

BOWLS & PLATTERS



Big Bowls
Your choice of protein cooked to perfection, served on steamed rice, with tomato-onion relish, sauce and pita. Chicken 10.99 Beef 11.99 Lamb 12.99 Salmon 14.48



Meddys Main Plate
Your choice of protein served with roasted veggies, dressed with a mixed herb garnish, pita, and your choice of side. Chicken 15.49 Beef 16.49 Lamb 17.49



Hummus Stacked Bowl
Your choice of protein with roasted veggies, sprinkled with parsley and served on hummus. • (GF with chicken & beef) (DF with lamb & salmon) Chicken 12.99 Beef 13.99 Lamb 14.99 Salmon 16.49

SHAWARMAS



Succulent Chicken
Sliced chicken breast, crispy lettuce, tomatoes, pickles and creamy garlic sauce all wrapped in pita. 9.79



Banging Beef
Sliced beef with a tomato-onion relish, layers of hummus, red pepper, garlic and parsley, encased in pita. 10.79



Grilled Grazer
Grilled spiced beef kefta, wrapped in pita with tomato-onion relish and hummus. 10.79



ShawarmBaa
Juicy lamb stuffed in a pita wrap with lettuce, onions and peppers dressed with minty tzatziki. 10.79



Swimming Shawarma
Marinated salmon with herbs and spices grilled to perfection served in a pita with lettuce, cucumber, tomato and tzatziki. 13.99



Falafel
Lentils, garbanzo and fava beans blended with spices and fried until crisp, with tomatoes, parsley, pickled turnips, tahini and pita. • V VG DF 9.79



Veggie Delight
Grilled zucchini, squash, cauliflower, tomatoes, onions and red peppers seasoned with sumac and pomegranate molasses, layered with hummus and pita. • V VG DF 9.79

CLASSICS



Grilled Citrus Salmon
Salmon served with tabbouleh, roasted veggies, tomato-onion relish and tzatziki. 16.49



Spanish Eggplant
Braised eggplant with bell peppers, onions, garlic and tomatoes, finished with balsamic and feta, served over rice. • VG (GF W/O pita) 9.49



Garlicky Chicken
½ roast chicken, garlicky potatoes, tomato-onion relish, pickles and pita. 14.49



Fancy Falafels
5 falafel patties served with salad, hummus, pita and Spanish eggplant. • V VG DF 11.99



Heavenly Hummus Plate
Shawarma served with hummus and pita. Chicken 10.99 Beef 11.99 Lamb 12.99 Salmon 13.48



Bulked Baba Ghanoush
Roasted eggplant mixed with tahini and spices, served with pita or veggies. • V VG DF (GF W/O pita) 7.49 med/9.49 lg Veggies available for upcharge.



Heaped Hummus
Pureed garbanzo beans with lemon juice and tahini, served with pita bread or fresh veggies. • V VG DF (GF W/O pita) 7.49 med/9.49 lg Veggies available for upcharge.

SOUPS & SALADS

*Salads – half portion 7.99, full portion 9.99



Fattoush Salad
Crunchy romaine lettuce with cucumbers, tomatoes, onions, bell peppers and radishes, flavored with sumac, parsley and mint. • V VG DF (GF W/O pita) *



Mediterranean Salad
Romaine lettuce with garbanzo beans, cucumbers, cherry tomatoes, onions and za'atar, topped with crumbled feta and dressed with balsamic vinegar. • VG (DF W/O feta) *



Salmon Salad
Grilled salmon filet seasoned with herbs and spices and served over your choice of salad. • (GF W/O pita) 15.99



Tabbouleh Salad
The classic Lebanese mix of bulgur wheat steamed with lemon juice and olive oil, finished with plenty of parsley, tomatoes, onions and spices. • V VG DF



Lovely Lentils
Diced carrots, celery, onions, tomatoes braised with lentils and seasoned with parsley. • V VG GF DF



Creamy Tomato
Blended mix of ripe tomatoes, sautéed onions and fresh cream. • VG



Mushroom Soup
Sautéed mushroom, parsley and onions blended with heavy cream.



Combo
Choice of one half salad and one full portion of soup 9.79



ADD ONS

For \$3.39, add a side to any wrap

Fattoush Salad • V VG DF (GF W/O Pita)

Mediterranean Salad • VG (DF W/O Feta)

Hummus • V VG DF (GF With Veggies)

Roasted Or Fresh Veggies • V VG DF GF

Spanish Eggplant • VG GF

Garlicky Potatoes • V VG GF DF

Baba Ghanoush • V VG DF (GF With Veggies)

Shoestring Fries • V VG GF DF

Rice • V VG GF DF

Tomato Soup • VG

Lentil Soup • V VG GF DF

Pita Bread Or Chips • V VG DF

Tabbouleh • V VG DF

MINI MEDDYS

All Mini Meddys items come with a small drink
Dine-In 1.99 - Adults & To-Go 5.99



Chicken Tenders & Fries



Kids Bowl
Choice of protein, served with rice. • GF



Mac & Cheese
• VG

The Grand Finale
Complete your meal with a shareable bakkara ice cream treat for \$8.99

