

## BOWLS & PLATTERS



### Big Bowls

Your choice of protein cooked to perfection, served on steamed rice, with tomato-onion relish, sauce and pita. Chicken 9.99 Beef 10.99 Lamb 11.99 Salmon 13.49



### Plentiful Platters

Choice of one wrap and two sides. Chicken 12.49 Beef 13.49 Lamb 14.49 Salmon 15.99



### Meddys Main Plate

Your choice of protein served with roasted veggies, dressed mixed herb garnish, and your choice of side. Chicken 13.49 Beef 14.49 Lamb 15.49 Salmon 16.99



### Hummus Stacked Bowl

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



### Chicken Tenders & Fries



### Kids Bowl

Choice of protein, served with rice and sauce. • GF



### Mac & Cheese

• VG

## MINI MEDDYS

All Mini Meddys items come with a small drink  
Dine-In 1.99 - Adults & To-Go 4.99



VG = VEGETARIAN V = VEGAN  
GF = GLUTEN FREE DF = DAIRY FREE

We proudly serve Pepsi beverages.



**SKIP THE LINE**  
Download the Meddys app on iPhone or Android to order To-Go, Curbside or Dine-In!

## SHAWARMAS



### Cracking Combo

Choose one shawarma, one side and a drink. Veggie 10.99 Chicken 10.99 Beef 11.99 Lamb 12.99 Salmon 14.49



### Succulent Chicken

Sliced chicken breast, crispy lettuce, tomatoes, pickles and creamy garlic sauce all wrapped in pita. 8.49



### Banging Beef

Sliced beef with a tomato-onion relish, layers of hummus, red pepper, garlic and parsley, encased in pita. 8.99



### Grilled Grazer

Grilled spiced beef kefta, wrapped in pita with tomato-onion relish and hummus. 8.99



### ShawarmBaa

Juicy lamb stuffed in a pita wrap with lettuce, onions and peppers dressed with minty tzatziki. 9.99



### Swimming Shawarma

Marinated salmon with herbs and spices grilled to perfection served in a pita with lettuce, cucumber, tomato and tzatziki. 12.49



### Falafel

Lentils, garbanzo and fava beans blended with spices and fried until crisp, with tomatoes, parsley, pickled turnips, tahini and pita. • V VG DF 8.49



### 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 8.49

## CLASSICS



### Grilled Citrus Salmon

Salmon served with tabbouleh, roasted veggies, tomato-onion relish and tzatziki. 15.99



### Spanish Eggplant

Braised eggplant with bell peppers, onions, garlic and tomatoes, finished with balsamic and feta, served over rice. • VG (GF W/O pita) 8.49



### Garlicky Chicken

1/2 roast chicken, garlicky potatoes, tomato-onion relish, pickles and pita. 13.99



### Fancy Falafels

5 falafel patties served with salad, hummus, pita and Spanish eggplant. • V VG DF 9.99



### Heavenly Hummus Plate

Shawarma served with hummus and pita. Chicken 9.99 Beef 10.99 Lamb 11.99 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) 5.49 med/8.49 lg



### Heaped Hummus

Pureed garbanzo beans with lemon juice and tahini, served with pita bread or fresh veggies. • V VG DF (GF W/O pita) 5.49 med/8.49 lg

## SOUPS & SALADS

\* Salads - half portion 6.49, full portion 8.99

Soups - half portion 3.29, full portion 5.49



### 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



### 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



### Combo

Choice of one half salad and one full portion of soup 8.49



## ADD ONS

For \$ 2.39, add a side to any wrap, bowl or platter

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

Mediterranean Salad • VG (DF W/O Feta)

Tomato Soup • VG

Lentil Soup • V VG GF DF

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

Hummus • V VG DF (GF With Veggies)

Roasted Or Fresh Veggies • V VG DF GF

Pita Bread Or Chips • V VG DF

*Try our delicious pieces of baklava for \$4.49!*