

1 start here

Pita  **8.95**

Fresh, home-made pita. Add a protein, four toppings and a sauce, with chips.

Gluten free pita available

Plate **9.95**

Bed of brown rice, add a protein, four toppings and a sauce.

Includes a home-made pita.

Extra topping add 85¢

Bed of greens **10.95**

Mixed greens with house vinaigrette.

Add a protein, four toppings and a sauce.

Includes a home-made pita.

KIDS

Plate with chicken Kabob, potato rounds or rice, and pita. **7.50**

For children 12 and under

2 add a protein

Chicken Shawarma 

Fire-roasted chicken marinated in Mediterranean spices

Beef Chevaps

Angus Ground beef infused with select seasonings and grilled

Chicken Kabob

Grilled marinated chicken breast on a skewer

Tangy Chicken Breast add \$1.00

Limon and lime marinated chicken with seasonings

Spicy Beef Chevap

Angus Ground beef patty spiced up with crushed chili pepper

Falafel  



Chickpea fritters

Tilapia add \$2.00

Grilled lemon pepper fish

EXTRA PROTEIN

with meal +\$4.25
without meal +\$4.95

 Includes Gluten
 Includes Dairy

 Vegetarian

3 add 4 toppings

Hummus

chickpea spread infused with a hint of mint

Roasted Red Pepper Hummus

spicy chickpea and red bell pepper spread

Spicy Kalamata Hummus

spicy chickpea and Kalamata olive spread

Mediterranean salad

traditional tomato cucumber salad

Tabouli 

cracked wheat and parsley salad

Black bean and corn

the name speaks for itself

Red and green cabbage slaw

zesty and sweet

Feta cheese 

a Mediterranean favorite

Olives

Kalamata and black mix

Sauteed onions

carmelized with spices

Greens

an eclectic mix

All toppings are vegetarian.
All items are gluten and dairy free unless indicated.

4 finish here

add a pinch of sauce

Extra sauce add 95¢
*All sauces are vegetarian.

Tzatziki 




Lite Garlic 

Tahini

Spicy Schug

Super Spicy Red

extras

House-made soup	3.85
with a meal	3.55
1 quart	13.50
Hummus and pita 	6.50
Falafel (3 or 6) 	3.25 / 6.25
Side of rice	2.25
Spiced potato rounds or chips	2.25
Pita 	1.10
Gluten Free Pita	3.50
Toppings (4 oz / 8 oz)	2.50 / 4.50

sweets

Baklava 	2.25
Gourmet cookie 	1.45
Beignets 6 	5.55
Sat/Sun only	

beverages

Fountain drink	2.25
Bottled water	2.00
Juice	2.25
Infused Water	2.00
Refresher	2.50

ORDER ONLINE AT pinchedmedgrill.com