

MENU ITEM	NUT	SESAME	MILK	EGG	FISH	SOY	WHEAT	MSG	CORN	MUSTARD	GLUTEN
<b>BASE</b>											
Salad											
Grain Bowl											
Pita	*	*	•	•		*	•				•
Mini Pitas	*	*	•	•		*	•				•
Greens + Grains											
<b>DIPS + SPREADS</b>											
Eggplant + Red Pepper											
Authentic Tzatziki			•								
Funky Feta			•								
Rustic Hummus		•									
Red Pepper Hummus		•									
Spicy Harissa											
<b>PROTEIN</b>											
Braised Lamb										•	
Spicy Lamb Meatballs				•							
Seasonal Vegetables											
Baked Zucchini Cakes							*				
Grilled Chicken Breast											
Braised Beef											
Beef Meatballs				•							
<b>TOPPINGS</b>											
Shredded Lettuce											
Red Cabbage											
Roasted Red Beet Quinoa											
Fresh Mint											
Cucumber											
Pepperoncini Peppers											
Kalamata Olives											
Lemon Wedge											
Tomato + Onion											
Tomato + Cucumber											
Sundried Tomatoes											
Fresh Avocado											
Mama's Pickled Onions											
Watermelon Radish											
Walnuts	•	*				*	*				
Almond Sticks	•	*				*	*				
Dried Figs											
Pumpkin Seeds	*										
Sunflower Seeds	*										
Hemp Hearts											
Crumbled Feta			•								
Parmesan			•								
Seasoned Pita Crisps	*		•	•		*	•				•
<b>DRESSINGS</b>											
Sriracha Greek Yogurt			•								
Lemon Tahini Thyme		•									
Yogurt Dill			•								
Greek Vinaigrette										•	
Pomegranate + Ginger										•	

\* =may contain traces of

MENU ITEM	GARLIC	ONION	CITRUS	APPLE CIDER	SUGAR	HONEY
<b>BASE</b>						
Salad						
Grain Bowl						
Pita						
Mini Pitas						
Greens + Grains						
<b>DIPS + SPREADS</b>						
Eggplant + Red Pepper	●		●			
Authentic Tzatziki	●		●			
Funky Feta						
Rustic Hummus	●	●	●			
Red Pepper	●	●	●			
Spicy Harissa	●		●			
<b>PROTEIN</b>						
Braised Lamb	●	●				
Spicy Lamb Meatballs	●	●				
Seasonal Vegetables	*					
Baked Zucchini Cakes	●	●	●			
Grilled Chicken Breast	●		●			●
Braised Beef	●	●				
Beef Meatballs	●	●				
<b>TOPPINGS</b>						
Shredded Lettuce						
Red Cabbage						
Roasted Red Beet Quinoa		●	●	●		
Fresh Mint						
Cucumber						
Pepperoncini Peppers						
Kalamata Olives						
Lemon Wedge			●	●		
Tomato + Onion		●				
Tomato + Cucumber						
Fresh Avocado						
Mama's Pickled Onions		●		●	●	
Watermelon Radish						
Walnuts						
Almond Sticks						
Dried Figs						
Pumpkin Seeds						
Sunflower Seeds						
Hemp Hearts						
Crumbled Feta						
Shaved Parmesan						
Seasoned Pita Crisps	*					
<b>DRESSINGS</b>						
Sriracha Greek Yogurt			●			
Lemon Tahini Thyme			●	●		
Yogurt Dill	●		●	●		
Greek Vinaigrette			●	●		
Pomegranate + Ginger	●		●			●

\* =contains garlic oil

MENU ITEM	GLUTEN FREE	VEGETARIAN	DAIRY FREE	SOY FREE	VEGAN
<b>BASE</b>					
Salad	•	•	•	•	•
Grain Bowl	•	•	•	•	•
Pita		•		•	
Mini Pitass		•		•	
Greens + Grains	•	•	•	•	•
<b>DIPS + SPREADS</b>					
Eggplant + Red Pepper	•	•	•	•	•
Authentic Tzatziki	•	•		•	
Funky Feta	•	•		•	
Rustic Hummus	•	•	•	•	•
Red Pepper Hummus	•	•	•	•	•
Spicy Harissa	•	•	•	•	•
<b>PROTEIN</b>					
Braised Lamb	•		•	•	
Spicy Lamb Meatballs	•		•	•	
Seasonal Vegetables	•	•	•	•	•
Baked Zucchini Cakes	•	•	•	•	•
Grilled Chicken Breast	•		•	•	
Braised Beef	•		•	•	
Beef Meatballs	•		•	•	
<b>TOPPINGS</b>					
Shredded Lettuce	•	•	•	•	•
Red Cabbage	•	•	•	•	•
Roasted Red Beet Quinoa	•	•	•	•	•
Fresh Mint	•	•	•	•	•
Cucumber	•	•	•	•	•
Pepperoncini Peppers	•	•	•	•	•
Kalamata Olives	•	•	•	•	•
Lemon Wedge	•	•	•	•	•
Tomato + Onion	•	•	•	•	•
Tomato + Cucumber	•	•	•	•	•
Fresh Avocado	•	•	•	•	•
Mama's Pickled Onions	•	•	•	•	•
Watermelon Radish	•	•	•	•	•
Walnuts	•	•	•	•	•
Almond Sticks	•	•	•	•	•
Dried Figs	•	•	•	•	•
Pumpkin Seeds	•	•	•	•	•
Sunflower Seeds	•	•	•	•	•
Hemp Hearts	•	•	•	•	•
Crumbled Feta	•	•		•	
Shaved Parmesan	•	•		•	
Seasoned Pita Crisps		•		•	
<b>DRESSINGS</b>					
Sriracha Greek Yogurt	•	•		•	
Lemon Tahini Thyme	•	•	•	•	•
Yogurt Dill	•	•		•	
Greek Vinaigrette	•	•	•	•	•
Pomegranate + Ginger	•	•	•	•	*

\* = CONTAINS HONEY