

# SOUPS & SALADS

\*Salads – half portion 7.99, full portion 9.99

## Fattoush Salad\*

Crisp 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. (VG) (GF) (DF) W/O feta

## Tabbouleh Salad\*

A classic Lebanese mix of bulgur wheat steamed with lemon juice and olive oil, finished with plenty of parsley, tomatoes, onion and spices. (V) (VG) (DF)

## Salmon Salad

Grilled salmon seasoned with herbs and spices and served over your choice of salad. 16.99 (GF) W/O pita

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) (DF) (GF)

## Creamy Tomato

Blended mix of ripe tomatoes, sautéed onions and heavy 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

# BOWLS & PLATTERS



## Big Bowls

Your choice of protein cooked to perfection, served on steamed rice, with tomato-onion relish, and sauce. Chicken 10.99 Beef 11.99 Lamb 12.99 Salmon 14.49 (GF) excluding lamb



## Hummus Stacked Bowl

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



## Plentiful Platters

Choice of one wrap and two sides. Chicken 13.49 Beef 14.49 Lamb 15.49 Salmon 16.99



## Meddys Main Plate

Your choice of protein served with roasted veggies, dressed with a mixed herb garnish and your choice of side. Chicken 14.49 Beef 15.49 Lamb 16.49

# MEDDYS

## Wichita Locations

### Harry & Rock

(316) 558-9890

### 21st & Greenwich

(316) 425-6871

### Douglas & Washington

(316) 201-6007

### Ridge & Taft

(316) 500-3383

### 21st & Maize

(316) 867-3670

## WE CATER!



www.meddys.com

@eatmeddys



# MEDDYS<sup>TM</sup>

## MENU

# SHAWARMAS

Flavorful fillings wrapped in warm pita bread.  
Gluten free pita available upon request

## Succulent Chicken

Sliced chicken breast, crispy lettuce, tomatoes, pickles, and creamy garlic sauce. 9.79

## Banging Beef

Sliced beef with tomato-onion relish, layers of hummus, red pepper, garlic, and parsley. 10.79

## Grilled Grazer

Grilled spiced beef kefta with tomato-onion relish and hummus. 10.79 (DF)

## Shawarmbaa

Juicy lamb stuffed in a pita wrap with lettuce, tomatoes, onions, and peppers dressed with tzatziki. 10.79

## Swimming Shawarma

Marinated salmon with herbs and spices grilled to perfection, with lettuce, cucumber, tomato and tzatziki. 13.99

## Falafel

Garbanzo and fava beans blended with spices and fried until crispy, with tomatoes, parsley, pickled turnips, and tahini. 9.79 (V) (VG) (DF)

## Veggie Delight

Grilled zucchini, squash, cauliflower, tomatoes, onions and red peppers seasoned with sumac and fattoush dressing, layered with hummus. 9.79 (V) (VG) (DF)

# MINI MEDDYS

All Mini Meddys items come with a small drink  
12 and Under 1.99 - Adults & To-Go 5.99

## Chicken Tenders & Fries

Rice or veggies available for upcharge.

## Kids Bowl

Choice of protein, served with rice and tomato-onion relish. (GF)  
Fries or veggies available for upcharge.

## MAC & CHEESE

(VG)

# CLASSICS



## Grilled Citrus Salmon

Salmon served with tabbouleh, roasted veggies, tomato-onion relish and tzatziki. 16.49



## Spanish Eggplant

Braised eggplant with bell peppers, onions, garlic, garbanzo beans and tomatoes. Finished with feta and served over rice. 9.49  
(VG) (DF) without feta (GF) W/O pita



## Garlicky Chicken

½ roast chicken, garlicky potatoes, tomato-onion relish, and pickles. 14.99 (GF)



## Fancy Falafels

5 falafel patties served with salad, hummus, pita and Spanish eggplant. 11.99 (V) (VG) (DF)



## Bulked Baba Ghanoush

Roasted eggplant mixed with tahini and spices, served with pita. 7.49 med/9.49 lg  
(V) (VG) (DF) (GF) W/O pita  
Fresh veggies available for up charge.



## Heaped Hummus

Pureed garbanzo beans with lemon juice and tahini, served with pita bread. 7.49 med/9.49 lg  
(V) (VG) (DF) (GF) W/O pita  
Fresh veggies available for up charge.



## Heavenly Hummus Plate

Shawarma served with hummus and pita. Chicken 10.99 Beef 11.99 Lamb 12.99 Salmon 14.49  
Fresh veggies available for upcharge.

# DESSERTS

## Baklava

Hand-made baklava with multiple flavors to choose from; brownie, honey-pistachio, pistachio, s'mores, turtle, and walnut. 5.49

## Wild Berries & Cream

Crunchy butter cookie crumble layered with a light cream mousse & berry sauce. 4.99

## Triple Chocolate Mousse

Three layers of cocoa cream, chocolate ganache, & white chocolate on a base of cocoa crumbles. 4.99

## Tiramisu

Italian mascarpone mousse layered with coffee dipped Savoiardi ladyfingers. 4.99

## Root Beer Float

5.49

## Lemon Tart

Refreshing lemon cream custard layered with butter cookie crumble, creamy mousse, and lemon sauce. 4.99

## The Grand Finale

Chocolate filled phillo dough topped with vanilla ice cream and pistachio nut sprinkles. 8.99

# SIDES

For \$3.39, add a side to any wrap

Hummus • (V) (VG) (DF) (GF) With Veggies

Baba Ghanoush • (V) (VG) (DF) (GF) With Veggies

Spanish Eggplant • (VG) (DF) (GF)

Garlicky Potatoes • (DF) (GF)

Shoestring Fries • (V) (VG) (DF) (GF)

Rice • (V) (VG) (DF) (GF)

Tomato Soup • (VG)

Lentil Soup • (V) (VG) (DF) (GF)

Mushroom Soup • (VG)

Tabbouleh • (V) (VG) (DF)

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

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

Pita Bread Or Chips • (V) (VG) (DF)

Roasted Or Fresh Veggies • (V) (VG) (DF) (GF)

(V) Vegan (VG) Vegetarian (DF) Dairy Free (GF) Gluten Free

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

Our gluten-free items are prepared in a common kitchen. While we take steps to minimize the likelihood of exposure to gluten, our gluten-free items are not recommended for guests with a gluten sensitive disorder.