

Velare

Menu



Deli Menu

Make your own sandwich:

Lunch Meats

Bacon
Brown Sugar Turkey
Cappicola
Chicken Salad
Crab Salad
Egg Salad
Honey Ham
Mesquite Turkey
Pepperoni
Rare Roast Beef
Salami
Tuna Salad



Cheeses

Boursin (Garlic)
Buffalo Mozzarella
Cheddar
Cojack
Feta Cheese
Goat Cheese
Gouda
Lorraine Swiss
Mozzarella
Provolone
Yarlsberg

Vegetables

Black Olives (kalamata)
Couscous
Cucumber
Green Olives
Green Pepper
Hummus
Jalapeno Pepper
Pickle
Red Onion
Spinach & Artichoke Spread
Sprouts
Sweet Pepper
Tomato
Vidalia Onion

Dressings:

Ranch, Dijon
Mustard, Mustard,
Honey Mustard,
Honey, BBQ Sauce,
Ketchup, Oil,
Vinegar, Ceaser
Dressing, Ranch,
Mayo, Salt, and
Pepper.

Fresh Baked Breads

Asiago Loaf
Foccacia
French Bread
Honey Oat
Honey Wheat
Jalapeno Cheddar Loaf
Marble Rye
Pain au Levain
Pesto
Pumpernickel
Roasted Cheddar Garlic
Rosemary
Sesame Semolina
Sun-dried Tomato
Whole Wheat

 Signature Sandwiches 

All Sandwiches are served with a garden salad.

Velare Special

Our freshly made spinach and artichoke spread topped with sprouts, red onions, sweet peppers, black olives, tomato, and swiss cheese served on two slices of lightly toasted marble rye. \$15.95

Veggie Lovers Sandwich

Black olives, green olives, cucumbers, sweet peppers, red onion, spinach leaves, and sprouts topped with a Cajun aioli, swiss cheese, and the toasted bread of your choice. \$14.95

Meat Lovers Sandwich

Salami, cappicola, pepperoni, and bacon piled high with red onion, tomato, lettuce, and provolone served on lightly toasted French bread. \$16.95

Pesto, Cappicola, and Pepperoni Sandwich

Pepperoni and cappicola with pesto and tomato sauce, sweet peppers, Vidalia onions, and kalamata olives topped with provolone and mozzarella cheese on the lightly toasted bread of your choice. \$16.95

Turkey Club

Turkey piled high with bacon, lettuce, tomato, mayo and cucumber. \$14.95

Sun-dried Tomato Turkey Sandwich

Turkey with lettuce, oil, tomato, and black olives on our sun-dried tomato bread. \$15.95


Appetizers


Semolina Crusted Calamari

Calamari encrusted with semolina flour served with Moroccan pesto sauce and sweet olives.\$8.95

Bay Scallops, Shrimp, & Salmon Wonton

Served with kalamata olives and blue cheese dressing.\$9.95

Zucchini Flower Fritters

Six zucchini flowers delicately fried in a club soda batter served with a lemon wedge and creamy blue cheese dressing.\$8.95



Zucchini Flower Fritters

Jumbo Shrimp & Salmon Cocktail

Fresh jumbo shrimp and salmon served with a cool tropical fruit, hoseradish relish, and wasabi.\$9.95

Mushrooms with Garlic & Parsley

Chantrelle and Morel mushrooms sautéed in olive oil, lemon juice and savory garlic.\$7.95

Garlic Toast with Arugula

Brushette drizzled with a fruity olive oil, tomato wedges, and kalamata olives.\$7.95



Garlic Toast with Arugula

Moroccan Stuffed Tomatoes & Green Bell Peppers

Stuffed with a mixture of olive oil with long-grain rice, onions, toasted breadcrumbs, dried apricots, lemon juice, gingerroot, mint, parsley, allspice, cinnamon, cilantro, currants, almonds, and pine nuts.\$8.95



Moroccan Stuffed Tomatoes & Green Bell Peppers.


Poultry Entrées


Orange Chicken

Chicken roasted in fresh squeezed orange and lemon juice, garlic, honey, and spicy mustard. \$19.95

Chicken with Okra

Poussins served with a tangy tomato sauce with okra, peppers, and Vidalia onions. \$19.95

Stuffed Chicken

Chicken breasts stuffed with couscous, almonds, and raisins. \$21.95



Chicken with Okra


Seafood Entrées




Fried Mahi Mahi with Red Pepper Sauce

Red Snapper Creole

Fresh Red Snapper baked in a spicy Creole sauce with garlic and seasoned vegetables. \$21.95

Poached Sea Bass with Almond Sauce

Fresh Sea Bass poached and served with a light, creamy garlic and almond sauce. \$21.95

Fried Mahi Mahi with Red Pepper Sauce

Mahi Mahi fillets fried in a tempura batter and served atop a spicy red pepper sauce. \$21.95



Risotto

All entrees are served with a slice of garlic toast, a small garden salad, and your choice of our delicious Risotto and Asparagus or Peas and Asparagus.



Peas



Salads



All salads are served with two pieces of garlic cheese bread.

Salad Nicoise

An elegant salad with potatoes, tuna, French green beans, tomatoes, anchovy filets, olives and lettuce. \$8.95

Lebanese Parsley Salad

Eastern tapestry that will revive you in the middle of a hot day like a panacea. \$7.95

Horiatiki Salata

Horiatiki, meaning “peasant style,” is a salad now synonymous with Greek summer meals, usually as a prelude to grilled fish or souvlaki. \$8.95

Bulgar Chickpea Salad

Layered salad with bulgar, chickpeas, green onions, and topped with parsley and carrots. \$8.95

Cilantro Cucumber Salad

Cucumbers splashed with lime juice and sprinkled with cilantro and chili powder, served on a pile of crisp greens. \$8.95

Mesclun with Goat cheese

Young leaves of both wild and cultivated greens, such as dandelion, tiny peppery arugula leaves, lamb’s lettuce, and chervil. \$7.95

Caesar Salad with

imported Mild White Anchovies

Romaine lettuce, splashed with olive oil, then tossed with grated parmesan cheese and crunchy croutons. \$7.99

Artichoke Rice Salad

Chilled wild rice mixed with a spicy curry aioli; a rich sauce of crushed garlic, egg yolks, lemon juice, and olive oil. \$8.95

Orange, olive, & arugula salad

Exotic salads from Morocco with a sweet-and-sour taste. \$7.95

Montego Bay Shrimp and Bean Salad

Shrimp, rice, black-eyed peas, mango, and seasoned vegetables drizzled with a creamy coconut dressing. \$8.95



Salad Nicoise

🍷 Salads Continued 🍷



Mesclun with Goat cheese

Bok Choy Salad

Bok Choy and green onions topped with pine nuts and crunchy noodles, with a

side of mildly sweet dressing. . \$8.95

Fresh Garden salad

Crisp romaine lettuce and spring mix served with tomato wedges, walnuts, red onions, cucumbers, radishes, and garnished with grated Swiss cheese and freshly baked croutons.. \$8.95

Red Bean Salad

with Feta and Peppers

Nutritious red bean salad served with a garlic, lemon juice and olive oil dressing, topped with feta cheese and sweet peppers. \$8.95

Dressings:

Basalmic Vinaigrette, Honey Mustar, Oil and Vinegar, and Goat Cheese Dressing, French, Creamy Ranch.

🍷 Soups 🍷

All soups are served with two slices of garlic cheese bread or a roll.

Smoked Chicken Gumbo Soup

Cherrywood smoked chicken, Italian white beans, okra, and seasoned vegetables in a rich, hearty broth.

..... \$7.95

.....\$9.95

Clam Chowder

Clam chowder that competes with Boston's best, made daily.

.....\$9.95

Cheesy Leek and Mustard Soup

Sauteed leeks and seasoned vegetables cooked in a creamy Gruyere and Cheddar Cheese sauce. \$9.95

Celery and Sauteed Onion

Stilton Soup

Garnished with watercress and freshly grated Stilton cheese.

.....\$9.95

Pumpkin, Sweet Potato, and Leek Soup

A sweet, spicy pureed soup to warm the heart on cold, rainy Seattle days.

Cream of Asparagus Soup

Fresh asparagus engulfed in a creamy, white broth. \$9.95


Pasta


(Add grilled chicken to any pasta dish for \$1.75)

Capellini

Capellini with our sauce, basil, and roasted garlic..... \$6.95
with shrimp \$8.95

Polpette

Polpette and homemade sausage meatballs with roasted sage tomato sauce..... \$7.75

Ravioli

*Square, Tender, homemade ravioli filled with ricotta, spinach and Parmesan cheese with Gorgonzola sauce.
 \$7.75*

Fettuccine Alfredo

Homemade egg pasta with creamy alfredo sauce, Parmesan and cracked black pepper. \$7.50

Rigatoni Bolognese

*Rigatoni pasta in beef, veal and pork ragout slowly cooked in red wine with mushrooms and herbs.
 \$7.75*

Ravioli di Zucca

Butternut squash ravioli with brown butter sage. \$7.95

Puttanesca

Penne with olives, capers, anchovies, garlic, tomatoes, chili flakes..... \$7.50

Primavera

SautÈed broccoli, asparagus, spinach and eggplant; roasted garlic; tomato and basil with linguine. \$6.95

Cavatappi

Corkscrew pasta tossed with roast chicken, cream sauce, sun-dried tomatoes, cremini mushrooms, and garlic. \$7.75



*Left: Penne Pasta
 (With Sun-dried tomatoes and mozzarella)*

Frutti di Mare

*Spaghetti with mussels, shrimp and calamari, with roasted garlic, fresh tomatoes, basil, parsley and white wine.
 \$7.95*

Lasagna

Homemade with ricotta cheese, meat, sausage, and tomato sauce \$9.95


Pasta Continued


Tortellini

Beef and pork tortellini in a cream sauce with prosciutto and Parmesan.

..... **\$7.75**

Healthy Chicken

Spiral pasta with grilled chicken breast, grilled zucchini, fresh tomatoes and herbs. Low in oil and butter.

..... **\$6.75**

Gorgonzola

Shell pasta tossed in a creamy gorgonzola sauce, spinach and diced tomatoes.....

\$7.50



Fettuccine with Prosciutto and Arugula

Salsiccia

Mild Italian sausage slowly cooked in a sauce of tomato, Chanti and fennel seed with shell pasta.....

\$6.95

Linguini Aglio 'E Olio

Garlic, basil, olive oil, parmesan cheese, anchovies and sweet peppers With broccoli or black olives

\$9.95

Melanzane

Penne with eggplant, fresh mozzarella and basil in our spicy sauce.

..... **\$7.75**

Homemade Potato Gnocchi With

choice of meatball or sausage **\$11.00**

“Mom’s” Vegetarian Fusilli

SautÈed greens, garlic, olive oil, white beans, and asiago cheese.....

\$11.95

Ricotta Stuffed Shells

..... **\$11.00**

Spaghetini or Penne

with Tomato Sauce **\$8.95**

With onions and peppers **\$9.50**

With Sun-dried Tomatoes..... **\$10.50**

With Alfredo Sauce **\$9.95**

With Meatballs **\$9.50**

With Mushroom **\$9.50**

With Homemade Sausage

..... **\$9.50**

With melted mozzarella add \$1.00

Italian Platter for Two *Begin with*

an antipasto and flat read, then onto a

platter of lasagna, stuffed shells,

meatballs and house made Italian

sausage..... **\$28.95**

Beverages

HOT TEAS:

India & Sri Lanka Black Teas

The teas of India and Sri Lanka are known for their brisk, tangy, bold flavors. Growing at altitudes of up to 6,000 feet, combined with traditional leaf-rolling methods create teas with good pungency and rich aroma. **\$1.99**

China Black Teas

China is the birthplace of tea, with a history of tea agriculture that stretches back thousands of years. China's best black teas exhibit mellow, sweet, and rich flavors with a varying degree of smoky aroma. **\$2.25**

Green Teas

Fresh green teas have a lively, vegetable, or grassy taste. Each green tea has a distinctive leaf appearance and unique, subtle flavor. **\$1.99**

Oolong Teas

Oolong teas are "semi-fermented" teas, with a fermentation between green and black teas. They are in a class by themselves and can be identified by their golden color in the cup. Oolongs are smooth and soft tasting, with fruity and floral notes. **\$1.99**

Lemon Lifter

This tea is not only refreshing, but the combination of spices and citrus fruits make this an excellent immune stimulant to drink during cold and flu season. **\$1.99**

Herbal Blends \$2.25

Chai

Centuries ago this beverage was invented by the royal families of the exotic far east. Sipped in the luxury of the grand palace, the aroma of the brewed ingredients of Black teas, milk, sugar, honey, and various spices intoxicated the souls of the royal family. **\$1.99**

Chamomile Comforter

Chamomile is an excellent, lightly floral herb for improving general health. It stimulates the immune system, is a blood purifier and is also a relaxant.. **\$1.99**

Cinnamon Toast

Naturally sweet and soothing, this tea is uplifting and enjoyable. Cinnamon is anti bacterial, anti fungal and helps relieve nausea. although this tea is naturally sweet, it has no calories and does not elevate blood sugar levels. **\$1.99**

Jasmine Joy

Jasmine is a natural mood enhancer, both stimulating and relaxing. It is thought to be an aphrodisiac, as well. This tea is a mellow tasting, pleasant way to relax. **\$1.99**

Mint Melody

The mint family is a good for digestion, circulation, the immune system and moods. This mint tea is mild and delicious. **\$1.99**

HOT TEAS, CONTINUED:

Orange Spice

Oranges are reputed as being aphrodisiacs and general mood lifters. Packed with warm oranges and spices, this tea is more flavorful than wassail. It is orangier and spicier than all the rest.
..... **\$1.99**

Renegade Raspberry

This tea is great for pregnancy. It is a uterine relaxer, as well as relieves morning sickness and other discomforts. This tea is delicious, fruity and refreshingly tart! **\$2.59**

FRESH 100% FRUIT JUICES:

Carrot juice
Carrot orange juice
Grapefruit juice
.....

Simply Strawberry

Mild and relaxing, this is a great tasting tea to enjoy anytime. Packed with incredible strawberry taste, this tea will leave you wanting more!
..... **\$2.59**

ICED TEA:

Regular or Caffeine-free
One Mintal
Black Beau-Tea
Green leaves
Berry B Good
Spice Whirled
..... **\$1.79**

Orange juice
Tangerine
Lemonade (water & sugar added)
..... **each \$2.99**

SMOOTHIES:

Angel Food

A delicately smooth, creamy blend of banana and strawberries..... **\$3.29**

Blackberry Dream

You'll remember freshly picked blackberries when you enjoy the incredibly juicy taste of tangy blackberries blended with our special carbohydrate mix..... **\$3.29**

Caribbean Way

Delicious papaya, coupled with banana and strawberries give this one a tropical fruity flavor..... **\$2.99**

Celestial Cherry High

A fruity blend of black cherry, papaya and banana..... **\$3.29**

Cranberry Cooler

Tasty cranberries and our special carbohydrate mix give this one a burst of fruit flavor..... **\$3.29**

Cranberry Supreme

Our dynamic herbal nutrient blend with the kick of cranberries! This one is fantastic if you need an extra push
..... **\$3.59**

SMOOTHIES, CONTINUED:

GoGuava

*A tantalizing blend of juicy guava and tangy pineapple that's fat free and 100% fruit juice sweetened.***\$3.59**

Instant Vigor

*Perfect if you need a little boost. A light blend of banana, orange and our special carbohydrate mix.***\$3.29**

Lemon Twist

*The Smoothie with zip! Enjoy this succulent blend of lemon juice and a touch of papaya. Available with bananas or strawberries.***\$3.59**

MangoFest

*Turn every day into a tropical paradise with this delicious blend of mango, pineapples and orange juice. It's fat free and 100% fruit juice sweetened.***\$3.29**

Muscle Punch

*Banana, strawberries and our unique blend of healthy nutrients produce a creamy texture and unbelievable taste.***\$3.59**

Peach Slice

*A peach lover's dream. A subtle blend of flavorful peaches and papaya.***\$3.29**

Pep Upper

*Orange and strawberries give this one a strong citrus flavor.***\$3.29**

Pineapple Pleasure

*A delightful blend of mouth-watering pineapples, banana and a pinch of papaya. .
.....***\$3.59**

GoGuava

*A tantalizing blend of juicy guava and tangy pineapple that's fat free and 100% fruit juice sweetened.***\$3.59**

Raspberry Sunrise

*Intense raspberry flavor! Revel in the deep, fruitful flavor of raspberry and our special carbohydrate mix.***\$3.59**

Youth Fountain

*A light, delicate blend of orange and banana.***\$3.29**

Island Treat

*A cool, refreshing blend of papaya and banana.***\$3.29**

Desserts

Granita

Our Roman water ices when blended with fresh fruit juice, are full of flavor.

Lemon Granita..... \$4.95

Peach Granita \$4.95



Lemon Granita

Tarta De Naranja (Orange custard)

This Spanish dessert evokes the Mediterranean in all its glory. Soft and delectable, it literally melts in the mouth.

..... **\$4.95**

Tiramisu

Rich trife of sponge cake, espresso, mascarpone, whipped cream, and topped with shaved chocolate

..... **\$4.75**

Chocolate Cheesecake

Chocolate cheesecake with a dark chocolate graham cracker crust, drizzled in a smooth white chocolate sauce and topped with chocolate shavings. \$4.75

Cannoli

Flaky, light-as-air pastry shell filled with mascarpone cheese. \$4.75

Rum Cake

Delicious, buttery rum cake made with vanilla pudding and a toasted pecan and walnut crust. \$4.95

Tartufo

Italian ice cream dessert made of gelato and covered in chocolate. \$4.75

Spumoni

Fruity Italian ice cream, served on light vanilla wafers. \$4.15

Hosaf (Turkish Dried Fruit Dessert)

Our hosaf is made up of a selection of fruits and pine nuts. It is one of our more luxurious dishes. \$4.95



Hosaf (Turkish Dried Fruit Dessert)

Tortoni

Scrumptious ice cream treat of chocolate, cherries, and whipped cream.

..... **\$4.15**