











**1 CHOOSE YOUR Entrée + Protein**

-  **Pita**
-  **Salad**
-  **Plate** +\$1.00
-  **Med-Burrito**
-  **Flatbread**



- Chicken** 140–180 cal
  - Steak** 140–180 cal
  - Gyro** 310 cal
  - Falafel** 250–380 cal
  - Portobello** 60–100 cal
  - Chicken Kabob (1)** 230–250 cal
  - Steak Kabob (1)** 230–250 cal
- GRILLED TO ORDER!

GLUTEN FREE PITA WITH ADDITIONAL CHARGE | EXTRA PROTEIN WITH ADDITIONAL CHARGE |  FAVORITES

**2 ADD Veggies**

- |   |  |                               |
|---|--|-------------------------------|
|  <b>Original Hummus</b> 100–190 cal |  <b>Tomato Cucumber Salad</b> 25–50 cal | <b>Red Onions</b> 0–5 cal     |
|  <b>Seasonal Hummus</b> 130 cal    |  <b>Seasoned Rice</b> 50–240 cal       | <b>Pickles</b> 5 cal          |
| <b>Romaine Lettuce</b> 0–30 cal   | <b>Baba Ganoush</b> 30–60 cal  | <b>Pepperoncini</b> 10 cal    |
|  <b>Tabbouleh Salad</b> 30–50 cal | <b>Red Cabbage</b> 15–30 cal   | <b>Kalamata Olives</b> 45 cal |

**3 Sauce IT** ALL SAUCES MADE FROM SCRATCH!

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|--|---|--|
| <b>Tzatziki</b> 35–60 cal<br>Yogurt, Sour Cream, Cucumber, Dill, Lemon Garlic  | <b>Tahini Sauce</b> 50–80 cal<br>Roasted Sesame Seeds, Parsley, Lemon, Spices |  <b>Red Chili Sauce</b> 25–45 cal |
|  <b>Mediterranean Garlic Sauce</b> 70–140 cal<br>Ranch Style, Garlic, Spices | <b>Cilantro Sauce</b> 24–40 cal<br>Fresh Cilantro, Garlic, Spices             | <b>Greek Vinaigrette</b> 70–140 cal<br>Oil, Vinegar, Fresh Oregano, Pepper   |
|  |   | <b>Feta Cheese</b> 70–110 cal  |

**4 PICK Sides**

- Pita** 220–280 cal
- Housemade Fries** 330 cal
- Housemade Chips** 530 cal
- Falafel** 320 cal
- Baklava** 230 cal
- Cookie** 390 cal
- Apple** 90 cal

**5 Hydrate YOURSELF**

- |  |                                  |
|--|----------------------------------|
| <b>Cane Soda* or Pepsi Products</b><br><small>*NO HIGH FRUCTOSE CORN SYRUP</small>           | <b>Freshly-Squeezed Lemonade</b> |
| <b>Organic Iced Tea</b><br>Pomegranate Green Tea<br>Classic Black Tea,<br>Hibiscus Berry Tea | <b>Sparkling Water</b>           |
|  | <b>Bottled Water</b>             |
| <b>Cold Pressed Juices</b>   | <b>Organic Milk</b>              |