

ME·VA·ME
KITCHEN EXPRESS

TAKE ME

LAFFA WRAPS

FALAFEL \$9.95

GRILLED VEGETABLES \$9.95

CHICKEN SHAWARMA \$10.45

CHICKEN SCHNITZEL \$10.45

GRILLED CHICKEN BREAST \$10.95

GRILLED LAMB BURGER STICKS \$10.95

½ LAFFA WRAP

With your choice of Soup or Salad. \$10.95

ADD HOMEMADE KETTLE CHIPS \$1



FILLINGS

Hummus
Red Cabbage
Salad Mix
Turnips
Sliced Tomatoes
Onion Herb Mix
Dill Pickles
Banana Peppers

SAUCES

Tahini
Tzatziki
Chipotle
Creamy Garlic
Hot Sauce
Amba
(Tangy pickled mango sauce that works miracles inside a sandwich)

OUR FAMOUS HUMMUS

Served with freshly baked laffa bread.

HUMMUS \$7.45

Creamy puree of chickpeas, tahini, hot sauce, garlic and lemon garnished with extra virgin olive oil and parsley.

GRILLED MUSHROOMS ON HUMMUS \$10.45

Champignon mushrooms, cubed onions and lemon, grilled on an open flame. Seasoned with fresh thyme, garlic and olive oil served on hummus.

CHICKEN SHAWARMA ON HUMMUS \$11.45

Marinated boneless chicken with our special seasoning, slowly roasted and sliced from our rotating spit, served on hummus.

HOT & CRISPY

Open your appetite with our crunchy Hot & Crispy selection.

FALAFEL

Crispy fried balls of ground chickpeas mixed with herbs and spices, served with Tahini sauce.

\$5.95 - 6pcs / \$10.45 - 12pcs

MOROCCAN CIGARS

Fried cigar-shaped pastry shell filled with spicy beef, served with Tahini sauce.

\$7.45 - 6pcs / \$13.95 - 12pcs

SPINACH & DOUBLE CHEESE TRIANGLES

Fried triangle shaped pastry filled with Feta cheese, Mozzarella cheese, spinach, onion and garlic. Served with creamy garlic.

\$8.45 - 6pcs / \$14.95 - 12pcs

SOUPS

DAILY VEGGIE SOUP \$5.45

(Ask for the soup of the day)

CHICKEN LENTIL SOUP \$5.95

Red lentil, chicken and bulgur (cracked wheat).

BEEF BARLEY SOUP \$5.95

Certified Angus Beef, pearl barley and vegetables.

SALADS

ME SALAD \$6.95

Spring greens mix, tomatoes, cucumber, red onion, red beets, and carrots, served with our signature ME dressing.

GREEK SALAD \$7.45

Iceberg lettuce, peppers, red onions, tomatoes, cucumbers, Kalamata olives and feta cheese tossed with our homemade Greek dressing.

CAESAR SALAD \$7.45

Crisp hearts of romaine lettuce, fresh pita croutons, carved Parmesan cheese, served with our own Caesar dressing.

QUINOA SALAD \$8.95

Grains of quinoa tossed with fried eggplant, feta cheese, fresh mint, cherry tomatoes, green onions and spinach. Mixed with lemon juice and olive oil.

SPECIALITY SALADS

TWO BEAN TUNA SALAD \$13.95

Solid white Albacore tuna mixed with mayonnaise. Edamame, white bean, lemon, radish, Kalamata olives, red skin potato, red onion, bell peppers, cherry tomatoes and boiled egg. Served on a bed of spring mix and spinach. Comes with dijon vinaigrette on the side.

GOAT CHEESE SALAD \$13.95

Three balls of goat cheese covered with honey, roasted almonds. Served on bed of greens, fresh strawberries, feta cheese, and dry cranberries. Tossed with olive oil and balsamic vinaigrette.

UPGRADE YOUR SALAD

ADD 2 MINI SKEWERS

- Grilled Chicken Breast \$5.75
- Grilled Chicken Dark \$5.75
- Grilled Lamb \$7.45
- Grilled Beef \$6.95
- Grilled Salmon \$6.95

OR ADD 1 OF OUR SPECIALITIES

- Schnitzel Fingers / 2pcs \$5.75
- Chicken Shawarma / 5oz \$5.75
- Grilled Lamb Burger Sticks / 2pcs \$5.75
- Falafel / 4pcs \$3.95



1. CHOOSE 1 MAIN

FALAFEL \$11.95 - 6pcs

Crispy fried balls of ground chickpeas mixed with herbs and spices, served with Tahini sauce.

CHICKEN SHAWARMA \$15.45

Marinated boneless chicken with our special seasoning slowly roasted and sliced from our rotating spit. Served with Tahini sauce.

CHICKEN SCHNITZEL \$15.45

Tender chicken breast butterflied and coated in breadcrumbs with a touch of sesame seeds. Served with fresh lemon and our signature schnitzel sauce on the side.

GRILLED LAMB BURGER STICKS \$15.45 - 3pcs

Minced lamb and veal marinated with spices, herbs and grilled to perfection.

GRILLED CHICKEN BREAST \$15.45

Tender pieces of boneless chicken breast with our special seasoning.

GRILLED CHICKEN DARK \$15.45

Tender pieces of boneless chicken thigh marinated with our special seasoning.

GRILLED LAMB SKEWERS \$17.95

Pieces of lean lamb marinated and grilled the way you like it.

GRILLED BEEF \$17.95

Pieces of tenderloin beef aged for 28 days, marinated and grilled to perfection.

GRILLED SALMON \$17.95 - 8oz

Grilled salmon skewers with onions and tomatoes. Served with fresh lemon on the side.



THE BOX

2. CHOOSE 1 SIDE

- Aged Basmati Rice
- Fresh Grilled Vegetables & Herbs
- Potato Wedges with Dill & Garlic
- French Fries

3. CHOOSE 1 SALAD

- **ME** Salad
- Greek Salad (\$1 Extra)
- Caesar Salad (\$1 Extra)

Served with freshly baked laffa bread.

VEGETARIAN HEAVEN \$10.95

Our Delightful Signature Flavours Served with three falafel balls, ME Salad, grilled vegetables, Hummus, Baba Ganush and Labaneh & Za'atar.

Served with freshly baked laffa bread.



PLATTERS

Try our selection of platters that offer great variety of flavours and have something for everyone. Our platters will entertain any occasion.

LAFFA WRAP

Freshly baked laffa wraps with your choice of Falafel, Chicken Shawarma, Chicken Schnitzel, Grilled Chicken Breast and Lamb Burger Sticks spread with hummus and filled with salad, pickles, onion herb mix, served with variety of sauces.

Small platter serves 12 people - \$70
Large platter serves 24 people - \$140

VEGETABLE DIP

Choose Your Signature Dip: Hummus, Baba Ganoush or Labaneh & Za'atar
Our vegetable selection includes: celery, carrots, broccoli, bell peppers, cherry tomatoes or other seasonal fresh vegetables.

Small platter serves 10 - 12 people - \$30
Large platter serves 22 - 24 people - \$55

SIGNATURE DIPS COMBO

Enjoy our signature dips in one platter for your gathering. Recommended: Hummus, Baba Ganoush, fried eggplant, Labaneh & Za'atar and complimentary Harrisa hot sauce. Or you can select any of our signature dips.

Small platter serves 8 people - \$20 (36oz)
Large platter serves 16 people - \$40 (70oz)

HOT & CRISPY COMBO

Triple the Crunch. Served with: Falafel, Moroccan Cigars and Spinach and Double Cheese Triangles. Served with Tahini sauce, creamy garlic and Chipotle sauce.

Small platter serves 10 people - \$35
Large platter serves 20 people - \$70

JUMBO SOUP

With our soups you always feel at home. Fresh ingredients, hearty and tasty homemade soups that will comfort you wherever you are.

Serves 10-12 people. Jumbo soup comes in the bucket with a ladle and soup bowls.

DAILY VEGGIE SOUP \$50
(Ask for the soup of the day)

CHICKEN LENTIL SOUP \$56
Red lentil, chicken and bulgur (cracked wheat).

BEEF BARLEY SOUP \$56
Certified Angus beef, pearl barley and vegetables.



BRING **ME** TO YOUR TABLE

SIGNATURE DIPS

Our signature dips are made in house using traditional recipes with great care for freshness and flavour, guaranteed to complement your meal.

LABANEH & ZA'ATAR

A Mediterranean classic, rich and flavourful strained yogurt cheese, sour in taste, healthy in choice, garnished with Za'atar, Mediterranean mixed herbs and extra virgin olive oil.

HUMMUS

Creamy puree of chickpeas and Tahini sauce seasoned with lemon juice and garlic.

BABA GANOUSH

Eggplant on open flame, pureed and mixed with mayonnaise, lemon juice and garlic.

GREEN EGGPLANT

Green eggplant on open flame, pureed and mixed with bell peppers, green onions, parsley and garlic.

FRIED EGGPLANT

Fried eggplant and onions mixed with a rich tomato sauce.

RED CABBAGE

Shredded red cabbage mixed with mayonnaise and seasoning.

\$2.95 - 4oz / \$5.95 - 8oz / \$9.95 - 16oz

HOT SAUCE \$3.45 - 5oz

Chili peppers mixed with herbs and spices.

PICKLES \$1.95 - 4oz / \$3.95 - 8oz

Mix of dill pickles and pepperoncini peppers.



LAFFA BREAD \$2/laffa

Laffa is a flat bread wrap that is baked fresh to order in a taboon clay oven.

Menu items and prices may vary by locations | Products are prepared in a facility where allergens are present.

MAINS

Create your home, corporate or party menu with our mouth-watering selections of mains, sides, and salads. You can choose any quantity.

SHAWARMA (By the pound) 2-4people	\$19.95/lb
CHICKEN SCHNITZEL FINGER 2-3per person	\$3.45/each
GRILLED LAMB BURGERS STICK 2-3per person	\$3.45/each
GRILLED CHICKEN BREAST SKEWER 2-3per person	\$3.95/each
GRILLED CHICKEN DARK SKEWER 2-3per person	\$3.95/each
GRILLED BEEF SKEWER 2-3per person	\$4.25/each
GRILLED LAMB SKEWER 2-3per person	\$4.95/each
GRILLED SALMON SKEWER 2-3per person	\$4.95/each

HOME & CORPORATE

SALADS

- ME SALAD

\$8 - Small / \$15 - Medium / \$28 - Large

- GREEK SALAD

- CAESAR SALAD

\$9 - 32oz / \$17 - 64oz / \$32 - 160oz

S: 3-6ppl / M: 8-12ppl / L: 18-22ppl

SIDES

- AGED BASMATI RICE

- FRENCH FRIES

\$6 - Small / \$10 - Medium / \$19 - Large

- POTATO WEDGES WITH FRESH DILL AND GARLIC

- GRILLED FRESH SEASONAL VEGETABLES WITH THYME AND GARLIC

\$8 - Small / \$15 - Medium / \$29 - Large

S: 3-5ppl / M: 6-10ppl / L: 12-18ppl

CATERING

BRING ME TO YOUR NEXT HOME & CORPORATE CATERING



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