







ENTRÉES

MEDITERRANEAN SALAD

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

\$7.90 | 380-560 cals

MEDITERRANEAN COMBO PLATE

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

\$9.65 | 1160-1190 cals

MEDITERRANEAN PITA

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

\$7.90 | 540-580 cals

PROTEIN CHOICES

CHICKEN SOUVLAKI 240 cals

BEEF SOUVLAKI 200 cals

CHICKPEA & SPINACH 190 cals



SALADS



MEDITERRANEAN CHICKPEA

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

\$3.40 | 260 cals

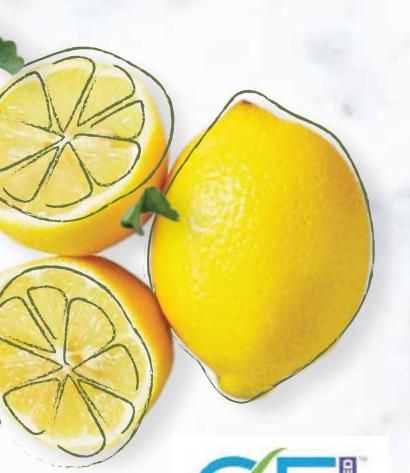


GREEK SALAD

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





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.