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 5.99



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
* = GF PITA AVAILABLE FOR \$1

SHAWARMAS





Cracking Combo *
Choose one shawarma, one side
and a drink. Chicken 11.99 Veggie
11.99 Beef 12.99 Lamb 13.99
Salmon 15.48



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

ADD ONS

Tabbouleh · V VG DF

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) *

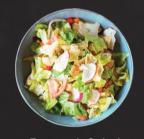
Roasted Or Fresh Veggies • V VG DF GF

Pita Bread Or Chips • V VG DF *

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

SOUPS & SALADS

 $\mbox{*}$ 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

SKIP THE LINE
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to order To-Go, Curbside
or Dine-In!