

## 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)

### Walnut Baklava Rolls (3)

### 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 (20oz/1L)

### 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

**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

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

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

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

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

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



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## CATERING MENU



*The art of eating healthy*®

# 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, parsley, 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



pita / bowl

## 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

## Avocado Garbanzo Southwest Salad

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

## Philly Chicken Pita

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

## Philly Steak Pita

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



# PITAS & WRAPS

substitute with gluten-free pita/wrap\*\*

## 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

## 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 accommodate them.