



JERRYS-KITCHEN.COM | 610.400.1532

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MEDITERRANEAN PROTEIN BOWLS

All protein bowls include your choice of pita chips or warm flatbread. Additional protein +\$4PP

INCLUDES: 1 PROTEIN • 3 SALADS • 2 SAUCES • 1 DIP

PROTEINS

GRILLED MEDITERRANEAN CHICKEN GF
spices, lemon, and olive oil

SEITAN GYRO VEG / V+
diced tomatoes & tzatziki sauce

YOGURT MARINATED GRILLED CHICKEN GF
spicy yogurt and tomato sauce

LAMB MEATBALL (+\$3PP) *with fresh mint*

CHIMICHURRI STEAK (+\$2PP) GF

CRISPY FALAFEL V+ chickpea cakes GF

PORK ADOBO GF

DIPS A LA CARTE AVAILABLE

MAHAMMARA V+ GF
sweet & spicy roasted red pepper

HUMMUS V+ GF
creamy chickpea & garlic

BABA GANOUSH V+ GF
creamy roasted eggplant & garlic

SAUCES A LA CARTE AVAILABLE

TZATZIKI VEG GF
fresh yogurt, cucumber, dill, & garlic

TAHINI V+ - creamy sesame, lemon, & herb GF

LABNEH VEG - yogurt with mint & lemon GF

SCHUG V+ - red chili sauce GF

SALADS A LA CARTE AVAILABLE

CARROT SLAW VEG GF
shaved carrot salad with raisins, mint, and creamy cumin dressing

LEBANESE SALAD VEG GF
chopped cucumber, red onion, tomato, feta, lemon, mint, and olive oil

CUCUMBER FETA VEG GF
chopped cucumber, tomato, onion, olives, and feta, red wine vinaigrette

CHICKPEA SALAD V+ GF
fresh oregano, olive oil, cranberries, and edamame

TABOULI V+
fresh parsley, bulgur wheat, onions, lemon and olive oil

FATOUSH V+ GF
shredded romaine lettuce with cucumber, tomato, and herbs, crispy pita garnish

ROASTED EGGPLANT V+ GF
roasted eggplant with fresh garlic

SPANISH EGGPLANT V+ GF
slow cooked in house tomato sauce

MIXED GREENS V+ GF
selection of seasonal fresh greens

VEG vegetarian / V vegan / GF Gluten Free