

WELCOME

At Luna Grill, we offer a uniquely authentic cuisine with a variety of health-conscious menu items. We believe that eating "on the run" and eating delicious, wholesome food should not be mutually exclusive. We select the choicest meats, freshest produce and finest spices available to create a nourishing meal that will taste as if it was prepared at home. Incorporating ancient techniques handed down over the ages, we skillfully deliver a mouthwatering masterpiece that will not only satisfy your hunger, but will titillate even the most discriminating palate.

It is our belief that you should not have to sacrifice taste or your waistline when eating on the run. That is why our kabobs are grilled to order over an open flame. The metal skewer sears the juices in by conducting heat internally decreasing cooking time. Cooking over open flame allows the fat to drip off the meat while on the grill so it doesn't end up on your plate.

The size of our restaurant may be small, but we do not consider ourselves to be "fast food". We cut, marinate and skewer our kabobs fresh each day and create our marinades and dressings from scratch. We never precook our kabobs because we prefer to not sacrifice taste and freshness just to save time. Welcome and enjoy the amazing food we have to offer!

BEVERAGES, SIDES, AND MORE

ON THE SIDE

PITA/LAVASH BREAD	1.00
FRENCH FRIES	3.25
WHITE BASMATI RICE	2.50
BARBERRY RICE	4.00
GRILLED TOMATO SKEWER	2.95
CUCUMBER YOGURT DIP	0.50
CRUMBLLED FETA CHEESE	1.95
BAKLAVA	1.95

BEVERAGES

FOUNTAIN DRINKS	reg. 1.65	lrg. 1.95
BOTTLED SPRING WATER		1.65
SPARKLING WATER	reg. 1.95	lrg. 2.50

Domestic and Imported Beer and Wine Available

LOCATIONS

MISSION VALLEY

Located in the Ikea Shopping Center at Fenton Marketplace

2245 Fenton Market Pkwy, Suite 105, San Diego, CA 92108

MAIN (619) 516-LUNA (5862)

FAX (619) 516-5828

Restaurant Hours

Mon.-Sun. 11:00AM- 9:00 PM

TORREY HIGHLANDS

Located at the Albertson's Shopping Center off of the 56 Freeway at Torrey Highlands

7825 Highlands Village Place, San Diego, CA 92129

MAIN (858) 538-4555

FAX (858) 538-0777

Restaurant Hours

Mon.-Sun. 11:00AM- 8:30 PM

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CATERING AVAILABLE

www.lunagrill.com

EMAIL info@lunagrill.com



Luna grill

NEIGHBORHOOD KABOBERY
NEAR EAST & MEDITERRANEAN CUISINE

ORDER
ONLINE AT
www.lunagrill.com

MENU

STARTERS

	Lunch	Dinner
HUMMUS	3.95	4.95

A thick spread made from ground chickpeas, tahini, lemon juice and a touch of garlic. Served with your choice of lavash or pita bread.

EGGPLANT DIP	3.95	4.95
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Traditional Persian eggplant dip blended with sautéed onions, spices and topped with yogurt and sautéed mint. Served with your choice of lavash or pita bread.

GYROS QUESADILLA	6.55	
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An original Luna Grill creation! Gyros meat, tomato, onion and cheese melted between two pieces of Lavash bread.

SPANAKOPITA	3.95	5.95
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Perfect blend of spinach and feta cheese wrapped in phyllo dough and baked to a golden crisp.

TABOULI	4.25	
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Finely chopped parsley, couscous, mint, tomato, spring onion, and herbs served in a lemon vinaigrette. Served with your choice of lavash or pita bread.

FRENCH FRY CRUMBLE	4.95	
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Seasoned French fries topped with crumbled feta cheese, lemon and oregano.

FALAFEL	4.95	
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Spiced ground chickpea balls that are fried and topped with a drizzle of Tahini cream sauce.

FIRE ROASTED TOMATO APPETIZER	4.95	
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Fire roasted tomatoes drizzled with olive oil, herbs, and topped with crumbled feta cheese. Served with pita or lavash bread.

CUCUMBER YOGURT DIP	3.95	
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SOUP OF THE DAY	SMALL 3.5	LARGE 4.50
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SOUP AND SALAD COMBO	7.55	
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Your choice of Greek or House Salad with a small soup of the day.

FRESH SALADS

All salads are served with pita bread. Don't forget to add a kabob to your favorite salad!

	Lunch	Dinner
GREEK SALAD	5.75	7.25

Fresh romaine lettuce, feta cheese, Greek olives, tomatoes, cucumbers, red onions and pepperoncini topped with our house vinaigrette dressing.

GYROS SALAD	7.55	9.95
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Thinly sliced gyros meat served over Greek salad.

FATTOUSH SALAD	6.55	7.95
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Romaine lettuce, cucumber, feta cheese, pita chips, red onion, finely chopped Italian herbs and mint all tossed in our house vinaigrette dressing.

LUNA SALAD	6.55	7.95
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Fresh spinach, dried cranberries, almond slivers, crumbled feta cheese, tomatoes, red onions and cucumbers topped with our house vinaigrette.

HOUSE GREEN SALAD	4.95	5.95
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Fresh blend of lettuce, tomatoes, cucumbers, and red onion topped with our house vinaigrette dressing.

CAESAR SALAD	6.55	7.95
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Crisp romaine lettuce tossed in our homemade Caesar dressing, topped with parmesan cheese and croutons

ADD YOUR FAVORITE KABOB OR SEAFOOD TO ANY OF THE ABOVE SALADS

CHICKEN KABOB	2.50	3.50
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FLAT CUT CHICKEN	3.50	4.50
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BEEF TENDERLOIN KABOB	4.00	5.50
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GROUND SIRLOIN KABOB	2.50	3.50
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LAMB KABOB	4.00	5.50
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TIGER SHRIMP KABOB	5.50	
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FILET OF SALMON	5.50	
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MAHI-MAHI KABOB	4.50	
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WRAPS AND SANDWICHES

All our gourmet sandwiches and wraps are served in your choice of pita or whole wheat lavash bread and include lettuce, tomatoes, onions and our house dressing. Served with French fries.

Add Hummus inside any sandwich for \$.75

Substitute Green Salad for \$1.00

Substitute Soup for \$1.50

	Lunch	Dinner
CHICKEN WRAP	6.95	7.55

CHICKEN CAESAR WRAP	6.95	7.55
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GROUND SIRLOIN WRAP	6.95	7.55
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BEEF TENDERLOIN KABOB WRAP	7.75	8.95
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LAMB KABOB WRAP	7.75	8.95
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GYROS SANDWICH	6.95	
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TIGER SHRIMP WRAP	8.95	
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MAHI-MAHI WRAP	7.95	
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SALMON WRAP	9.95	
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Filet of salmon, uniquely seasoned and grilled to perfection.

VEGGIE WRAP	6.95	
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A skewer of assorted seasonal vegetables and tofu.

FALAFEL SANDWICH	5.95	
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LUNA BURGER	5.55	
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1/3 lb. burger served with ketchup, mustard, mayonnaise, lettuce, onions, pickles and tomatoes.

Add Cheese for \$.75 • Add bacon \$.75

ENTREES

All Entrees are served on a bed of fluffy white basmati rice and are accompanied by pita bread, cucumber yogurt dip, fresh green salad, and a grilled tomato or carrots.

Our kabobs are cut, skewered, specially seasoned and marinated in our unique recipe every day. They are skillfully grilled to perfection when you order to maximize taste and juiciness.

	Lunch	Dinner
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CHICKEN KABOB	6.95	8.95
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GYROS PLATE	6.95	8.95
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GROUND SIRLOIN KABOB	6.95	8.95
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BEEF TENDERLOIN KABOB	8.75	11.95
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LAMB KABOB	8.75	11.95
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FALAFEL PLATE	6.55	7.95
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VEGGIE KABOB		7.95
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FLAT CUT CHICKEN KABOB		10.95
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CORNISH GAME HEN KABOB		11.95
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TIGER SHRIMP KABOB		10.95
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Marinated Tiger Shrimp skewered with bell peppers and onions.

MAHI-MAHI KABOB		9.95
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SALMON PLATE		12.95
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Filet of salmon, uniquely seasoned and grilled to perfection.

COMBINATION ENTREES

COMBINATION KABOB	9.95	13.55
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One chicken skewer and one ground sirloin skewer

GYROS AND SPANAKOPITA	9.55	
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FALAFEL AND SPANAKOPITA	9.55	
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Ask us about making your own custom combination with your favorite items above.

KIDS MENU

Ages 10 and under. Served with a fountain drink or milk and a treat. Your choice of Rice or French fries.

CHICKEN PLATE	4.95	
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GROUND SIRLOIN PLATE	4.95	
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GYROS PLATE	4.95	
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GRILLED CHEESE	4.95	
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