

## DESSERT

**Fruit Plate** \$4.95

Apples, grapes, oranges, plums, and other in-season fruits.

**Tea and Cookies** \$4.25

Moroccan Sweet Mint Tea served with home made pastries and cookies

**Baklava** \$2.95

The foods of Morocco take great advantage of the natural bounty of a country where eating is both a practical and social ritual. The cooks in the kitchens of the four royal cities (Fez, Meknes, Marrakech and Rabat) helped to refine Moroccan cuisine and create the basis for what we know as Moroccan cuisine today. The meal usually begins with a series of hot and cold salads which are followed by a *tagine*, or stew. The heartiest plate, often a lamb or chicken dish, is next, followed by a heaping plate of couscous topped with meats and vegetables. A soothing cup of sweet mint tea is the grace note to this repast. It is not uncommon for Moroccans to eat using the first three fingers of a hand, and to use bread as a "utensil."

Visit us at the Sahara Restaurant where we bring you the feel of being in Morocco with our exotic fine cuisine and atmosphere.

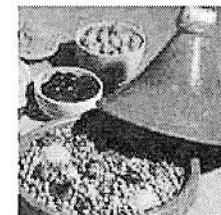


5205 Simpson Ferry Road  
Suite 14  
Mechanicsburg, PA 17050



## Sahara Restaurant

### Menu



Moroccan Fine Cuisine

### Hours

Monday to Thursday 4:30pm-9:00pm  
Friday-Saturday 4:30pm-10:00pm

Phone: 717-697-3660  
Fax: 717-697-3566

## APPETIZERS

**Harira** \$3.95  
Moroccan traditional soup made with chick peas, lentils, seasoned with spices and herbs, served with lemon

**Zaalouk** \$4.50  
Cooked eggplants & tomatoes marinated in milled spices

**Moroccan Hezzu** \$4.50  
Caramelized carrots with sweet paprika garlic and herbs

**Hummus** \$4.50  
Paste of chick peas made with a mix of Garbanzo beans, mild spices, and olive oil.

**Brie** \$6.00  
Brie served with crackers

**Taste of Three** \$6.50  
Zaalouk, Moroccan khezzu, and hummus

**Prince Bastilla** \$7.95  
Stuffed Phyllo-dough with chicken and onions, roasted almond & eggs, sprinkled with cinnamon/powdered

## KEBABS

*All kebabs are freshly prepared, marinated, cooked on an open grill.*

**Oasis Kebab** \$12.50  
Cubes of tender chicken grilled with onions, green peppers and tomatoes, brushed with cilantro, parsley, garlic, and olive oil marinade, served with saffron rice

**Alladin Kebab** \$14.50  
Beef skewers grilled with onions, green peppers and tomatoes, flavored with garlic and olive oil marinade, served with veggies and saffron rice

## COUSCOUS

**Caravan Couscous** \$10.50  
Traditional dish of Moroccan which semolina grain is the main ingredient, served with medley of carrots, onions and other veggies

**Tangiers Couscous** \$14.50  
Steamed semolina grains with chicken and herbs, served with marinated sweet sauce made with onions and golden raisins

**Casablanca Couscous** \$14.50  
Steamed semolina grains with beef flavored with many spices, topped with squash, carrots, and vegetables

**Lamb Couscous** \$17.95  
Steamed semolina grains with lamb flavored with many spices, topped with squash, carrots, and vegetables

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## THE SAHARA FEAST \$26.00

*Five Course Moroccan Dinner*

**First Course** (*choice of one*)  
Harrira, Hummas, Zaalouk, Khezzu

**Second Course**  
Prince Bastilla

**Third Course**  
Choice of one main course: Casablanca Couscous, Caravan Couscous, Tangier Couscous, Berber Tagine, Maroc Tagine, Beef Tagine, Chicken Tagine, Vegetarian Tagine

**Fourth Course**  
Dessert of the Day

**Fifth Course**  
Moroccan Sweet Mint Tea and Cookies

## TAGINES

**Vegetarian Tagine** \$10.50  
Variety of vegetables, carrots, sweet potatoes, potatoes, zucchini, squash, turnip, spaghetti squash, and green peas served with marinated sauce made with onions, herbs and mild spices.

**Chicken Tagine** \$13.95  
Chicken served with marinated sweet sauce, made with onions and raisin.

**Berber Tagine** \$14.00  
Delicious chicken tender braised in a preserved lemon sauce and saffron, topped with green olives and onions

**Maroc Tagine** \$14.95  
Home made meat balls made with many rich spices and herbs, cooked with tomato sauce and peas, topped with cooked eggs.

**Beef Tagine** \$14.95  
Beef with many spices served with marinated sauce, with prunes and topped with roasted almonds, and sesame seeds

**Safi Fish** \$16.50  
Baked white fish with carrots, green peppers, and onions, sautéed in paprika sauce

**Fez Tagine** \$17.95  
Braised lamb in a sweet cinnamon and onion sauce with prunes and topped with roasted almonds, sesame seeds, and eggs

**Sahara Rabbit** \$19.95  
Rabbit cooked and braised in mildly spiced caramelized onion sauce, topped with golden raisins. (great for low-fat alternative)