

BUILD YOUR OWN



1. choose meal

bowl
junior bowl
flatbread wrap
pita pocket

2. choose greens & grains

romaine
mixed greens
power greens




arugula
white basmati rice
brown basmati rice


3. choose protein(s)

honey harissa chicken  (+\$1)
chicken shawarma 
chicken kebab



falafel
steak shawarma  (+\$3.50)
shredded lamb (+\$3.50)

4. choose toppings (up to 10)

classic hummus
spicy hummus 
tzatziki dip
spicy feta dip 
spicy cilantro dip 
black lentils
seasonal veggies
turkish salad
lebanese tabbouleh
pearl couscous
red cabbage slaw
avocado (+\$1.95)
caramelized eggplant

turkish olives
corn salsa
cherry tomatoes
chickpeas
sumac cucumbers
crumbled feta
pickled onions
pickled beets
pickled turnips
pita croutons
crunchy chickpeas 
dried cranberries
sunflower seeds

5. choose sauce (up to 2)

tzatziki
harissa 
lemon garlic
greek feta
s'hug 

mezeh caesar
sweet lemon tahini 
honey balsamic 
jalapeño aioli  
avocado ranch 

SIGNATURE BOWLS

honey harissa chicken 1020 cal **45g protein**

white basmati rice, honey harissa chicken, tzatziki dip, corn salsa, avocado, sumac cucumbers, cherry tomatoes, pickled onions, crumbled feta. suggested sauces: harissa & honey balsamic

mezeh classic 1100 cal **53g protein**

white basmati rice, chicken shawarma, spicy hummus, tzatziki dip, lebanese tabbouleh, red cabbage slaw, corn salsa, sumac cucumbers, caramelized eggplant, pickled turnips. suggested sauce: harissa

falafel classic 1100 cal **27g protein**

white basmati rice, falafel, classic hummus, spicy feta dip, seasonal veggies, turkish salad, pearl couscous, red cabbage slaw, sumac cucumbers, pickled beets. suggested sauce: tzatziki

mezeh greek 760 cal **45g protein**

romaine, chicken shawarma, classic hummus, sumac cucumbers, turkish olives, cherry tomatoes, crumbled feta, pickled onions, crunchy chickpeas. suggested sauce: greek feta

chicken chicken 1220 cal **80g protein**

brown basmati rice, chicken shawarma, chicken kebab, classic hummus, tzatziki dip, turkish salad, red cabbage slaw, corn salsa, pickled turnips. suggested sauces: tzatziki & lemon garlic

vibrant vegan 800 cal **22g protein**

arugula, brown basmati rice, falafel, classic hummus, black lentils, lebanese tabbouleh, red cabbage slaw, sumac cucumbers, pickled onions. suggested sauce: lemon garlic

power steak 1080 cal **51g protein**

brown basmati rice, steak shawarma, classic hummus, spicy feta dip, lebanese tabbouleh, corn salsa, cherry tomatoes, crumbled feta, pickled onions. suggested sauce: mezeh caesar

sultan's choice 1270 cal **81g protein**

mixed greens, brown basmati rice, chicken shawarma, steak shawarma, classic hummus, spicy feta dip, turkish salad, lebanese tabbouleh, pearl couscous, red cabbage slaw, pickled onions. suggested sauce: tzatziki

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

SIGNATURE WRAPS

  **jalapeño falafel** 1080 cal 32g protein **NEW**

mixed greens, falafel, classic hummus, spicy cilantro, crumbled feta, pickled onions. suggested sauces: jalapeño aioli & tzatziki

lamb gyro 710 cal 41g protein

mixed greens, shredded lamb, tzatziki dip, crumbled feta, cherry tomatoes, pickled onions. suggested sauce: tzatziki

honey ranch chicken 780 cal 51g protein **NEW**

romaine, honey harissa chicken, tzatziki dip, cherry tomatoes, pickled onions, crumbled feta. suggested sauces: avocado ranch & honey balsamic

 **classic shawarma** 850 cal 50g protein

mixed greens, chicken shawarma, classic hummus, tzatziki dip, turkish salad, pickled onions. suggested sauces: tzatziki & harissa

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 **vegan**

 **vegetarian**

 **gluten free**

 **spicy**

SNACKS

- **freshly baked pita**
- **pita chips**
 - garlic & herb
 - spicy shawarma
 - sea salt
- **baklava**
 - classic
 - classic & chocolate
- **cookies**
 - chocolate chip cookie
 - red velvet cookie
 - oatmeal raisin cookie



DRINKS

assorted sodas and house made juices

additional nutrition information available upon request.