



# DIETARY MENU

**V** Vegan **VG** Vegetarian **DF** Dairy Free **GF** Gluten Free

## CLASSICS



### 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** **DF**



### 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.

## MINI MEDDYS

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

### Mac & Cheese

**VG**

### Kids Bowl

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

## 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

**GF** with chicken, beef, & salmon

**DF** with lamb & salmon W/O sauce

Fresh veggies available for upcharge.

## 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** **V** **VG**

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**

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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.

## SOUPS & SALADS

\*Salads – Half portion 7.99  
Full portion 9.99

Soups – Half portion 4.99  
Full portion 6.99

### Fattoush Salad\*

Crisp romaine lettuce, cucumbers, tomatoes, onions, bell peppers, radishes, pita strips, sumac, parsley and mint. **V** **VG** **DF** (**GF** W/O pita)

### Tabbouleh Salad\*

Bulgur wheat, lemon juice, olive oil, parsley, tomatoes, onion and spices. **V** **VG** **DF**

### Mediterranean Salad\*

Romaine lettuce, garbanzo beans, cucumbers, cherry tomatoes, and onions, crumbled feta, and balsamic vinaigrette. **VG** **GF** (**DF** W/O feta)

### Salmon Salad

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

### Lovely Lentils Soup

Diced carrots, celery, onions, tomatoes braised with lentils and seasoned with parsley. **V** **VG** **DF** **GF**

### Mushroom Soup

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

### Creamy Tomato Soup

Blended mix of ripe tomatoes, sautéed onions and heavy cream. **VG**

## SHAWARMAS

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

### Grilled Grazer

Grilled spiced beef kefta with tomato-onion relish, tahini, and hummus. 10.79 **DF**

### 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**