



# 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

### Mediterranean Salad\*

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

### Lovely Lentils Soup

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

### Creamy Tomato Soup

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

### Tabbouleh Salad\*

Bulgur wheat, lemon juice, olive oil, 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

### Mushroom Soup

Sautéed mushrooms, parsley and onions blended with heavy cream.

### Soup & Salad 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  
GF with chicken, beef, & salmon  
DF with lamb & salmon W/O sauce  
Fresh veggies available for upcharge.

### 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

# MINI MEDDYS

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

### Kids Bowl

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

### Chicken Tenders & Fries

Rice or veggies available for upcharge.

### Mac & Cheese

VG

# 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, garbanzo beans and tomatoes. Finished with feta and served over rice. 9.49  
VG DF without feta GF W/O pita



### 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.



### 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



### 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.

# SHAWARMAS

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

### 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, roasted red pepper sauce, garlic, and parsley. 10.79

### Grilled Grazer

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

### Shawarmbaa

Juicy lamb stuffed in a pita wrap with lettuce, tomatoes, onions, and peppers dressed with tzatziki. 11.79

### 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, cucumbers, and red peppers seasoned with sumac and fattoush dressing, layered with hummus. 9.79 V VG DF

# SIDES

For \$3.39, add a side to any wrap

Hummus • V VG DF GF w/ veggies available for up charge

Baba Ghanoush • V VG DF GF w/ veggies available for up charge

Spanish Eggplant • VG DF GF

Garlicky Potatoes • DF GF V VG

Shoestring Fries • V VG DF GF

Rice • V VG DF GF

Tomato Soup

Mushroom Soup

Lentil Soup • V VG DF GF

Tabbouleh • V VG DF

Mediterranean Salad • GF (V 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

*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.*

*Certain items may contain tree nut products.*

V Vegan VG Vegetarian DF Dairy Free GF Gluten Free