

MEDITERRANEAN MENU

SALADS & BOWLS

Mediterranean Grain Bowl \$6.99 v

Quinoa and Chickpeas mixed with Spinach, Cucumbers, Onions and Feta Cheese. Tossed with Greek Vinaigrette.

Al Pastor Salad \$6.99

Romaine Lettuce, Sweet Onions, Red Bell Peppers, Avocado, Cilantro and Chipotle Chilies in Adobo Sauce. Tossed with Olive Oil and fresh Lime Juice and topped with Al Pastor Pork Slices and Skhug Sauce.

Falafel Power Salad \$6.99

Fresh Greens mixed with grilled Zucchini, chopped Tomatoes, Red Onions, crispy Falafel Fritters and Tzatziki Sauce.

Gyro Salad \$7.99

Sliced Gyro meat atop a bed of fresh greens with Tomatoes, Onions, Kalamata Olives, Feta Cheese and traditional Tzatziki Sauce and warm quartered Pita. Choice of Beef and Lamb or Chicken Gyros.

SANDWICHES & WRAPS

Falafel Pita Pocket \$5.99 v

Warm Pita Pocket stuffed with Falafels, Lettuce, Tomatoes, and Red Onions. Served with a side of Tahini Sauce and Pita Chips.

Gyro on Whole Wheat Pita \$5.99

Beef and Lamb or Chicken Gyro with Tomatoes, Onions and Tzatziki Sauce on a healthy whole wheat Pita Bread. Served with Pita Chips.

Falafel Burger \$7.99 v

Falafel formed into a patty and cooked golden brown. Served on a bun with Lettuce, Tomatoes, Onions and Tzatziki Sauce. Served with Pita Chips.

PLATTERS

Shawarma Plate \$8.99

Roasted Chicken with Jasmine Rice, grilled mixed Vegetables and a side of Skhug Sauce.

The Ultimate Plate \$9.99

Greek Salad, Lamb or Chicken Gyro meat, Hummus, Falafel, stuffed Grape Leaf and Pita Wedges.

DESSERTS

Greek Nut Roll \$3.99

Rolled Filo dough filled with chopped Walnuts, Cinnamon and Powdered Cloves.

Greek Yogurt Parfait \$3.99 v

Greek-style Yogurt topped with Granola, Honey and fresh Berries.

DRINK

20 oz Dasani Water \$2.09

FOOD ALLERGY WARNING

Tulane University Dining Services serves and uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. Our fryer is used for frying different products, including fish and crustacean shellfish. For food allergies or special diet concerns, please contact Dining Services.

Please inform the Dining Services staff if you have a food allergy or celiac disease to decrease your risk of a reaction.