## MEDITERRANEAN PROTEIN BOWLS

1 Protein, 2 salads, 2 sauces, 1 dip- \$18.99PP
2 proteins, 3 salads, 2 sauces, 1 dip- \$21.99PP
2 proteins, 4 salads, 2 sauces, 2 dips- $\$ 23.99 \mathrm{PP}$
Additional protein $+\$ 2.99 \mathrm{PP}$
All protein bowls include your choice of pita chips or warm flatbread.

## PROTEINS

GRILLED MEDITERRANEAN CHICKEN
Spices, lemon, and olive oil

## YOGURT MARINATED GRILLED CHICKEN

Spicy yogurt and tomato sauce

## CHIMICHURRI STEAK

GYRO - TRADITIONAL SPICED AND SHAVED BEEF

CRISPY FALAFEL v+
Chickpea cakes
SEITAN GYRO $\mathrm{v}+$
Diced tomatoes \& tzatziki sauce

## DIPS

A La Carte Available
MAHAMMARA $\mathbf{V}+\mathbf{G F}$
Sweet \& spicy roasted red pepper
HUMMUS $\mathrm{V}+\mathbf{G F}$
Creamy chickpea \& garlic
BABA GANOUSH $\mathbf{v}+$ GF
Creamy roasted eggplant \& garlic

## SAUCES

A La Carte Available
TZATZIKI VEG GF
Fresh yogurt, cucumber, dill \& garlic
TAHINI $\mathrm{V}+\mathrm{GF}$
Creamy sesame, lemon, \& herb
LABNEH VEG GF
Yogurt with mint \& lemon
SCHUG $\mathrm{V}+\mathbf{G F}$
Red chili sauce

## SALADS

A La Carte Available
CARROT SLAW VEG Shaved carrot salad with raisins, mint \& creamy cumin dressing

## LEBANESE SALAD VEG

Chopped cucumber, red onion, tomato, feta, lemon, mint \& olive oil

CUCUMBER FETA VEG
Chopped cucumber, tomato, onion, olives, feta \& red wine vinaigrette

CHICKPEA SALAD V+ GF
Fresh oregano, olive oil, cranberries \& edamame

## TABOULI $\mathrm{v}+$

Fresh parsley, bulgur wheat, onions, lemon \& olive oil

FATOUSH V+
Shredded romaine lettuce with cucumber, tomato, and herbs

ROASTED EGGPLANT v+
Roasted eggplant with fresh garlic
SPANISH EGGPLANT v+
Slow cooked in house tomato sauce
MIXED GREENS $\mathrm{v}+$
Selection of seasonal fresh greens

One protein and one side- $\$ 19.99 \mathrm{PP}$
Two proteins and two sides- $\$ 22.99 \mathrm{PP}$
Three proteins and three sides- $\mathbf{\$ 2 4 . 9 9 P}$
Served with flour or corn tortillas, house salad, pico de gallo, shredded cheddar, and sour cream. Add guacamole +\$3PP

SIDES
CUBAN-STYLE BLACK BEANS $\mathrm{v}+\mathrm{GF}$
Black beans, vegetable stock, fresh garlic, and parsley

SPANISH-STYLE RICE v+ GF

Tomato, carrot, and peas
SMOKY PINTO BEANS GF
Bacon, fresh tomato puree
TEXAS CAVIAR $\mathrm{v}+\mathbf{G F}$
Roasted corn, black beans, cilantro lime vinaigrette
GARLICKY PEPPERS AND ONIONS $\mathrm{v}+\mathrm{GF}$

## PROTEINS

CHIPOTLE CHICKEN GF
Smoky chipotle and adobo sauce
GRILLED CHICKEN GF
Salt, pepper, cumin, and chili powder

CARNE ASADA GF<br>Grilled steak with garlic oil

CILANTRO LIME PULLED PORK GF

AL PASTOR GF<br>TEXMEX SEASONED PORK

WITH ROASTED PINEAPPLE
TEXMEX SEITAN $\mathrm{V}+$
Salt, pepper, cumin, and chili powder
ROASTED BRUSSELS SPROUTS $\mathrm{V}+$ GF
Chimichurri sauce (fresh parsley, cilantro, lime juice, garlic, \& extra Virgin Olive Oil)

One protein- \$19.99PP
Two proteins- \$22.99PP
Three proteins- $\mathbf{\$ 2 4 . 9 9 P}$
Includes vegetable fried rice or lo mein, sesame soy Asian veggies, and house salad.

## CHICKEN TERIYAKI

BEEF TERIYAKI

CHICKEN IN GARLIC SAUCE
BEEF IN GARLIC SAUCE
ADOBO PORK
Soy, vinegar, and garlic
SWEET AND SOUR SHRIMP
TOFU WITH BLACK BEAN SAUCE v+
GARLIC GREEN BEANS ${ }^{+}+$

## A TASTE OF ITALY

One entree- \$17.99PP
Two entrees- $\mathbf{\$ 2 0 . 9 9 P}$
Three entrees- \$22.99PP
Includes crusty garlic bread and house salad.

## CHICKEN PARMESAN

EGGPLANT PARMESAN VEG
BOWTIES WITH CHICKEN, LEMON, MUSHROOM, GARLIC SAUCE

CHICKEN MARSALA
CHICKEN WITH WHITE WINE, GARLIC, AND PARSLEY

STUFFED SHELLS VEG
SPAGHETTI MARINARA VEG
FETTUCCINE ALFREDO vEG
SPAGHETTI BOLOGNESE
Meat sauce
PENNE ALLA VODKA VEG

FRESHLY BAKED COOKIE TRAY- \$4.99PP
Chocolate chip, oatmeal raisin, snickerdoodle
BROWNIES AND BLONDIES- \$4.99PP
CUPCAKES- \$6.99PP
Vanilla or chocolate buttercream, carrot cake, apple crumble

DESSERT BREADS- \$6.99PP
Banana chocolate walnut, zucchini, lemon pound cake
CHEESECAKE BARS- \$7.99PP
Traditional, cherry, or blueberry
MINI CANNOLIS- \$7.99PP

