red wine and warm spices. Delicious and hearty, this stew is served with choice of rice or ladopsomo (fried bread) (v, gf)

## Dinner Sides

### *Dolmas*

A staple of Greek cooking, these delicate grape leaves hold a mix of local mushrooms, herbs, and whole grain rice with a drizzle of olive oil to finish (v, gf)

### *Bobota*

Fresh baked rustic Greek cornbread, spiced with cinnamon with a twist of fresh citrus. Nutty, crumbly, and lightly sweet (v)