

**In Store Menu**

**PIZZA**  
WHITE PIZZA

<b>ZUCCHINI TOMATO</b>	SM	MD	LG	XL	PS
Double zucchini, diced tomato, mozzarella cheese	13.25	17.25	20.75	24.00	30.25
<b>GRECO-ROMANO</b>	SM	MD	LG	XL	PS
Green and black olives, red onion, feta cheese, mozzarella cheese and oregano	16.25	20.50	24.25	27.75	34.25
<b>SPINACH &amp; FETA</b>	SM	MD	LG	XL	PS
Spinach, mozzarella cheese, feta cheese	15.50	19.25	22.50	25.50	31.50
<b>BUTTERNUT SQUASH</b>	SM	MD	LG	XL	PS
Squash, red onion, feta and rosemary	15.00	19.00	22.50	25.75	32.00
<b>MAC AND CHEESE PIZZA</b>	SM	MD	LG	XL	PS
Macaroni noodles and a 3 cheese blend	13.75	17.50	20.75	23.75	29.75

**RED PIZZA**  
Tomato base

<b>VEGETARIAN</b>	SM	MD	LG	XL	PS
Mushroom, tomato, green pepper	13.25	17.25	20.75	24.00	30.25
<b>MEDITERRANEAN</b>	SM	MD	LG	XL	PS
Zucchini, sundried tomato, black olives, feta	18.00	22.25	26.00	29.50	36.00
<b>EGGPLANT</b>	SM	MD	LG	XL	PS
Fried eggplant, roasted red pepper and mozzarella cheese	15.50	19.25	22.50	25.50	31.50
<b>PRIMAVERA</b>	SM	MD	LG	XL	PS
Roasted red pepper, mushroom, zucchini and roasted onion	16.25	20.50	24.25	27.75	34.25



**In Store Menu**

**PIZZA**

**BUILD YOUR OWN PIZZA**

**WHOLE WHEAT OR REGULAR CRUST**

SPELT DOUGH 2.00

GLUTEN-FREE PIZZA 3.00

(Available in small size only)

SM	MD	LG	XL	PS
12"	14"	16"	18"	21x15"
9.50	12.75	15.50	18.00	23.50

**COST PER TOPPING**

1.25	1.50	1.75	2.00	2.25
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**TOPPINGS**

Mushroom	Black Olives	Roasted Garlic
Tomato	Green Olives	Zucchini
Diced Tomato	Vegetarian Pepperoni	Pineapple
Green Pepper	White Onion	Grilled Eggplant
Red Pepper	Red Onion	Roasted Onion

**PREMIUM TOPPINGS**

*Additional \$1.75*

Feta Cheese	Roasted Red Pepper	Double Cheese
Spinach	Sun Dried Tomato	Roasted Zucchini
Anchovies	Fried Eggplant	

**DIPPING SAUCES**

*\$1 each*

- Marinara
- Frank's Red Hot
- Creamy Garlic

**CALZONES**

*\$7.00*

- Additional Toppings .50 each
- Premium Toppings 1.00 each



## In Store Menu

### FALAFEL

#### FALAFEL PITA

WHOLE WHEAT OR REGULAR

Includes 3 Falafel balls, Humus, Cabbage Salad, Israeli Salad, Pickles.

\$6.5

#### EGGPLANT BOX

Choice of 2 Eggplants Salads, humus, cabbage, Israeli salad, pickles and regular or whole wheat pita

\$12

#### ADD TO YOUR FALAFEL

Fried Eggplant \$1

Tomato Eggplant \$1

Babaghanoush \$1

#### FALAFEL BOX

Includes 4 falafel balls, humus, cabbage, Israeli salad, pickles and regular or whole wheat pita

\$9.5

#### EXTRA FALAFEL TOPPINGS

Carrot Salad, Red Cabbage salad, Beet Salad, Turnips, Tahini, Hot sauce

### SALAD

#### CAESAR SALAD

Crisp lettuce, mozzarella cheese and croutons

SMALL \$6.5

LARGE \$10.5

#### ISRAELI SALAD

Diced cucumber, diced tomato, diced onion, lemon juice, olive oil, salt and pepper

SMALL \$7

LARGE \$12

#### JERUSALEM SALAD

Scoop of tuna, scoop of feta, sliced eggs, pickles and Israeli salad on lettuce

LARGE \$15

#### GREEK SALAD

Crisp lettuce, tomato, cucumber, peppers, feta, black olives and red onion

SMALL \$7

LARGE \$12.5

#### CHEF SALAD

Crisp lettuce, tomato, cucumber, peppers, red onion and sliced eggs

SMALL \$6

LARGE \$9.5

## In Store Menu

### BAGUETTES + WRAPS WHOLE WHEAT OR REGULAR

#### TUNISIAN

Tuna, eggplant, sliced egg, lettuce, tomato, cucumber, onions, peppers, Caesar dressing

\$11  
PITA \$9

#### ROASTED VEGGIE & HUMUS

Zucchini, eggplant, onion, roasted peppers and hummus

\$8  
PITA \$6

#### TUNA

Tuna, cucumbers, tomato, lettuce, peppers and onion

\$10  
PITA \$8

#### SABICH

Hummus, cucumber, tomato, lettuce, sliced egg, pickles and fried eggplant

\$8.5  
PITA \$6.5

### PANINI'S + BURGERS

#### ROASTED VEGETABLE PANINI

Zucchini, eggplant, onion, peppers Choice of feta or mozzarella cheese

\$8.5

#### TUNA MELT PANINI

Tuna, red onion, black olives, tomato and mozzarella cheese

\$10

#### VEGGIE BURGER

Lettuce, tomato, red onion, pickles, ketchup, mustard, mayonnaise

\$8

#### FALAFEL BURGER

Lettuce, tomato, cucumber, hummus, red onion, tahini, spicy mayonnaise

\$7

### SOUPS

#### Soup of the Day

Soups are made fresh daily and include daily options from Split Pea, Squash, Vegetable, Mushroom & Barley, Lentil, French Onion, Cabbage and Bean

SM \$4  
MD \$5  
LG \$9



## In Store Menu

### PASTA & MAINS

ALL PASTA SERVED WITH 3 GARLIC KNOTS

\*Whole-Wheat Penne available

#### EGGPLANT PARMESAN

Eggplant, onion, zucchini, peppers, mozzarella cheese

\$10.5

#### FETUCCINI ALFREDO

Fettuccini noodles tossed in a cream sauce

\$10.5

#### MAC & CHEESE

Macaroni noodles with a blend of 3 cheeses

\$10.5

#### PENNE ROSÉ

Penne with a blend of cream and marinara sauce

\$10

#### PENNE PRIMAVERA

Roasted peppers, roasted onion, roasted mushrooms, marinara sauce

\$10.5

#### LASAGNA

Layered pasta with mozzarella and homemade tomato sauce

\$10

#### BAKED ZITI

Penne noodles with a marinara sauce, baked with mozzarella cheese on top

\$10

#### SALMON FILET DINNER

Includes rice or fries, seasonal vegetables and chef salad

\$24

### ALL DAY BREAKFAST

#### ISRAELI BREAKFAST

3 eggs any style, Israeli salad, multigrain toast or bagel. Choice of fries or humus and avocado

\$9

ADD EGG-WHITE \$1

#### BREAKFAST BURRITO

Scrambled eggs with peppers and cheese

\$8

#### SHAKSHUKA

3 eggs cooked in a fresh tomato salsa, served with pita bread

\$9

#### OMELET BAGEL

Fresh eggs over a toasted plain bagel with tomato, cucumber and onion

\$4

ADD CHEESE \$2

**In Store Menu**

**À LA CARTE**

<b>À LA CARTE CHOICES</b>	<b>SMALL</b>	<b>LARGE</b>
Tahini	4.5	8.5
Hot sauce	3.5	6.5
Balsamic dressing	4.5	8.5
Caesar dressing	4.5	8.5
Hummus	4.5	8.5
Babaghanoush	6	11.5
Tomato eggplant	5	9.5
Cabbage salad	4.5	8.5
Red cabbage salad	5	9.5
Carrot salad	4.5	8.5
Pickles	4.5	8.5
Beet salad	4.5	8.5
Turnips	4.5	8.5
Fried eggplant slices	6.5	12.5
Roasted vegetables	6	11.5
Egg salad	5.5	10.5
Tuna salad	10.5	19.5



## In Store Menu

### SIDES

French Fries (spicy or reg.)	4
Sweet Potato Fries	6
Poutine	6
Garlic Knots (4)	2
Bourekas	3
Falafel Balls (6 + tahini)	4.75
Pita	0.75
Tahini (2 oz.)	0.75
Hot Sauce (2 oz.)	0.75
Pizza Dipping Sauce (Marinara, Frank's Red Hot, Creamy Garlic)	1