

In Store Menu

PIZZA
WHITE PIZZA

ZUCCHINI TOMATO	SM	MD	LG	XL	PS
Double zucchini, diced tomato, mozzarella cheese	13.74	17.99	21.24	24.49	30.74
GRECO-ROMANO	SM	MD	LG	XL	PS
Green and black olives, red onion, feta cheese, mozzarella cheese and oregano	16.74	21.24	24.74	28.24	34.74
SPINACH & FETA	SM	MD	LG	XL	PS
Spinach, mozzarella cheese, feta cheese	15.99	19.99	22.99	25.99	31.99
BUTTERNUT SQUASH	SM	MD	LG	XL	PS
Squash, red onion, feta and rosemary	15.49	19.74	22.99	25.99	31.99
MAC AND CHEESE PIZZA	SM	MD	LG	XL	PS
Macaroni noodles and a 3 cheese blend	14.24	18.24	21.24	24.24	30.24

RED PIZZA
Tomato base

VEGETARIAN	SM	MD	LG	XL	PS
Mushroom, tomato, green pepper	13.74	17.99	21.24	24.49	30.74
MEDITERRANEAN	SM	MD	LG	XL	PS
Zucchini, sundried tomato, black olives, feta	18.49	22.99	26.49	29.99	36.49
EGGPLANT	SM	MD	LG	XL	PS
Fried eggplant, roasted red pepper and mozzarella cheese	15.99	19.99	22.99	25.99	31.99
PRIMAVERA	SM	MD	LG	XL	PS
Roasted red pepper, mushroom, zucchini and roasted onion	16.74	21.24	24.74	27.24	34.74



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"
9.99	13.49	15.99	18.49	23.99

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

\$7.99

- 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.

\$6.99

EGGPLANT BOX

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

\$12.99

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

\$9.99

EXTRA FALAFEL TOPPINGS

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

SALAD

CAESAR SALAD

Crisp lettuce, mozzarella cheese and croutons

SMALL \$6.99

LARGE \$10.99

ISRAELI SALAD

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

SMALL \$7.49

LARGE \$12.49

JERUSALEM SALAD

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

LARGE \$15.49

GREEK SALAD

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

SMALL \$7.49

LARGE \$12.99

CHEF SALAD

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

SMALL \$6.49

LARGE \$9.99



In Store Menu

BAGUETTES + WRAPS WHOLE WHEAT OR REGULAR

TUNISIAN

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

\$11.49

PITA \$9.49

ROASTED VEGGIE & HUMUS

Zucchini, eggplant, onion, roasted peppers and hummus

\$8.49

PITA \$6.49

TUNA

Tuna, cucumbers, tomato, lettuce, peppers and onion

\$10.49

PITA \$8.49

SABICH

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

\$8.99

PITA \$6.99

PANINI'S + BURGERS

ROASTED VEGETABLE PANINI

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

\$8.99

TUNA MELT PANINI

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

\$10.49

VEGGIE BURGER

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

\$7.99

FALAFEL BURGER

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

\$7.49

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 \$4.29

MD \$5.49

LG \$9.99



In Store Menu

PASTA & MAINS

ALL PASTA SERVED WITH 3 GARLIC KNOTS

*Whole-Wheat Penne available

EGGPLANT PARMESAN

Eggplant, onion, zucchini, peppers, mozzarella cheese

\$11.99

FETUCCINI ALFREDO

Fettuccini noodles tossed in a cream sauce

\$10.99

MAC & CHEESE

Macaroni noodles with a blend of 3 cheeses

\$10.99

PENNE ROSÉ

Penne with a blend of cream and marinara sauce

\$10.49

PENNE PRIMAVERA

Roasted peppers, roasted onion, roasted mushrooms, marinara sauce

\$10.99

LASAGNA

Layered pasta with mozzarella and homemade tomato sauce

\$10.49

BAKED ZITI

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

\$10.49

SALMON FILET DINNER

Includes rice or fries, seasonal vegetables and chef salad

\$23.99

ALL DAY BREAKFAST

ISRAELI BREAKFAST

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

\$9.99

ADD EGG-WHITE \$1.29

BREAKFAST BURRITO

Scrambled eggs with peppers and cheese

\$8.49

SHAKSHUKA

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

\$9.99

OMELET BAGEL

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

\$4.99

ADD CHEESE \$2.29

In Store Menu

À LA CARTE

À LA CARTE CHOICES	SMALL	LARGE
Tahini	4.99	8.99
Hot sauce	3.99	6.99
Balsamic dressing	4.99	8.99
Caesar dressing	4.99	8.99
Hummus	4.99	8.99
Babaghanoush	5.49	9.99
Tomato eggplant	5.49	9.99
Cabbage salad	4.99	8.99
Red cabbage salad	5.49	9.99
Carrot salad	4.99	8.99
Pickles	4.99	8.99
Beet salad	4.99	8.99
Turnips	4.99	8.99
Fried eggplant slices	6.99	12.99
Roasted vegetables	6.49	11.99
Egg salad	5.99	10.99
Tuna salad	10.99	19.99



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SIDES

French Fries (spicy or reg.)	4.49
Sweet Potato Fries	6.49
Poutine	6.49
Garlic Knots (4)	2.29
Bourekas	3.49
Falafel Balls (6 + tahini)	4.99
Pita	0.89
Tahini (2 oz.)	0.89
Hot Sauce (2 oz.)	0.89
Pizza Dipping Sauce (Marinara, Frank's Red Hot, Creamy Garlic)	1