

V = Vegetarian
GF = Gluten Free



SHAWARMAS

Chicken Shawarma Wrap	\$7.79
Rotisserie cooked chicken breast marinated with garlic, herbs and spices. Served with lettuce, tomato, garlic sauce and sliced pickles. Wrapped in grilled pita bread.	
Beef Shawarma Wrap	\$7.79
Rotisserie cooked sliced beef. Marinated with lemon juice, garlic and spices. Served with hummus, cherry tomato onion relish, parsley and roasted red pepper sauce. Wrapped in grilled pita bread.	
Chicken Kabob Wrap	\$7.79
Tender marinated chunks of all white meat chicken. Served with lettuce, tomato, garlic sauce and pickles. Wrapped in grilled pita bread.	
Beef Kefta Kabob Wrap	\$7.49
Grilled Lebanese meatballs seasoned with spices, onions and parsley. Served with Meddys tahini sauce, hummus & cherry tomato-onion relish. Wrapped in grilled pita bread.	
Lamb Wrap	\$8.49
Sliced marinated lamb, grilled onions and bell peppers. Served with lettuce, tomato, and tzaziki sauce. Wrapped in grilled pita bread.	
Falafel Wrap • V	\$7.49
A mix of lentils, garbanzo beans, fava beans, herbs and spices. Flash fried until golden brown. Served with tomato, parsley, pickled turnips and Meddys tahini sauce. Wrapped in grilled pita bread.	
Salmon Wrap	\$10.29
Grilled Atlantic salmon seasoned with herbs and spices. Served with lettuce, cucumbers, tomato and tzatziki sauce. Wrapped in grilled pita bread.	
Vegetarian Wrap • V	\$7.49
Hummus with grilled zucchini, summer squash and onions. Served with lettuce, tomato, cucumber, olive oil, sumac spices and pomegranite molasses. Wrapped in grilled pita bread.	
Meddys Combo	\$9.99
Your choice of any wrap, side and medium drink. (add lamb for \$1, add salmon for \$2.49)	

SIDES

For \$2.29, add a side to any wrap, bowl, or platter

Fattoush Salad • V GF (if ordered without pita)
Mediterranean Salad • V GF
Creamy Tomato Soup
Vegetarian Lentil Soup • V GF
Garlic Potatoes • V GF
Spanish Eggplant • V GF
Meddys Fries • V GF
Baba Ghanoush • V
House Rice • V GF
Hummus (Wichita's Favorite) • GF (if ordered with veggies)
Tabbouleh • V

MEDDYS FAVORITES

Garlicky Chicken	\$12.49
Half chicken, garlicky potatoes, pickled turnips, cucumber pickles and garlic sauce. Served with warm pita.	
Mezze Platter	\$12.79
Falafel, baba ghanoush, hummus, tabbouleh, grape leaves, and kibbe balls. Served with pita.	
Hummus Shawarma Plate	\$8.99
Your choice of marinated chicken, beef or lamb (add \$1). Served over hummus with a side of pita.	
Falafel Bowl	\$8.99
Falafel patties served with hummus, Spanish eggplant and Meddys tahini sauce. Served with your choice of salad and pita bread.	
Hummus • V	\$7.49
Garbanzo beans pureed with garlic tahini, lemon juice, and olive oil. Served with pita bread or fresh veggies.	
Open-Faced Kefta on Pita	\$9.99
Ground beef mixed with onion, parsley and Lebanese seven-spices that's spread on pita, baked, then topped with cherry tomato-onion relish, parsley and roasted red pepper garlic sauce and served with Hummus.	
Baba Ghanoush	\$7.49
Fire-roasted eggplant belended with tahini, herbs and spices. Served with pita or fresh veggies.	
Spanish Eggplant • V GF	\$7.49
Stewed eggplant, bell peppers, onions, garlic, parsley and tomato. Served with a sweet balsamic vinaigrette over a bed of rice.	
Salmon 8 oz. Filet	\$12.49
Served with a side of roasted vegetables and tzaziki sauce.	

BOWLS & PLATTERS

BYOBowl	\$8.99
Your choice of protein served with rice, tzatziki sauce, tomato cherry-onion relish & grilled pita. (add lamb for \$1, add salmon for \$2.49)	
BYOPlatter	\$10.99
Your choice of protein wrapped in a grilled pita with two sides. (add lamb for \$1, add salmon for \$2.49)	

MINI MEDDYS

Chicken Tenders	\$1.99
Two breaded chicken breasts. Served with fries and small drink.	
Kids Bowl • GF	\$1.99
Your choice of marinated chicken or beef served over rice and small drink.	
Mac & Cheese	\$1.99
A mini Meddys favorite! 8 oz cup of our homemade mac & cheese and a small drink.	



SOUPS & SALADS

- Soup & Salad Combo** \$7.79
Medium-sized salad & bowl of soup. (Add beef or chicken for \$2.49, lamb for \$3.49, or salmon for \$4)
- Fattoush Salad • V** \$7.99
Romaine lettuce, fresh cucumbers, tomato, onions, bell peppers, parsley, mint, and radishes. Tossed in a dressing of lemon, garlic, olive oil and vinegar. Served with pita chips. (Add beef or chicken for \$2.49, lamb for \$3.49, or salmon for \$4)
- Mediterranean Salad • V GF** \$7.99
Mixed greens, garbanzo beans, cucumber, cherry tomato, onions, za'atar and feta cheese. Tossed in a sweet balsamic vinaigrette (add beef or chicken for \$2.49, lamb for \$3.49, or salmon for \$4)
- Large Salmon Salad • GF** \$12.49
Atlantic salmon over your choice of salad. (GF if ordered with a Med. salad or Fattoush without pita)
- Creamy Tomato Soup** \$2.99
Savory blend of plum tomatoes, onions, herbs and spices with a touch of cream. (bowl \$4.99)
- Vegeterian Lentil Soup • V GF** \$2.99
Healthy mix of carrots, celery, onion, tomato, lentils, Mediterranean spices and parsley. (bowl \$4.99)
- Tabbouleh Salad** \$5.99
A classic Lebanese salad! A refreshing mix of parsley, tomatoes, onions, cracked bulgar wheat, olive oil, lemon juice, herbs and spices.

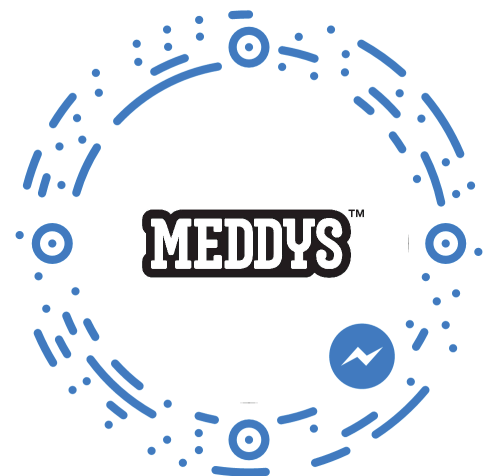
SIMPLE & DELICIOUS

- Meat Pies** \$7.49
Freshly baked pastries filled with ground beef, onions, tomatoes and spices. Served with tatziki sauce. (6)
- Spinach Pies** \$7.49
Freshly baked pastries filled with spinach, onions, lemon juice and spices. Served with tatziki sauce. (6)
- Kibbe Balls** \$7.49
A mixture of ground beef, onions, pine nuts, bulgur wheat, herbs and spices. Fried to perfection!
- Cheese Pies** \$7.49
Freshly baked pastries filled with feta cheese, onion, tomatoes and spices. Served with tatziki sauce. (6)
- Sanbousik** \$7.49
Freshly baked pastries with ground seasoned lamb and beef, onions. Served with tatziki sauce. (6)
- Grape Leaves • V GF** \$6.99
Grape leaves filled with rice, tomato, onion, and our special blend of herbs and spices. Served with Tatziki sauce. (6)

SWEET AND SAVORY

- Nammoura** \$4.49
Semolina flour mix with sugar, baking powder, butter and yoghurt and a layer of cream in the middle.
- Mafroukeh** \$4.49
Layers of shredded phillo dough mix with pistachios and cream.
- Kunafeh** \$4.49
Sweet crust made of semolina flour, butter and sugar baked on top of sweetened cheese served warm.
- Pistachio Baklava** \$3.49
Layers of phillo dough sheets with a sweet pistachio mix in the middle.
- Green Pistachio Baklava** \$3.49
Layers of phillo sheets rolled around sweet pistachio mix.
- Cashew Baklava** \$2.99
Layers of phillo dough sheets rolled and scrunched around a sweet cashew mix.
- Almond Baklava Flower** \$3.99
Phillo dough sheets scrunched around a sweet almond mix.
- Walnut Baklava** \$2.99
Layers of phillo dough sheets with a sweet walnut mix in the middle.

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