Sharables

Pine Lamb Hummus $20
Silk Hummus with sizzling lamb meat topped with roasted pine nuts

Fatteh Chickpea $17
Cumin-infused chickpeas layered over a base of crisp, fire-oven pita chips. Topped with a cool, garlic-infused yogurt tahini sauce and finished with a golden sauté of toasted pine nuts and a dusting of tangy sumac

Falafel Donuts $16
Three house-made falafel donuts crafted from chickpeas and fava beans. Served with a curated boutique collection of Four seasonal market produces and a signature tahini dipping sauce

Walnut Mahammara $16
A rich blend of roasted bell pepper, walnut, garlic, and pomegranate molasses

The 7th Street Batenjein $15
Fried eggplant on a bed of baby arugula & Fried pita finished with pomegranate molasses, tahini sauce, and fresh parsley

Fire roasted baba ghannouj $15
Smoked eggplant, tahini, and olive oil

Hand-Rolled Cheese Rolls $14
4 rolls of a crispy blend of Akkawi and Mozzarella cheese with parsley

The Silk Hummus $14
Silky chickpea puree, tahini, lemon, and premium olive oil

Cauli-Crisp $13
Crispy garden florets on abed of baby arugula, dry mint and drizzle of tahini sauce

Artisan Labneh $12
Strained yogurt topped with red and green bell pepper, chives, and olives

Levantine garlic confit potato $12
Halved baby gold potatoes with cilantro, green onion, and garlic confit

French Fries $9
Ground potato, salted herbs

Sandwiches

All our sandwiches comes with french fries

Lebano Beef Burger 21
French baguette, stuffed with a premium seared beef and layered with slow caramelized onions and melted mozzarella. Finished with a cool mountain of fresh shredded cabbage, creamy mayo, and a nostalgic mustard-ketchup tang.

Beef Shawarma 19
Tender, spice-marinated beef carvings, onion sumac, fresh garden greens, and a drizzle of authentic tahini sauce.

Kafta 18
A juicy blend of ground meat, seasoned with onion sumac, creamy hummus, fresh tomato, onion, and parsley

Basil Flame Chicken 18
Tender flame-grilled chicken breast infused with aromatic basil pesto, charred to perfection,and served with garlic aioli, tomato and baby arugula.

Chicken Francisco 17
Grilled chicken breast smothered in melted mozzarella and our signature savory Francisco sauce, topped with sweet golden corn and crisp lettuce on a toasted french bread.

Green Falafel 16
Our signature recipe of chickpeas, fava beans, and fresh herbs, flash-fried for a crisp exterior. Served with tahini and garden produce.

Fried Eggplant 15
Golden-fried eggplant slices paired with a garlic tomato reduction, tahini yogurt,and baby arugula.



Wood-Fire Oven

The Cured Prosciutto & Arugula 28
Thinly sliced cured prosciutto and Parmesan cheese served over a bed of fresh baby arugula and melted mozzarella.

The levantine Deluxe 24
Savory ham and earthy mushrooms paired with sweet corn and black olives, melted over our signature cheese blend and tomato base.

The fire cracker 22
Wood-fired spiced sausage, cheese blend with a drizzle of garlic amber glaze.

Lahm bi Ajein 20
A signature blend of ground beef and ground lamb,diced onions, tomatoes, and red bell peppers with aromatic spices.

Firewood Falafel 19
A spread of raw, herb-rich green falafel mix. Crowned with a fresh bed of crisp radishes, ripe tomatoes,and finished with tahini sauce and parsley.

The Basil Hearth 16
Fresh mozzarella cheese and aromatic basil leaves bubbling over a crushed tomato base with extra virgin olive oil.

The Heritage Duo 15
The inner circle is spread with wild thyme (za'atar), sumac, and toasted sesame; the outer one with a melting layer of creamy Levantine cheese.

Cheese melt 14
Traditional Levantine cheese and toasted sesame seeds, baked until bubbling.

Garden Zaatar 13
Our house herb blend elevated with fresh diced tomato, sweet onion, sesame, and sumac. Topped with Artisan Labneh

The OG Zaatar 12
A classic flatbread topped with a wild thyme blend (Za'atar), toasted sesame seeds, sumac, and olive oil. Topped with Artisan Labneh

Grills & Mains

Comes with cardoman rice, grilled vegetables, hummus, chili pita and Potato wedges

Charred Taouk 24
Tender breast filets steeped for 24 hours in our signature garlic-lemon marinade. Flame-grilled to a golden char.

The Heritage Kafta Grill 28
Hand-minced premium beef and lamb blended with fresh parsley, sweet onions, and a proprietary 7-spice mix. Grilled over an open flame and finished with sprinkle of sumac.

Fire-Kissed Beef Fillet 32
Two skewers of center-cut Prime beef, marinated in a traditional Lebanese blend. Charcoal-grilled to your preference.

The 7th Street Mixed Grill 48
A four-skewer feast: Two Taouk, One Hand-Kneaded Kafta, and One Prime Beef skewer. Served with 2 chili Pita bread

Tabl m Signature Plates

The Chef's Plate 30
Tender, flaky Cod fillets nestled inside a crisp, hand-shaped fried pita bowl. Topped with sweet caramelized onions, roasted pine nuts, and our signature tahini sauce, finished with a dusting of cumin and a fresh lemon half. Served with house salad

Fire-kissed lamb chops 35
Char-grilled lamb chops served over a bed of traditional Burghul Bi Banadoura. Earthy cracked wheat simmered with vine-ripened tomatoes, sautéed onions, and chickpeas. Accompanied by our house-made zesty sumac-parsley blend.

The Clay Pot Shawarma 48
Tender, hand-carved beef marinated in heritage spices and slow-roasted inside a sealed clay vessel to lock in the savory juices. Unveiled at your table with a chef's spread of sumac-onions, fresh tomatoes, Parsley, Radish, Hummus, tahini, and warm firewood bread. Sharing for 2

Sides

Fattouch Salad	8	Garlic Sauce	1.5
Tabouleh Salad	9	House Chili Sauce	1.5
Cardamon Rice	5	Taouk Skewer	8
Falafel Donut	3.5	Kafta Skewer	11
Grilled Veggies	4		

At TABL M*, we believe that dining should be a sensory journey that brings people closer together. This is our signature take on Lebanese hospitality, an experiential table where premium, market-fresh ingredients meet time-honored family recipes. Here, you will experience the undeniable energy of a traditional feast reimagined for Downtown LA, complete with the rich aromas of artisan doughs baking in our hearth and plates designed uniquely for sharing. We poured our hearts into creating Tabl M so that every visit feels like a celebration of community, connection, and culinary artistry. Welcome to our table.*

The Abboud's Couple
TABL M



Artisanal Breads & Fritters

Fresh bread basket $4
2 loafs of pita bread made to order.

Fired oven pita chips $2.5
Small pieces of fried oven pita with sumac.

Fresh Salads

Fattouch 16
A vibrant bouquet of fresh garden produce and crisp greens tossed with tangy sumac and a lemon-olive oil vinaigrette. Topped with house-made fire-oven pita chips with pomogranate molasses.

Tabbouleh 18
Finely chopped Italian parsley, vine-ripened tomatoes, and sweet onions mixed with cracked bulgur wheat. Tossed in a bright dressing of fresh lemon juice and premium extra-virgin olive oil.

Garden of Lebanon 20
A brilliant mosaic of sun-ripened tomatoes, tri-color peppers, and crisp cucumbers,layered with the sharp bite of red and green onions. This salad is tossed in a fragrant blend of earthy zaatar and hand-torn mint, then finished with a zesty infusion of cold-pressed olive oil and fresh lemon.

Dessert

Knafe 14
Shredded phyllo pastry layered with melted sweet cheese, baked in our oven until crisp and golden, then finished with orange blossom syrup and crushed pistachios.

Midnight Chocolate Silk 12
Two layers of deep dark chocolate cake wrapped in silky chocolate ganache, finished with a glossy fudge frosting and crushed pistachios.

Succès (Maalouta) 12
Shattered butter biscuits, roasted walnuts, and toasted coconut ribbons folded into a velvety Belgian chocolate ganache. Served chilled.

Golden Caramel Roll 10
Warm, house-made cinnamon roll layered with brown sugar and spice, then drenched in buttery caramel instead of frosting. Soft, gooey, and perfectly sticky.

Tamarina 7
A timeless Lebanese comfort. Sweet date molasses swirled with creamy tahini, served with warm fresh pita for dipping. Rich, nutty, and naturally sweet.

Baklava 4.5 / piece
Layers of crisp phyllo, nuts, and honey syrup, baked fresh daily.

Drinks

Arnold Palmer	7	Short Pellegrino	6
B&B Lemonade	6	Iced Tea	5
Minty Yogurt	8	Soft drink	4
Long Pellegrino	9	Ginger Ale	4

Coffee & Tea

Lebano Romira coffee	8	Cappuccino	5
Caffe Blanc	7	Latte	5
Herbal Tea	6.5	Espresso	4
Black Tea	6	Americano	4