

SIDES

Dolmades

25 piece / 40 piece
grape leaves stuffed with rice, tomatoes,
onions, parsley, red bell peppers, canola oil,
evoo, cilantro, dill, mint, lemon juice, garlic

Mixed Vegetables (Sautéed/Steamed)

medium / large
broccoli, cauliflower, zucchini, yellow
squash, mushrooms, carrots, garlic

Garlic New Potatoes

medium / large

Garlic-Herb Smashed Potatoes

medium / large

Lemon-Cilantro Mixed Beans

medium / large

Turmeric Brown Rice

medium / large

Lentils & Turmeric Brown Rice

medium / large

Garlic Mushrooms

medium / large

Cucumbers medium / large

Tomatoes medium / large

Chicken Breast

Wood-Fired Norwegian Salmon*

SOUP

Soup Du Jour (8 servings)

ask for our freshly-made soup selection

DESSERTS

Chocolate-Dipped Walnut Baklava Rolls (3)

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Gluten-Free Brownie** (per serving)

Rice Pudding

BEVERAGES

Iced Tea (1 gallon) (black, herbal, green)

Guava Lemonade (1 gallon)

Lemonade Iced Tea (1 gallon)

Ice Bucket

Water bottles (24)

Bottled Water

Life WTR

Sparkling Water

Pepsi, Diet Pepsi can

Starry can

Bubly can (select flavors)

LOCATIONS

AHWATUKEE: I-10 & E Ray • 480-785-7482

ARCADIA: 44th St & Indian School • 602-955-7482

ARROWHEAD: 75th Ave & Bell • 623-486-2615

CHANDLER: Dobson & W Ray • 480-855-3232

CHANDLER HEIGHTS: Gilbert Rd & Chandler Heights • 480-219-0747

DESERT RIDGE: Tatum & 101N • 480-473-2321

DOWNTOWN PHOENIX: 3rd Ave & Roosevelt • 602-258-7482

FLAGSTAFF: Regent & Butler • 928-774-0086

GILBERT: Val Vista & Williams Field • 480-814-2535

GRAND CANYON UNIVERSITY: 35th Ave & Camelback

MESA - DANA PARK: Val Vista & US 60 • 480-339-3595

MESA - RED MOUNTAIN: Higley & McKellips • 480-590-6058

MESA - SOUTHERN: Dobson & Southern • 480-615-7482

NORTERRA: I-17 & Happy Valley • 623-587-5572

PARK WEST: 101N & Northern • 623-328-7429

PHOENIX SKY HARBOR AIRPORT: Terminal 4 • B Gate

QUEEN CREEK: Ellsworth & Rittenhouse • 480-987-6767

SCOTTSDALE - FLW: Frank Lloyd Wright & Thompson Peak • 480-949-7482

SCOTTSDALE - SHEA: Scottsdale & Shea • 480-922-7482

SCOTTSDALE FASHION SQUARE MALL: Scottsdale & Camelback • 480-947-7482

TEMPE @ MILL: Mill & University • 480-804-0234

TUCSON: Craycroft & Broadway • 520-207-6873

TUCSON - ORACLE & INA: Oracle & Ina • 520-797-7482

UPTOWN PHOENIX: 7th St & Missouri • 602-277-7482



The art of eating healthy



The art of eating healthy

CATERING MENU



PLATTERS

medium serves 10-12 / large serves 15-20 choice of pita: regular, whole wheat or greek pita

Hummus

chickpeas, tahini, fresh garlic, evoo, lemon juice, pita

Roasted Bell Pepper Hummus

chickpeas, tahini, roasted red bell peppers, fresh garlic, lemon juice, pita

Cilantro Jalapeno Hummus

chickpeas, tahini, fresh cilantro, fresh jalapeno, fresh garlic, evoo, lemon juice, pico de gallo, pita

Hummus With Grilled Chicken

grilled marinated all-natural chicken breast, choice of hummus, toasted pine nuts, pita

Hummus with Kafta Beef*

ground beef mixed with minced onions, diced tomatoes, jalapeno, parsley, mediterranean seasoning and pomegranate molasses, choice of hummus, toasted pine nuts, pita

Hummus & Taboule

hummus, taboule, pita

Baba Ganoosh

roasted eggplant, tahini, yogurt, fresh garlic, evoo, lemon juice, kalamata olives, cucumbers, tomato, pita

Garlic Dip

emulsion of fresh garlic, lemon juice, oil, smashed potatoes, pita

Tzatziki

yogurt, cucumber, fresh garlic, mint, za'atar, pita

Mozzarella Tomato & Basil

fresh mozzarella, sliced hothouse tomato, fresh basil, baby arugula, tuscan kale, evoo, organic balsamic reduction, seasoned pita chips

Chicken Combo Platter

grilled marinated all-natural chicken breast, lemon-cilantro mixed beans, brown rice, garlic dip, tomatoes, onions, pickles, pita

Mediterranean Antipasto Platter

hummus duo, baba ganoosh, tzatziki, taboule, dolma, mozzarella-tomato & basil, falafel, feta, kalamata olives, cucumber, pita

Chicken Tikka Masala

grilled marinated all-natural chicken breast, coconut masala sauce, turmeric brown rice, sprouts

Chicken Del Sol

southwest style all-natural chicken breast, black beans, corn, diced tomatoes, cilantro, garlic, turmeric brown rice



**Catering Without Sharing,
Individual Meals is Caring.**

pita / bowl
10 meal minimum order

Starter

Choose 1

- Hummus
- Cilantro Jalapeno Hummus
- Garlic Dip
- Tzatziki

Entrée

Choose Pita/Wrap or Bowl

- Mediterranean Roasted Chicken (Shawarma) Pita/Bowl
- Grilled Chicken Pita/Bowl
- Gyro Pita/Bowl
- Falafel Pita/Bowl
- Philly Steak Pita/Bowl
- Philly Chicken Pita/Bowl
- Wood-Fired Veggie Lavash Wrap/Bowl
- Turkey Pesto Wrap/Bowl
- Lavash Shawarma Wrap/Bowl

Salad

Choose 1

- Side Greek Salad
- Side Mediterranean Chopped Salad
- Side Spinach Pasta Salad

SALADS

medium serves 10-12 / large serves 15-20

Mediterranean Chicken Salad

grilled chopped all-natural chicken breast, roasted bell peppers, cucumbers, taboule, seasonal mixed greens, corn, diced tomatoes, red onions, feta, golden raisins, toasted pine nuts, fresh cilantro, lemon vinaigrette

Greek Salad

seasonal mixed greens, tomatoes, cucumbers, red onions, feta, kalamata olives, lemon vinaigrette

Spinach Pasta Salad

fresh spinach, tri-color rotini pasta, tomatoes, roasted mushrooms, bell peppers, pesto, za'atar, lemon vinaigrette

Lentil Fetoosh Salad

lentils and turmeric brown rice, caramelized onions, seasonal mixed greens, tomatoes, cucumbers, red onions, garlic, evoo, lemon juice, pita crumbs, sumac, pita chips

Chicken Pasta Salad

grilled marinated all-natural chicken breast, tri-color rotini pasta, tomatoes, lemon vinaigrette

Grilled Chicken Salad

grilled marinated all-natural chicken breast, seasonal mixed greens, tomatoes, cucumbers, red onions, lemon vinaigrette

Taboule Salad

finely chopped parsley, chopped tomatoes, onions, burghul wheat, evoo, fresh lemon juice

Falafel Salad (15/30 balls)

original or baked chickpea croquettes, seasonal mixed greens, tomatoes, cucumbers, red onions, pickles, tahini, sumac, lemon vinaigrette, pita

Organic Red Quinoa with Cilantro

Jalapeno Hummus

organic red quinoa, tuscan kale, spinach, baby arugula, tomatoes, cucumbers, red onions, garlic, feta, toasted pine nuts, cilantro jalapeno hummus, evoo, lemon-cumin vinaigrette, organic blue corn chips

Chicken Curry Salad

grilled marinated all-natural chicken breast in yogurt-curry sauce, turmeric brown rice, carrots, celery, red onions, red grapes, golden raisins, pita crumbles, caramelized onions, walnuts, sumac, fresh cilantro, seasonal mixed greens, lemon vinaigrette

Avocado Garbanzo Southwest Salad

avocado, chickpeas, organic red quinoa, tomatoes, cucumbers, celery, roasted jalapenos, organic blue corn chips, pickled onions, fresh mint and parsley, cilantro, minced garlic, pumpkin seeds, cumin, herb-honey-apple-cider-vinaigrette

PITAS & WRAPS

substitute with gluten-free pita

Mediterranean Roasted Chicken (Shawarma)

grilled marinated all-natural chicken breast, garlic sauce, tahini, seasonal mixed greens, tomatoes, red onions, pickles, pita

Falafel

original or baked chickpea croquettes, tahini, seasonal mixed greens, tomatoes, red onions, pickles, pita

Grilled Chicken Pita

grilled marinated all-natural chicken breast, garlic sauce, seasonal mixed greens, tomatoes, red onions, pickles, greek pita

Gyro

broiled beef and lamb gyro, tzatziki, seasonal mixed greens, tomatoes, red onions, pickles, greek pita

Philly Chicken Pita

grilled marinated all-natural chicken breast, roasted bell peppers and onions, swiss, greek pita, wood-fired

Philly Steak Pita

premium shaved beef cuts, roasted bell peppers and onions, roasted mushrooms, mozzarella, greek pita, wood-fired

Spicy Chicken Wrap

spicy grilled marinated all-natural chicken breast, steamed veggies: broccoli, cauliflower, zucchini, yellow squash, tomatoes, red onions, turmeric brown rice, lemon-cilantro mixed beans, herbs, cilantro, garlic, hot chili sauce, pita

Turkey Pesto Lavash Wrap

roasted all-natural turkey breast, pesto, roasted tomatoes and onions, swiss, lavash wrap, wood-fired, side greek salad

Lavash Shawarma Wrap

grilled marinated all-natural chicken breast, garlic sauce, roasted tomatoes and onions, lavash wrap, wood-fired, side greek salad

Wood-Fired Veggie Lavash Wrap

eggplant, zucchini, bell peppers, tomatoes, onions, with feta, mozzarella, baby arugula, pesto, garlic sauce, organic balsamic reduction, lavash wrap, wood-fired, side greek salad

Menu Items may vary by location. Prices are subject to change.

*These items may be cooked to order and may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. Olives may contain pits.

** Our facilities use or may use ingredients containing FDA recognized allergens including but not limited to peanuts, tree nuts, sesame seeds and sesame derived products, eggs, fish, shellfish, milk, soy and wheat. We do not guarantee cross contamination. Please notify your server if you have any specific dietary needs. We will do our best to accomodate them.

