



MEDI EATS

mediterranean flavors



COMBOS



NO GLUTEN*

CHICKEN SOUVLAKI
920 Cals | \$10.00



HALAL
PROTEIN ONLY*

BEEF GYRO
800 Cals | \$10.00



NO GLUTEN*

CHICKPEA & SPINACH
900 Cals | \$10.00



HALAL
PROTEIN ONLY*

CHICKEN SOUVLAKI
500 Cals | \$9.10



HALAL
PROTEIN ONLY*

BEEF GYRO
540 Cals | \$9.10



VEGETARIAN

CHICKPEA & SPINACH
540 Cals | \$9.10

PITAS served w/
potatoes

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

SALADS



CHICKEN SOUVLAKI
650 Cals | \$9.10



MEDITERRANEAN
CHICKPEA



260 Cals | \$5.80



GREEK SALAD
220 Cals | \$4.00

SIDES



GREEK ROASTED
POTATOES
340 Cals | \$9.10

LOADED GREEK
POTATOES
480 Cals | \$5.80



ADD TZATZIKI
50 Cals | \$1.30



ADD FETA
60 Cals | \$1.30