

# Order from the Kitchen

## APPETIZERS

**HUMMUS** chickpeas pureed with tahini and lemon juice *vg gf* 4.75

**BABA** roasted eggplant pureed with garlic, tahini, and lemon juice *vg gf* 4.75

**TABOULI** chopped parsley, diced tomato and onion, bulgur, tossed with lemon juice, extra virgin olive oil, and herbs *vg* 4.75

**FALAFEL** mildly spiced vegetarian patties fried in peanut oil and served with tahini lemon dressing *vg gf n* 4.75

**GRAPE LEAVES** rolled grape leaves stuffed with rice, chickpeas, tomato, herbs, and spices *vg gf* 4.75

**FRENCH FRIES** fried in peanut oil and seasoned with za'atar (an ancient Mid-East herb) *vg gf n* 3.50

**SPICY CAULIFLOWER** florets fried in peanut oil, sprinkled with herbs and spices, topped with tahini lemon dressing and hot sauce *vg gf n* 4.75

**VEGGIE STICKS** carrot, celery, cucumbers, pickled cucumbers and turnips great for dipping; good alternative to pita *vg gf* 3.75

**KIBBIE** handcrafted croquettes of seasoned ground lean beef and bulgur filled with seasoned beef, onions, and pine nuts. fried in peanut oil *n* 5.25

## ROLLED PITAS

**BOAZ FALAFEL ROLLED** falafel, tomatoes, pickled cucumbers and turnips, radishes, tahini lemon dressing, parsley *vg n* 5.50

**HUMMUS FALAFEL ROLLED** hummus, falafel, tomatoes, pickled cucumbers and turnips, parsley *vg n* 6.00

**TAWOOK ROLLED** grilled marinated chicken, tomatoes, pickled cucumbers and turnips, garlic sauce 6.00

**CHICKEN SHAWARMA ROLLED** grilled marinated chicken, tomatoes, onions, sumac, pickled cucumbers and turnips, tahini lemon dressing, parsley 6.00

**BEEF SHAWARMA ROLLED** grilled seasoned beef sirloin, tomatoes, onions, sumac, pickled cucumbers and turnips, tahini lemon dressing, parsley 6.00

**LAMB ROLLED** grilled seasoned lamb, tomatoes, onions, sumac, pickled cucumbers and turnips, tahini lemon dressing, parsley 6.00

**CHICKEN CURRY ROLLED** curried chicken, tomatoes, peas, onions, banana peppers, mango cilantro dressing 6.00

*vg* vegan

*gf* gluten-free

*v* vegetarian

*n* contains nuts

## SOUP

**LENTIL** organic red lentils seasoned with herbs and spices, topped with fried pita chip *vg n* 3.75

## SALADS

*our greens are a mix of baby kale, arugula, spinach & romaine*

**FATTOUSH** shredded lettuce, salata, and pita chips seasoned with za'atar (an ancient Mid-East herb), tossed with lemon juice, fresh garlic, sumac, extra virgin olive oil *vg* 6.95

**TABOULI** chopped parsley, diced tomatoes, onions, and bulgur, tossed with lemon juice, extra virgin olive oil, and herbs *vg* 6.95

**FALAFEL SALAD** mixed greens, falafel, salata, tahini lemon dressing *vg gf n* 6.95

**SHAWARMA** salad grilled seasoned beef sirloin, mixed greens, salata, parsley, boaz dressing *gf* 7.50

## ENTREES

**HUMMUS CHICKEN** hummus topped with chopped grilled chicken, diced tomatoes, and parsley *gf* 7.25

**HUMMUS SHAWARMA** hummus topped with beef shawarma, diced tomatoes, and parsley *gf* 7.25

**HUMMUS FALAFEL** hummus topped with falafel, diced tomatoes, and parsley *vg gf n* 7.25

**VEGAN COMBO** hummus, tabouli, baba, falafel, and grape leaves *vg n* 7.25

**BOAZ COMBO** hummus, baba, falafel, kibbie, salata *n* 7.25

## DRESSINGS & SAUCES

**BOAZ DRESSING** fresh garlic, olive oil, lemon juice, herbs and spices *vg gf*

**TAHINI LEMON DRESSING** sesame seed paste mixed with lemon juice *vg gf*

**MANGO CILANTRO DRESSING** *v gf*

**GARLIC SAUCE** *vg gf*

**HOMEMADE HOT SAUCE** *vg gf*

## Build Your Own Bowl



7.00



### Choose Your Base

greens

or

lentils & brown rice

beef shawarma

or

grilled chicken

### Top It Off

hummus

or

baba

### Add Some Color

salata

radishes

quinoa

pickled turnips

cabbage salad

banana peppers

fresh bean mix

tomatoes

shredded carrots

pickled cucumbers

### Dress It Up

tahini lemon dressing

hot sauce

boaz dressing

garlic sauce

mango cilantro dressing

# Cheers To Your Health

## FRESH PRESSED JUICE

vg gf

**MEAN & GREEN** kale, spinach, parsley, cucumber, celery, ginger 4.75

**ENERGIZE** carrot, apple, celery, lemon, cucumber 4.75

**DETOX** ginger, apple, beet, carrot 4.75

**IMMUNE BOOSTER** kale, spinach, cucumber, parsley, lemon, apple 4.75

**ANTI-INFLAMMATORY** orange, ginger, beet, carrot 4.75

**EMPOWER** blend lemon, orange, kale, spinach, ginger, apple, cucumber 4.75

*to preserve nutrients & health benefits, we don't strain our juice*

## SMOOTHIES

**ALL GREEN** apple, cucumber, banana, kale, spinach, non-fat yogurt *vg gf* 4.75

**TROPICAL STORM** mango, guava, banana, pineapple, non-fat yogurt *vg gf* 4.75

**REJUVINATE** orange, banana, mango, pineapple *vg gf* 4.75

**YOUTHFUL GLOW** carrot, mango, banana, pineapple *vg gf* 4.75

**STRAWBERRY BLAST** strawberry, pineapple, banana, non-fat yogurt *vg gf* 4.75

*Boost It!*

.40/EA

**CHIA SEEDS** good source of omega-3 fatty acids, high in protein

**WHEAT GERM** excellent source of fiber, protein and complex carbohydrates; aids in healing and digestion

**FLAXSEEDS** high-fiber super food; rich in omega-3 fatty acids

## BEVERAGES

**POMEGRANATE / BLACK TEA** 2.50

*all iced tea is unsweetened*

**ALL-NATURAL CANE SUGAR SODAS** 2.00

*black cherry / lemon lime / cola / diet*

**COFFEE** 1.75

*camilla blend / french roast / decaf*



*Healthy, fresh Mediterranean eats*

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**Mon-Sat 11am-9pm • Sun 11am-6pm**

