



MEDI EATS

mediterranean flavors



ENTRÉES



MEDITERRANEAN SALAD

Romaine lettuce, tomato, onion, black olives, cucumbers and your choice of protein & dressing

\$7.90 | 380-560 cal



MEDITERRANEAN COMBO PLATE

Lemon dill rice, Greek potato wedges and your choice of protein and salad

\$9.65 | 1160-1190 cal



MEDITERRANEAN PITA

Filled with potato, onion, tomato, tzatziki and your choice of protein

\$7.90 | 540-580 cal

PROTEIN CHOICES



CHICKEN SOUVLAKI

240 cal



BEEF SOUVLAKI

200 cal



CHICKPEA & SPINACH

190 cal

SALADS



MEDITERRANEAN CHICKPEA

red pepper, celery, green onion, tomato, caper,
lemon-Tahini dressing

\$3.40 | 260 cals



GREEK SALAD

romaine, feta, black olive, tomato, red onion,
green pepper, Greek dressing

\$2.25 | 160 cals

Dressing adds 60 - 190 cals



All menu items are gluten free

SIDES



GREEK POTATOES

with lemon pepper, and herbs

\$2.25 | 340 cals

LOADED GREEK POTATOES

with lemon pepper, feta, black olives
tomato, & herbs

\$7.90 | 480 cals



TZATZIKI SAUCE

1.10 | 100 cals



GREEK DRESSING

1.10 | 190 cals

FETA CHEESE

1.10 | 60 cals

Adults and children (13 years and older)
need an average of 2,000 calories a day.
Children (4 to 12 years) need an average of
1,500 calories a day. Individual needs vary.