



Plant-Based “Meats”

- Vegan Shawarma** - resembles gyro - Heat & Eat**\$6/\$10**
- Original Shredded Seitan**- great in stir fry and stews 15 oz.....**\$14**

Baked Falafel

natural ingredients, no processed oil, GF- frozen pack, heat and eat.....**\$10**

Spreads, Dips & Sauces (All GF)

- Fresh Traditional Hummus** 10oz.....**\$7**
- Foule** - Egyptian style Fava Bean.....**\$7**
- Roasted cauliflower salad**.....**\$7**
- Babaganoush**-Smoked grilled eggplant, tahini, tomato**\$7**
- Beet Salad**-roasted and boiled mix of beet.....**\$7**
- Yellow Cauliflower**- roasted, spices, caramelized onion.....**\$7**
- Chickpea salad**-over night cooked chickpea, sour tahini.....**\$7**
- Beet Eggplant salad** roasted, Lemon, babaganoush style**\$7**
- Tri colored Quinoa salad**-cranberries, date syrup, almonds.....**\$8**
- Herbs salad**-greens, seeds, cranberries, and more.....**\$8**
- Quinoa Tabouleh**-fresh veggies, lemon.....**\$8**
- Shakshuka** - North African tomato sauce.....**\$11**
- Raw Tahini** cold pressed Ethiopian sesame seeds**\$13**
- Baklava plate** (contains honey).....**\$12**

