



MEDI 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

240 cals



BEEF GYRO

200 cals



CHICKPEA & SPINACH

190 cals



SALADS



GREEK SALAD

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

\$3.65 | 220 cals



MEDITERRANEAN CHICKPEA

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

\$3.65 | 260 cals



SIDES



GREEK POTATOES

with lemon pepper, and herbs

\$3.65 | 340 cals

LOADED GREEK POTATOES

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

\$4.65 | 480 cals



TZATZIKI SAUCE

\$1.20 | 50 cals



FETA CHEESE

\$1.20 | 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.