



MEDI EATS

mediterranean flavors



ENTRÉES



MEDITERRANEAN SALAD

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

\$7.35 | 270-640 cal



MEDITERRANEAN COMBO PLATE

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

\$8.99 | 870-1030 cal

PROTEIN CHOICES



CHICKEN SOUVLAKI

230 cal



BEEF SOUVLAKI

200 cal



CHICKPEA & SPINACH

180 cal

SALADS



MEDITERRANEAN CHICKPEA

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

\$3.15 | 260 cals



GREEK SALAD

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

\$2.09 | 160 cals

Dressing adds 90 - 170 cals



All menu items are gluten free

SIDES

GREEK POTATOES

with lemon pepper, and herbs

\$2.09 | 330 cals

LOADED GREEK POTATOES

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

\$7.35 | 470 cals



TZATZIKI SAUCE

0.99 | 100 cals



GREEK DRESSING

0.99 | 190 cals

FETA CHEESE

0.99 | 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.