

BOWLS & PLATTERS



**Big Bowls**  
Your choice of protein cooked to perfection, served on steamed rice or veggies, with tomato-onion relish, and sauce. Chicken 10.99 Beef 11.99 Lamb 12.99 Salmon 14.48  
• (GF excluding lamb)



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



**Hummus Stacked Bowl**  
Your choice of protein with roasted veggies, served on hummus with pita on the side. • (GF with chicken & beef) (DF with lamb & salmon) Chicken 12.99 Beef 13.99 Lamb 14.99 Salmon 16.49  
Fresh veggies available for upcharge.

SHAWARMAS

Gluten free pita available upon request



**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 • DF



**ShawarmBaa**  
Juicy lamb stuffed in a pita wrap with lettuce, onions, tomatoes, and peppers dressed with 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 crispy, 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 wrapped in pita. • V VG DF 9.79

CLASSICS



**Grilled Citrus Salmon**  
Salmon served with tabbouleh, roasted veggies, tomato-onion relish and tzatziki. 17.49



**Spanish Eggplant**  
Braised eggplant with bell peppers, onions, garlic and tomatoes, garbanzo beans, topped with feta and served over rice. • VG (GF W/O pita) (DF W/O feta) 9.49



**Garlicky Chicken**  
1/2 roast chicken, garlicky potatoes, tomato-onion relish, turnips, and pickles. • GF 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  
Fresh veggies available for upcharge.



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



**Heaped Hummus**  
Pureed garbanzo beans with lemon juice and tahini, served with pita bread. • V VG DF (GF W/O pita) 7.49 med/9.49 lg  
Fresh 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, radishes, and pita strips, flavored with sumac, parsley and mint. • V VG DF (GF W/O pita) \*



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



**Salmon Salad**  
Grilled salmon filet seasoned with herbs and spices. Served over your choice of salad. • (GF W/O pita) 16.99



**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 mushrooms, parsley and onions blended with heavy cream. • VG



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



SIDES

For \$3.39, add a side to any wrap

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

Mediterranean Salad • GF VG (DF W/O Feta)

Tabbouleh • V VG DF

Hummus • V VG DF (GF With Veggies)

Roasted Or Fresh Veggies • V VG DF GF

Spanish Eggplant • DF 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

Mushroom Soup • VG

Pita Bread Or Chips • 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 and tomato-onion relish. • GF



**Mac & Cheese**  
• VG

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

