

MENU ITEM	GARLIC	ONION	CITRUS	APPLE CIDER	SUGAR	HONEY
BASE						
Salad						
Grain Bowl						
Pita						
Mini Pitas						
Greens + Grains						
DIPS + SPREADS						
Eggplant + Red Pepper	●		●			
Authentic Tzatziki	●		●			
Funky Feta						
Rustic Hummus	●	●	●			
Red Pepper Hummus	●	●	●			
Spicy Harissa	●		●			
PROTEIN						
Braised Lamb	●	●				
Spicy Lamb Meatballs	●	●				
Seasonal Vegetables	*					
Baked Zucchini Cakes	●	●	●			
Grilled Chicken Breast	●		●			●
Braised Beef	●	●				
Beef Meatballs	●	●				
TOPPINGS						
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	*					
DRESSINGS						
Sriracha Greek Yogurt			●			
Lemon Tahini Thyme			●	●		
Yogurt Dill	●		●	●		
Greek Vinaigrette			●	●		
Pomegranate + Ginger	●		●			●

* =contains garlic oil