



MEDITERRANEAN MENU

CHICKEN ENTREES

GRILLED MEDITERRANEAN CHICKEN
with Cucumber Dill Sauce

LEMON HERB CHICKEN KABOBS

LEMON GRILLED CHICKEN
with Roasted Tomato & Feta

GRILLED CHICKEN SHAWARMA

SEAFOOD ENTREES

BROILED SHRIMP
in Red Sauce

PAN SEARED SALMON
with White Wine Cherry Tomato Sauce, Olives and Basil

SALMON CAPONATA
With White Wine, Capers, Tomatoes, Peppers, & Onions

VEGETARIAN ENTREES

GRILLED SAFFRON POLENTA CAKES

GRILLED TOFU & ARTICHOKE KEBABS

HERB GRILLED TOFU
with Lemon Tahini Sauce

TUMERIC CAULIFLOWER STEAKS



with crispy capers and spicy

tahini sauce

ROASTED HARISSA CAULIFLOWER STEAKS
with creamy cucumber mint yogurt sauce

SWEET POTATO & CHIC PEA FALAFLE – (GF)
with Yogurt Dressing

MEDITERRANEAN SIDES

Orzo Rice Florentine

Roasted Lemon Potatoes

Smashed Oregano Baby Potato

Roasted Spicy Carrots with Dill

Vegetable Basmati Rice

Saffron Rice & Lentil Pilaf

Grilled Saffron Polenta Cakes

Mediterranean Whole Wheat Couscous

Grilled Jumbo Asparagus & Basil

Grilled Marinated Vegetables

Grilled Asparagus with Beets & Yogurt Dill Sauce

Green Beans & Lemon Zest

Whole Grilled Pita Bread

MEDITERRANEAN SALAD

GREEK SALAD

with Tri-Color Peppers, Tomatoes, Cucumbers, Feta Cheese,
Kalamata Olives & Lemon Vinaigrette

CAULIFLOWER RICE SALAD

made with Diced Cucumbers, Tomato, Feta and with Grilled Lemon
Broccolini Dressing



MEDITERRANEAN CHICKEN

Grilled Chicken over Tabbouleh, Marinated Cucumbers, Red Onions, Grape Tomatoes, Kalamata Olives, Tri-Color Peppers, Feta Cheese plated Cobb Style over Romaine

SAUCES

Tahini Sauce
Cucumber-Dill Tzatziki Dressing
Hummus