

## Vegetarian and Vegan

Add a small order of fries to any pita for \$3.50.

<b>Falafel in a Pita (vegan) (GFA)</b>	<b>\$7.50</b>
<i>8 falafel balls, tahini, and salad in a pita</i>	
<b>Falafel with Hummus (vegan) (GFA)</b>	<b>\$8.50</b>
<i>8 falafel balls, hummus, tahini, and salad in a pita</i>	
<b>Falafel Plate (vegan) (GFA)</b>	<b>\$8.50</b>
<i>8 falafel balls, hummus, tahini, salad, and a pita served on the side</i>	
<b>Falafel Heaven (vegan) (no salad) (GFA)</b>	<b>\$8.00</b>
<i>12 falafel balls, hummus, and tahini sauce in a pita</i>	
<b>Israeli Falafel (or a plate) (vegan) (GFA)</b>	<b>\$9.75</b>
<i>8 falafel balls, hummus, tahini, salad, and fries in a pita</i>	
<b>Canadian Falafel (or a plate) (vegan) (GFA)</b>	<b>\$9.75</b>
<i>8 falafel balls, hummus, tahini, salad, and yam fries in a pita</i>	
<b>Middle Eastern Falafel (or a plate) (vegan)</b>	<b>\$9.75</b>
<i>8 falafel balls, hummus, tahini, salad, and fried eggplant in a pita</i>	
<b>Moroccan Falafel (or a plate) (vegan)</b>	<b>\$9.75</b>
<i>8 falafel balls, hummus, tahini, salad, and tabouli in a pita</i>	
<b>12 Falafel Ball Plate (vegan) (GFA)</b>	<b>\$8.00</b>
<i>12 falafel balls, hummus, and tahini, with pita served on the side</i>	
<b>Vegetarian Patty in a Pita (vegan) (GFA)</b>	<b>\$7.25</b>
<i>Chickpea patty, tahini, and salad in a pita</i>	
<b>Tabouli Salad (vegan)</b>	<b>\$7.00</b>
<i>Bulgur with garlic, parsley, lemon, and vegetables</i>	
<b>Bubba Ghanoush (vegan) (GFA)</b>	<b>\$8.00</b>
<i>Eggplant dip served with hummus, tahini, and pita served on the side</i>	
<b>Spanikopita (vegetarian)</b>	<b>\$8.00</b>
<i>Spinach and feta cheese baked in fillo dough</i>	
<b>French Fries (vegan) (GF)</b>	<b>\$5.00</b>
<i>Freshly cut red potatoes</i>	
<i>Smaller order available for \$4.00</i>	
<b>Yam Fries (vegan) (GF)</b>	<b>\$6.50</b>
<i>Freshly cut yam potatoes</i>	
<i>Smaller order available for \$5.00</i>	
<b>Onion Rings (vegan) (GFA)</b>	<b>\$7.00</b>
<i>House-made, golden, crispy and delicious</i>	
<b>Knishes (potato or kasha) (vegetarian)</b>	<b>\$7.75</b>
<i>2 knishes with sour cream and fried onions</i>	
<b>Potato Pancake (vegetarian) (GFA)</b>	<b>\$2.50</b>
<b>Cheese Blintzes</b>	<b>\$9.75</b>
<i>2 crepes order available for \$7.50</i>	
<b>2 Dozen Falafel Balls (GFA)</b>	<b>\$7.50</b>
<b>2 Dozen Falafel Balls Meal Deal (GFA)</b>	<b>\$9.50</b>
<i>24 falafel balls with tahini and hot sauce</i>	

GFA= Gluten Friendly Alternative, available by request for an additional \$1.50.

GF= Gluten Friendly, food product is always made without gluten.

## Meaty Pitas

All Meaty Pitas are served inside a pita, or on a plate by request.

Add a small order of fries to any pita for \$3.50.

<b>Beef (GFA)</b>	<b>\$10.00</b>
<i>Pieces of tender beef, tahini, and salad in a pita</i>	
<b>Ground Turkey</b>	<b>\$10.00</b>
<i>Ground turkey, tahini, and salad in a pita</i>	
<b>Ground Lamb</b>	<b>\$10.50</b>
<i>Ground Lamb, tahini, and salad in a pita</i>	
<b>Shwarma (GFA)</b>	<b>\$10.50</b>
<i>Pieces of lamb, tahini, and salad in a pita</i>	
<b>Schnitzel</b>	<b>\$10.00</b>
<i>Breaded chicken breast, tahini, and salad in a pita</i>	
<b>Bison (GFA)</b>	<b>\$10.50</b>
<i>Shaved spicy bison meat, tahini, and salad in a pita</i>	

## Fresh Soups

All soups are made fresh, no added fat.

<b>Chicken Matzo Ball</b>	<b>\$5.75</b>
<b>Chicken Noodle</b>	<b>\$5.50</b>
<b>Spicy Bean (vegan) (GF)</b>	<b>\$4.75</b>
<b>Curry, Lentil, Yam (vegan) (GF)</b>	<b>\$4.75</b>
<i>Lentils, yams, carrots, and onions; it is a bit spicy</i>	
<b>Beet Borscht (vegan) (GF)</b>	<b>\$4.75</b>
<i>Fresh beets, onions, and tomatoes</i>	
<b>Green Pea (vegan) (GF)</b>	<b>\$4.75</b>
<i>Green split peas, onions, and carrots</i>	

## Platters

Platters are served with couscous and salad.

<b>Vegetarian Patty (vegan)</b>	<b>\$12.50</b>
<b>Spanikopita (vegetarian)</b>	<b>\$12.50</b>
<b>Schnitzel</b>	<b>\$12.50</b>
<b>Shwarma (lamb)</b>	<b>\$12.50</b>
<b>Turkey</b>	<b>\$12.50</b>
<b>Bison</b>	<b>\$12.50</b>
<b>Falafel (vegan)</b>	<b>\$12.50</b>

## Sides

<b>Turkey Burger (patty only)</b>	<b>\$3.50</b>
<b>Schnitzel (cutlet only)</b>	<b>\$5.00</b>
<b>6 Falafel Ball Plate</b>	<b>\$3.00</b>
<i>Served with hummus, tahini, and hot sauce.</i>	
<b>Pita</b>	<b>\$0.75</b>