

HOME



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MEDITERRANEAN KITCHEN OFFERS AN EXQUISITE DINING EXPERIENCE YOUR TASTE-BUDS WILL NEVER FORGET. AUTHENTIC MIDDLE EASTERN CUISINE - INFLUENCED BY TRADITIONAL FAMILY RECIPES. MEDITERRANEAN KITCHEN WAS ESTABLISHED IN 1982.

SPECIALS



HAPPY HOLIDAYS FROM MEDITERRANEAN KITCHEN, INC.

Happy Holidays



MEDITERRANEAN KITCHEN, INC. LYNNWOOD OPEN 12-7PM SUNDAYS

Mediterranean Kitchen, Inc. Lynnwood location now open 12-7pm Sundays We are now open to serve you on Sundays from 12-7pm.



WE HAVE 3 LOCATIONS TO SERVE YOU.

We are excited to have 3 locations available to serve you at. Bellevue Kirkland Lynnwood



MEDITERRANEAN KITCHEN WINS 425 MAGAZINE BEST OF 2015

Mediterranean Kitchen, Inc. Wins The Best of 425 Magazine for 2015 Thank you to all of you that voted for us, without you we could [...]

FOOD GALLERY

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ANNOUNCEMENTS



— 2015 —

425 MAGAZINE READERS VOTED

Mediterranean Kitchen

Mediterranean Kitchen is

A family legend is a pack of appetizing recipes, treasured ones, if you will, passed down through the generations. The recipe change that comes naturally with passing years, remains almost unperceived as each generation tries to recreate the experiences that reveal their predecessors. The essence of the past combined with a drive for the future is what motivates Hussein Aboud-Hass, the owner of Mediterranean Kitchen.

Restaurateur owner of the past — such as Aboud-Hass's father and founder of the original Mediterranean Kitchen — didn't benefit from circumstances like gas-pooled garlic. Thus, Aboud-Hass's love for cooking began in 1981. He was 13 years old and had just moved with his family from Lebanon to Lynwood. When he wasn't in school, he helped peel garlic for the family restaurant. He learned his way around the kitchen and revealed to the traditional recipes his father served.

More than 20 years later, Aboud-Hass has managed to recreate his passion and

is offering a degree in Mechanical Engineering. He worked at the factory for a few years but consistently found himself missing the kitchen.

He finished a new diploma that left engineering behind and associated a family promise. In 1989 his father had retired, but Aboud-Hass purchased a restaurant in Lynwood and reestablished Mediterranean Kitchen.

Though the location is different, Aboud-Hass has maintained the taste and traditional recipes of the first Mediterranean Kitchen.

The restaurant's authenticity and superior customer service made it a success. Aboud-Hass has now expanded the business to include casual dining locations in both Kirkwood and Lynwood.

He said his goal is to provide authentic, fresh meals with outstanding service in a family-friendly environment at all of his restaurant locations.

Aboud-Hass strives to offer options that accommodate all dietary needs. The

Mediterranean Kitchen offers an extensive dining experience that your kids will never forget.

A favorite is Chicken Manakish — marinated chicken strips grilled with red cabbage, onions, tomatoes, greens, and wild onion peppers. The dish is served on a loaf of soft bread and topped with garlic sauce and served with hummus, warm pita bread and a delicious cup of soup.

Aboud-Hass, who likes to play football, is the team's cheerleader for his life work and is committed to each authentic recipe he prepares.

"I love all my dishes, each has its own unique blend of flavors and spices which I make for each restaurant every morning, 7 days a week. You have to love the job you are on the floor of your guests when they come into your restaurant. You need to have the passion of creating something delicious and fresh and healthy. The restaurant business is very demanding. If you don't love it, you will not last in it," he said.

The future of Mediterranean Kitchen is bright.



Owner Hussein Aboud-Hass welcomes you to the Mediterranean Kitchen restaurant located in Lynwood. He has plated a dish of Israeli Tzatziki — marinated chicken tenderloin strips served to perfection. It is served with rice, pita, hummus and a vegetable wrap.

"I have history with Lynwood, but the biggest challenge for opening

I want to leave the legacy to my children. They can keep the tradition alive, and

was for 30 years. Mediterranean Kitchen is located at 18415 20th Ave., West, Suite G, in Lynn-

LOCATIONS

Mediterranean

 Kitchen 



