

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

SHAWARMAS



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



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



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



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) 16.49



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

Soups – half portion 4.99, full portion 6.99



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 9.79



MINI MEDDYS

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



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



Mac & Cheese
• VG

MEDDYS™

VEGAN/GLUTEN FREE MENU

We proudly serve Pepsi beverages.

VG = VEGETARIAN

V = VEGAN

GF = GLUTEN FREE

DF = DAIRY FREE

* = GF PITA AVAILABLE FOR \$1

ADD ONS

- 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 *
- Tabbouleh • V VG DF



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