#### **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.

### 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 = VEGETARIAN V = VEGAN **GF = GLUTEN FREE DF = DAIRY FREE** We proudly serve Pepsi beverages.



### **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, lavers 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



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



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 ½ 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



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

# 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

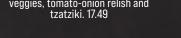
Rice · V VG GF DF

Tomato Soup · VG

Lentil Soup · V VG GF DF

Mushroom Soup · VG

Pita Bread Or Chips · V VG DF



# **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 mini
• V VG DF (GF W/O pita) \*



Mediterranean Salad Romaine lettuce with garbanzo beans, Grilled salmon filet seasoned cucumbers, cherry tomatoes, and onions, topped with crumbled feta and dressed with balsamic vinaigrette.

• GF VG (DF W/O feta) \*

with herbs and spices. Serve over your choice of salad.

• (GF W/O pita) 16.99



Salmon Salad with herbs and spices. Served



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



Mushroom Soup



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