



WRAP

(600-1420 cal)

spinach or wheat wrap

With your choice of organic hummus or spread, sustainable protein, unlimited toppings, and 100% vegan sauces.



PITA

(620-1360 cal)

With your choice of organic hummus or spread, sustainable protein, unlimited toppings, and 100% vegan sauces.



BOWL

(390-1130 cal)

Mediterranean spiced couscous and/or organic warm chickpeas with your choice of greens, organic hummus or spread, sustainable protein, unlimited toppings and 100% vegan sauces.

1. CHOOSE YOUR BASE

mix & match

MEDITERRANEAN

COUSCOUS   (20 cal)

WARM GARBANZO BEANS   (90 cal)

Steamed garbanzo beans seasoned with salt and fresh herbs

KALE   (0 cal)

FARMERS MIX   (10 cal)

SPINACH   (0 cal)

2. CHOOSE YOUR HUMMUS & SPREAD *pick up to 3*

HARISSA HUMMUS   (50 cal)

TRADITIONAL HUMMUS   (70 cal)

ROASTED EGGPLANT HUMMUS   (60 cal)

KALAMATA OLIVE HUMMUS   (70 cal)

ZESTY FETA  (100 cal)

TZATZIKI  (70 cal)

3. PICK YOUR PROTEIN

MOROCCAN STEAK  (160 cal)

Grass-fed steak marinated in our spicy Moroccan sauce

LEMON CHICKEN  (240 cal)

Naturally raised grilled chicken breast with a hint of lemon

CHICKEN SHAWARMA  (300 cal)

Naturally raised flame-broiled chicken breast and thighs marinated in our signature shawarma spices

VEGAN BEEF  (190 cal)

Non-GMO plant-based protein marinated with roasted peppers

FALAFEL   (230 cal)

Made fresh to order with ground chickpeas, parsley, Mediterranean herbs & spices

MUSHROOM SHAWARMA  (370 cal)

A mixture of Shiitake mushrooms, onions, & shawarma spice

4. ADD UNLIMITED TOPPINGS

CHOPPED TOMATO   (0 cal)

PICKLED RED CABBAGE   (10 cal)

RED ONIONS   (15 cal)

BEETS   (10 cal)

TABBOULEH  (10 cal)

HERB MIX   (0 cal)

DOLMADES   (40 cal)

FRIED EGGPLANT  (15 cal)

CHOPPED CUCUMBER   (0 cal)

CHICKPEA CROUTONS  (15 cal)

FRIED JALAPEÑOS  (15 cal)

WHITE CABBAGE   (10 cal)

CRUMBLLED FETA  (45 cal)

KALAMATA OLIVES   (30 cal)

STREET MIX   (40 cal)

5. ADD DRESSING

MOROCCAN HOT SAUCE   (20 cal)

GARLIC JALAPEÑO TAHINI   (40 cal)

LEMON + OLIVE OIL   (40 cal)

ROASTED RED PEPPER TAHINI   (35 cal)

TRADITIONAL TAHINI   (40 cal)

GRANDMA'S HOT SAUCE   (45 cal)

 **VEGAN**  **GLUTEN-FREE**

 **MEDITERRANEAN DIET**

(2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.)

WANT MORE?

EARTH BURGER  (450 cal)

Vegan falafel burger served with a side of sweet potato fries

FALAFEL   (380 cal)

Made fresh to order with ground chickpeas, parsley, Mediterranean herbs & spices. Comes with 5 pieces

SIDE HUMMUS OR SPREAD

8 oz. side of homemade organic hummus (400-800 cal)

PITA CHIPS  (440 cal)

Freshly made pita chips lightly seasoned with za'atar

ORGANIC HUMMUS

+ **PITA CHIPS** (840-1,240 cal)

SWEET POTATO FRIES   (220 cal)

STREET STYLE

SWEET POTATO FRIES  (550 cal)

Sweet potato fries topped with eggplant, fried jalapeños, chickpea croutons, pickled red cabbage, olives, feta, tahini

DOLMADES   (200 cal)

Vine leaves stuffed with basmati rice, herbs and spices. Comes with 5 pieces

TAHINI SHAKE   (730 cal)

Our signature creamy vegan chocolate shake with almond milk, dates, & tahini

LEMONADE (20-30 cal)