MEDJ EATS mediterranean flavors

ENTRÉES



CHICKEN SOUVLAKI SALAD

Romaine lettuce, tomato, onion, black olives, cucumbers, bell peppers, topped with chicken souvlaki, feta & Greek dressing \$8.65 | 650 cals

MEDITERRANEAN COMBO PLATE

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

\$9.25 | 800-920 cals



MEDITERRANEAN PITA

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

\$8.65 | 500-540 cals

PROTEIN CHOICES



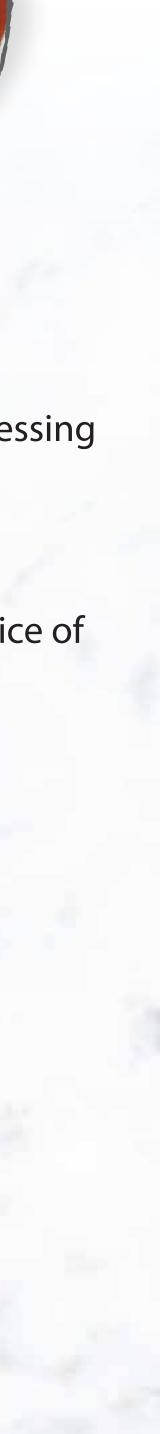
CHICKEN SOUVLAKI



BEEF GYRO

CHICKPEA & SPINACH

240 cals 200 cals 190 cals



SALADS

MG GREEK SALAD

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

\$3.65 | 220 cals



EAT WELL

MEDITERRANEAN CHICKPEA

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

\$3.65 | 260 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.

SIDES



GREEK POTATOES

with lemon pepper, and herbs \$3.65 340 cals

LOADED GREEK POTATOES with lemon pepper feta, black oliv

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

\$4.65 | 480 cals



NG VEG TZATZIKI SAUCE



\$1.20 | 50 cals \$1.20 | 60 cals

