BOWLS & PLATTERS



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

MINI MEDDYS

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



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



Mac & Cheese

MEDDYS VEGAN/GLUTEN FREE MENU

We proudly serve Pepsi beverages.

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

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



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



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



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



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

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

SOUPS & SALADS

 * Salads - half portion 6.49, full portion 8.99



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



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

Soups - half portion 3.29, full portion 5.49



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