(I) solution (I) show the first second secon

#### APPETIZERS

**HUMMUS** chickpeas pureed with tahini and lemon juice vq qf 4.99

**BABA** roasted eggplant pureed with garlic, tahini, and lemon juice vq qf 4.99

TABOULI chopped parsley, diced tomato and onion, bulgur, tossed with lemon juice, extra virgin olive oil, and herbs yq 4.99

FALAFEL mildly spiced vegetarian patties fried in peanut oil and served with tahini lemon dressing vq qf n 4.99

GRAPE LEAVES rolled grape leaves stuffed with rice, chickpeas, tomato, herbs, and spices vq qf 4.99

FRENCH FRIES fried in peanut oil and seasoned with za'atar (an ancient Mid-East herb) vg gf n 3.75

SPICY CAULIFLOWER florets fried in peanut oil, sprinkled with herbs and spices, topped with tahini lemon dressing and hot sauce vq qf n 4.99

VEGGIE STICKS carrot, celery, cucumbers, pickled cucumbers and turnips great for dipping; good alternative to pita vq qf 3.99

KIBBIE handcrafted croquettes of seasoned ground lean beef and bulgur filled with seasoned beef, onions, and pine nuts. fried in peanut oil n 5.75

#### ROLLED PITAS <u> ^@^@^@/@</u>

BOAZ FALAFEL ROLLED falafel, tomatoes, pickled cucumbers and turnips, tahini lemon dressing vq n 5.75

HUMMUS FALAFEL ROLLED hummus, falafel, tomatoes, pickled cucumbers and turnips vq n 5.75

TAWOOK ROLLED grilled marinated chicken, tomatoes, pickled cucumbers and turnips, garlic sauce 5.75

CHICKEN SHAWARMA ROLLED grilled marinated chicken, tomatoes, onions, sumac, pickled cucumbers and turnips, tahini lemon dressing 5.75

BEEF SHAWARMA ROLLED grilled seasoned beef sirloin, tomatoes, onions, sumac, pickled cucumbers and turnips, tahini lemon dressing 5.75

LAMB ROLLED grilled seasoned lamb, tomatoes, onions, sumac, pickled cucumbers and turnips, tahini lemon dressing 5.75

CHICKEN CURRY ROLLED curried chicken, tomatoes, peas, onions, banana peppers, mango cilantro dressing 5.75

## 

**%** 

LENTIL organic red lentils seasoned with herbs and spices, topped with fried pita chips vq n 3.99 ADD CHICKEN af .85

## \%^%^%^%^%^% 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 VQ 6.99

TABOULI chopped parsley, diced tomatoes, onions, and bulgur, tossed with lemon juice, extra virgin olive oil, and herbs Vg 6.99

FALAFEL SALAD mixed greens, falafel, salata, tahini lemon dressing vg gf n 6.99

SHAWARMA SALAD grilled seasoned beef sirloin, mixed greens, salata, parsley, boaz dressing *af* 7.99

#### ENTREES

HUMMUS CHICKEN hummus topped with chopped grilled chicken, diced tomatoes, and parsley af 7.99

HUMMUS SHAWARMA hummus topped with beef shawarma, diced tomatoes, and parsley *qf* 7.99

HUMMUS FALAFEL hummus topped with falafel, diced tomatoes, and parsley vq qf n 7.99

VEGAN COMBO hummus, tabouli, baba, falafel, and grape leaves Vg n 7.99

BOAZ COMBO hummus, baba, falafel, kibbie, salata n 7.99

#### **DRESSINGS & SAUCES** <u> ^^^^/</u> $\sim\sim\sim$

**BOAZ DRESSING** fresh garlic, olive oil, lemon juice, herbs and spices vq qf

TAHINI LEMON DRESSING sesame seed paste mixed with lemon juice vq qf

MANGO CILANTRO DRESSING v af

GARLIC SAUCE gf

V vegetarian

### **HOMEMADE HOT SAUCE** *vg af*

<u>\^}\}</u> Build Your Quen Bowl Ghoose You's Base lentils & or or brown rice greens brown rice Choose Your Photein grilled beef or chicken shawarma hummus or baba Add Some Golor salata tabouli quinoa tomatoes cabbage salad pickled turnips fresh bean mix banana peppers pickled cucumbers shredded carrots Dress It Ap tahini lemon dressing hot sauce boaz dressing garlic sauce mango cilantro dressing

<u>^</u>^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^



**IMMUNE BOOSTER** kale, spinach, cucumber, lemon, apple 5.75

**ANTI-INFLAMMATORY** orange, ginger, beet, carrot 5.75

**EMPOWER** lemon, orange, kale, spinach, ginger, apple, cucumber 5.75

NATURAL ENERGY celery, celery, more celery 5.75

**SLIM TRIM** celery, ginger, apple 5.75

**EDGY VEGGIE** celery, carrot, apple 5.75

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

## \%&%&%&%&%&%&% SMOOTHIES \%&&%&%&%&%&%

## vg gf

ALL GREEN apple, cucumber, banana, kale, spinach 5.75 **TROPICAL STORM** mango, guava, banana, pineapple 5.75 **REJUVINATE** orange, banana, mango, pineapple 5.75 YOUTHFUL GLOW carrot, mango, banana, pineapple 5.75 **STRAWBERRY BLAST** strawberry, pineapple, banana 5.75

Boost 1t. .50/EA

According to some studies, we gather some of the benefits of these superfoods:

CHIA SEEDS excellent source of omega-3 fatty acids; rich in antioxidants, fiber, iron and calcium; high in protein

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

**FLAXSEEDS** high-fiber super food; rich in omega-3 fatty acids; improves digestion, aids in lowering blood pressure and cholesterol

#### <u>^~^~^~^~</u>^~^~/ BEVERAGES





# Healthy, fresh Mediterranean eats

## 2549 Lorain Ave. Cleveland, OH 216.458.9225 • www.boazcafe.com

Mon-Sat 11am-9pm • Sun 11am-6pm

