



VEGAN VEGETARIAN GLUTEN-FREE

MYRNA'S HEALTHY LUNCH COMBO

SERVED MONDAY TO FRIDAY FROM 8:00AM TO 3:00PM

GLUTEN-FREE — SUBSTITUTE RICE FOR ORGANIC QUINOA OR ORGANIC BROWN RICE — ADD \$3

- PROTEIN COMBO** Hummus, Avocado, Falafel, Tomato & Cucumber Salad and Organic Boiled Egg 13.95
- BROWN RICE COMBO** Brown Rice, Lima Beans, Mediterranean Salad and Grilled Vegetables 13.95
- CHICKPEA COMBO** Chickpea Salad, Cabbage Salad, Baba Ghannuj, Grape Leaves and Cauliflower with Tahini 13.95
- VEGETARIAN COMBO** Hummus, Baba Ghannuj, Falafel, Lima Beans and Taboulé Salad 10.95
- FALAFEL COMBO** Served over Rice with Hummus and Taboulé Salad 10.95
- GRILLED CHICKEN COMBO** Served over Rice with Hummus and Taboulé Salad 10.95
- CHICKEN KEBAB (SOUVLAKI) COMBO** Served over Rice with Hummus and Taboulé Salad 10.95
- CHICKEN GYRO COMBO** Served over Rice with Hummus and Taboulé Salad 10.95
- LAMB GYRO COMBO** Served over Rice with Hummus and Taboulé Salad 10.95
- LAMB KEBAB (SOUVLAKI) COMBO** Served over Rice with Hummus and Taboulé Salad 14.95
- BEEF KAFTA KEBAB COMBO** Served over Rice with Hummus and Taboulé Salad 11.95
- BEEF KIBBÉ COMBO** Served over Rice with Hummus and Taboulé Salad 11.95
- SHRIMP COMBO** Served over Rice with Hummus and Taboulé Salad 14.95
- SALMON COMBO** Served over Rice with Hummus and Taboulé Salad 14.95

MYRNA'S HEALTHY SALAD BOX

- FALAFEL SALAD BOX** Mediterranean Salad with Lentils, Falafel and Tahini Sauce 11.95
- ORGANIC MESCLUN SALAD BOX** with Grilled Chicken or Lamb Gyro 11.95
- MEDITERRANEAN SALAD BOX** with Grilled Chicken or Lamb Gyro 10.95
- GREEK SALAD BOX** with Grilled Chicken or Lamb Gyro 12.95
- ISRAELI SALAD BOX** with Grilled Chicken or Lamb Gyro 11.95
- CAESAR SALAD BOX** with Grilled Chicken or Lamb Gyro 10.95
- CABBAGE SALAD BOX** with Grilled Chicken or Lamb Gyro 10.95
- AVOCADO SALAD BOX** with Grilled Chicken or Lamb Gyro 12.95
- FRESH BEET SALAD BOX** with Grilled Chicken or Lamb Gyro 12.95
- FRESH MOZZARELLA SALAD BOX** with Grilled Chicken or Lamb Gyro 12.95
- QUINOA SALAD BOX** with Grilled Chicken or Lamb Gyro 13.95
- SHRIMP SALAD BOX** Mesclun, Grilled Shrimp, Tomato, Roasted Peppers, Avocado, Lemon Vinaigrette 14.95
- SALMON SALAD BOX** Romaine Heart, Tomato, Cucumber, Quinoa, Lemon Vinaigrette 14.95



Feta Cheese 2	Lentils with Rice 3	Lamb Gyro 4	Grilled Chicken 4
Avocado 3	Organic Brown Rice 4	Lamb Kebab 7	Chicken Gyro 4
Falafel 3	Organic Quinoa 4	Grilled Shrimp 7	Chicken Kebab 4
Organic Boiled Egg 3	Grape Leaves (Veg) 3	Grilled Salmon 7	Beef Kafta Kebab 5

DESSERT \$5 BAKLAVA HALVA FRESH FRUIT CHOCOLATE CAKE CHEESE CAKE

DELIVERY AND TAKE-OUT MENU LUNCH AND DINNER

WE DELIVER TO GREENWICH, STAMFORD, DARIEN, NORWALK, ROWAYTON, NEW CANAAN AND SURROUNDING TOWNS



NOW INCLUDING OUR 100% ORGANIC SELECTIONS

Vegan Vegetarian Gluten-Free

Fresh, Healthy Greek-Lebanese Cuisine

PRIVATE AND CORPORATE CATERING

MONDAY TO FRIDAY 8AM TO 8PM SATURDAY - SUNDAY CLOSED (OPEN FOR CATERING ONLY)

PHONE 203.348.1400

(FAX YOUR LUNCH OR DINNER ORDER TO 203.348.1404)

ORDER ONLINE www.myrnaskitchen.com























1234 EAST MAIN STREET (RTE 1) STAMFORD, CT 06902 OFF EXIT 9 (STAMFORD - DARIEN LINE) FACING THE WWE BUILDING

HEALTH

ENERGY


WELLNESS

SOUP & SALADS

  LENTIL SOUP OR CHICKEN SOUP	5.95
  ORGANIC MESCLUN SALAD with House Vinaigrette	8.95
  MEDITERRANEAN SALAD (Fattoosh) Romaine, Diced Tomato, Cucumber, in Lemon Vinaigrette	8.95
  GREEK SALAD Romaine, Tomato, Cucumber, Red Onion, Olives, Pepperoncini and Feta, Balsamic Vinaigrette	10.95
  ISRAELI SALAD with Parsley and Red Onion in a House-Made Garlic-Lemon Vinaigrette	8.95
  CAESAR SALAD Romaine, Parmesan Cheese and Croutons, Caesar Dressing	8.95
  CABBAGE SALAD Shredded Cabbage, Tomato and Parsley in a House-Made Garlic Lemon Vinaigrette	8.95
  AVOCADO SALAD Romaine, Tomato, Cucumber, Bacon, Avocado, Balsamic Vinaigrette	10.95
  FRESH BEET SALAD Beet, Mesclun, Corn, Gorgonzola Cheese, Balsamic Vinaigrette	10.95
  FRESH MOZZARELLA SALAD Mesclun, Tomato, Roasted Peppers, Fresh Mozzarella, Basil Vinaigrette	10.95
  ORGANIC QUINOA SALAD Romaine, Diced Tomato, Cucumber, Quinoa, Raspberry Vinaigrette	11.95


HOMEMADE DRESSINGS (EXTRA DRESSING 1.00) :

House Balsamic, Garlic - Lemon, House Dressing, Caesar, Ranch, and Tahini Brushetta

	Feta Cheese	2	Lentil with Rice	3	Lamb Gyro	4	Grilled Chicken	4
	Avocado	3	Organic Brown Rice	4	Lamb Kebab	7	Chicken Gyro	4
	Falafel	3	Organic Quinoa	4	Grilled Shrimp	7	Chicken Kebab	4
	Organic Boiled Egg	3	Grape Leaves (Veg)	3	Grilled Salmon	7	Beef Kafta Kebab	5

PITA WRAPS (Fresh, Low Calorie & Fat-Free)

WHOLE-WHEAT OR GLUTEN-FREE WRAPS (ADD 1.00)

  VEGGIE Hummus, Lettuce, Tomato & Olives	7.95	GRILLED CHICKEN with AVOCADO Bacon, Lettuce, Tomato & Chipotle Mayo	9.95
  HUMMUS Lettuce & Taboulé Salad	7.95	GRILLED CHICKEN with FRESH MOZZARELLA, Roasted Peppers, Lettuce, Tomato & Pesto Sauce	9.95
  AVOCADO Hummus, Spinach, Tomato & Cucumber	8.95	GRILLED CHICKEN with FRESH BEETS Mesclun Salad, Gorgonzola & Balsamic	9.95
  FALAFEL Hummus, Lettuce, Tomato, Pickles & Tahini	7.95	CHICKEN KEBAB Hummus, Lettuce, Tomato & Tzatziki	8.95
  FALAFEL DELUXE Hummus & Taboulé Salad	8.50	CHICKEN KEBAB DELUXE Hummus, Taboulé & Tzatziki	8.95
  FALAFEL EGGPLANT Hummus & Taboulé Salad	8.95	CHICKEN FALAFEL Hummus, Taboulé & Tahini Sauce	9.95
LAMB GYRO Hummus, Lettuce, Tomato, Onion & Tzatziki	8.95	CHICKEN EGGPLANT Hummus & Taboulé Salad	9.95
LAMB KEBAB SOUVLAKI Hummus, Lettuce & Tomato	10.95	GREEK CHICKEN Lettuce, Tomato, Feta, Olives & Balsamic	9.95
BEEF KAFTA KEBAB Hummus, Lettuce & Tomato	8.95	CHICKEN GYRO Hummus, Lettuce, Tomato & Tzatziki	8.95
BEEF KIBBÉ DELUXE Hummus & Taboulé Salad	9.95		
MYRNA'S CHICKEN Garlic, Pickles & French Fries	8.95		

ASK FOR OUR CATERING SHOWCASE ITEMS & MORE

KEBABS & GYROS (PLAIN)

GRILLED CHICKEN	6.00
CHICKEN KEBAB (Souvlaki)	6.00
CHICKEN GYRO	6.00
KAFTA KEBAB (Keftedes)	6.00
LAMB GYRO	6.00
LAMB KEBAB (Souvlaki)	8.00
GRILLED SHRIMP	7.00
GRILLED SALMON	8.00

SERVED WITH DIPPING SAUCE & PITA

BY THE POUND \$9

HUMMUS, BABA GHANNUJ, TABOULÉ SALAD, FETA SHANKLEESH, LABNÉ, QUINOA, CHICKPEA SALAD, YOGURT & CUCUMBER SALAD, LENTILS WITH RICE, FAVA BEANS, LIMA BEANS
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BY THE DOZEN

FALAFEL	16	BEEF KIBBÉ	28
SPINACH PIE	17	MEAT PIE	18
GRAPE LEAVES (VEG)	17	GRAPE LEAVES (MEAT)	24

APPETIZERS


















 **VEGAN**  **VEGETARIAN**  **GLUTEN-FREE**

  HUMMUS Plain, with Garlic or Spicy – Chickpea Tahini Dip	7.95
 HUMMUS With Lamb Gyro, Chicken Gyro or Organic Boiled Egg	9.95
  BABA GHANNUJ Plain, with Garlic or Spicy – Eggplant Tahini Dip	7.95
 TABOULÉ SALAD Chopped Parsley, Tomato, Scallions, Bulgur Wheat, Fresh Lemon Juice and EVOO	7.95
  QUINOA TABOULÉ SALAD Chopped Parsley, Tomato, Scallions, Quinoa, Fresh Lemon Juice and EVOO	9.95
 FETA SHANKLEESH Feta, Tomato, Onions and Dried Thyme	7.95
 LABNÉ (CHEESE SPREAD) Pasteurized Cheese Topped with Mint and EVOO	7.95
 YOGURT AND CUCUMBER SALAD House-Made Yogurt (from fresh milk), Diced Cucumber, Mint and Garlic	7.95
  GRAPE LEAVES (HAND-ROLLED) – VEGETARIAN (5 PCS)	8.95
 GRAPE LEAVES WITH MEAT (HAND-ROLLED) (6 PCS) Made with Beef Tips and Rice, Served with Yogurt	12.95
  ZA'ATAR (THYME) PANINI with Tomato	7.95
 FALAFEL (4 PCS) Chickpeas, Fava Beans, Cilantro and Garlic	7.95
BEEF KIBBÉ (4 PCS) Lean Beef Mixed with Bulgur Wheat, Stuffed with Beef Tips and Onion	9.95
 SPINACH PIE – FATAYER (4 PCS) Triangle-Shaped Dough Filled with Spinach, Onion and Herbs	7.95
MEAT PIE – LAHMAJEEN (4 PCS) Square-Shaped Dough Filled with Beef, Tomato, Onion and Herbs	7.95
 LENTILS WITH RICE – MUJADARA with Carmelized Onions	7.95
  FAVA BEANS Sautéed with Garlic, Lemon and Extra Virgin Olive Oil (my favorite)	7.95
  LIMA BEANS Cooked in a Tomato-Cilantro Sauce	7.95
  CRISPY CAULIFLOWER with Tahini Dipping Sauce	8.95
 SHRIMP D'AZUR Warm Shrimp à la Provençale, Tomato, Avocado, over Greens with Lemon Vinaigrette	13.95

ENTRÉES GLUTEN-FREE – SUBSTITUTE RICE FOR ORGANIC QUINOA OR ORGANIC BROWN RICE – ADD \$3

  VEGETARIAN COMBO PLATTER Hummus, Baba Ghannouj, Falafel, Lima Beans and Taboulé Salad	14.95
  VEGETARIAN LIMA BEANS PLATTER Served over Rice in a Tomato-Cilantro Sauce	14.95
MYRNA'S COMBO PLATTER Hummus, Baba Ghannouj, Kibbe, Falafel and Mediterranean Salad	16.95
BEEF KAFTA KEBAB PLATTER Two Skewers of Kafta Kebab (Keftedes) with Grilled Vegetables over Rice	18.95
CHICKEN KEBAB SOUVLAKI PLATTER Two Skewers of Chicken with Grilled Vegetables over Rice	17.95
CHICKEN GYRO PLATTER Served over Rice with Hummus, Tzatziki and Greek Salad	17.95
LAMB GYRO PLATTER Served over Rice with Hummus, Tzatziki and Greek Salad	17.95
LAMB KEBAB PLATTER Two Skewers of Lamb with Grilled Vegetables over Rice	22.95
MIXED KEBAB PLATTER Chicken Kebab, Beef Kafta and Lamb Skewers, Served with Vegetables over Rice	23.95
COUSCOUS WITH CHICKEN KEBAB Two Skewers of Chicken over Pearl Couscous	17.95
COUSCOUS WITH LAMB GYRO Served over Vegetable Pearl Couscous	17.95
COUSCOUS WITH LAMB KEBAB Two Skewers of Lamb over Pearl Couscous	22.95
GRILLED LAMB CHOPS Served with Grilled Vegetables over Rice	27.95
SHRIMP KEBAB PLATTER Served over Vegetable Pearl Couscous	21.95
GRILLED SALMON PLATTER Served over Vegetable Pearl Couscous and Sautéed Spinach	21.95

SIDES

  GRILLED VEGETABLES 6	  ORGANIC QUINOA 6	  VEGETABLE COUSCOUS 5
  SAUTÉED SPINACH 6	  ORGANIC BROWN RICE 4	  OLIVES & PICKLES 5
  CHICKPEA SALAD 6	 WHITE RICE & NOODLES 3	  FRENCH FRIES 3

EXTRA SAUCES: GARLIC, TAHINI, TZATZIKI, BRUSCHETTA OR HOT SAUCE 1.00 PITA BREAD 1.00

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE
THOROUGHLY COOKING MEATS, POULTRY, SHELLFISH AND EGGS REDUCES THE RISK OF FOODBORNE ILLNESS



100% ORGANIC SELECTIONS

Saladmeals answers our need to feel light, energetic and well nourished. **Saladmeals** offers beautiful, delicious salad creations packed with natural energy-boosting vitamins, minerals and healthy fiber. Allow yourself to be seduced by the dazzling variety of colorful vegetables and gluten-free grains, as well as vegan dressings and carefully sourced clean proteins.

Organic Saladmeals

To complement all **saladmeals**, our chef, Regis, has created **12 amazing vegan salad dressings!** The quality and taste of these anti-inflammatory vinaigrettes--rich in essential omega-3 fatty acids, raw vinegars, bright citrus and fresh herbs--is astonishing. **Saladmeals** dares you to taste just one, and is delighted to have you craving more! Don't forget to choose your protein.

Saladmeals Caesar 10 <i>(high in vitamins C & K, potassium & omega-3)</i> Romaine Hearts, Shaved Brussels Sprouts, Shaved Parmesan, Herbed Gluten-Free Croutons <i>Light Greek Caesar Dressing</i>	Beet'd 13 <i>(rich in folate, potassium, magnesium & fiber)</i> Arugula, Beets, Grapefruit Segments, Toasted Walnuts, Goat Cheese, Crumbled Bacon <i>Pear Shallot Vinaigrette</i>	Frisée Citrus 12 <i>(rich in vitamins A, C & K)</i> Frisée, Wild Arugula, Endive, Asparagus, Grapes, Crumbled Blue Cheese, Almonds <i>Citrus Lemon Vinaigrette</i>
Asiana 12 <i>(good source of potassium, folate, vitamins B1 & B2)</i> Napa Cabbage, Shredded Carrots, Soy Bean Sprouts, Red Bell Pepper, Red Onion, Toasted Cashews, Scallion, Fresh Cilantro <i>Asian Dressing</i>	Blue Kale 12 <i>(rich in vitamins C & beta-carotene)</i> Kale, Romaine Hearts, Roasted Red Pepper, Yellow Bell Pepper, Cherry Tomatoes, Radish, Scallions, Almonds, Blueberries, Feta Cheese <i>Pomegranate Chimichurri Vinaigrette</i>	Tex-Mex 12 <i>(rich in potassium, omega-3, vitamins B6, C & K)</i> Romaine Hearts, Avocado, Black Beans, Corn, Scallions, Shaved Celery, Chopped Parsley, Sundried Tomatoes, Shallots, Garlic, Lemon juice <i>Cilantro Honey Vinaigrette</i>
Four Season Couscous 12 <i>(high in vitamins A & C, potassium & magnesium)</i> Romaine Hearts, Gluten-Free Fregola Pasta, Diced Roasted Roots Veggies, Parsnips, Pear, Fresh Oregano <i>Lemongrass Vinaigrette</i>	Roasted Brussels Sprouts 13 <i>(high in vitamins C & K, potassium & omega-3)</i> Arugula, Roasted Brussels Sprouts, Roasted Corn, Diced Apple, Shallot, Crushed Hazelnut <i>Lemon-Herb Vinaigrette</i>	The Cabbage 11 <i>(rich in vitamins B6, C & K and fiber)</i> Red Cabbage, Romaine Hearts, Cherry Tomatoes, Cucumber, Scallions, French Lentils, Carrots <i>Apple Cider Mustard Vinaigrette</i>

Choose Your Protein

Baked Vegetarian Falafel 5	Organic Eggs (2) 3
Organic Chicken 7	Organic Black Beans 4
Braised All-Natural Turkey 7	Organic Brown Rice 4
Yellowfin Tuna 7	Organic Fava Beans 4
Grilled Shrimp 7	Organic Farro 4
Grass-Fed Filet Mignon 12	Organic Lentils 4
Wild Salmon 14	Organic Quinoa 4

ALL PRICES ARE SUBJECT TO CHANGE AS THE ORGANIC MARKET FLUCTUATES

MONDAY TO FRIDAY 10AM TO 8PM
SATURDAY - SUNDAY OPEN FOR CATERING ONLY
PHONE 203.595.5323
(FAX YOUR LUNCH OR DINNER ORDER TO 203.348.1404)



Organic Seasonal Salads

Nectarine Burrata 13 <i>(vitamin C, potassium & calcium)</i> Nectarine, Burrata Cheese, Tomato, Shaved Red Onion, Fresh Lemon Juice, Minced Fresh Basil and Mint <i>Citrus Lemon Vinaigrette</i>
Watermelon Halloumi 13 <i>(lycopene, vitamin C & calcium)</i> Watermelon, Cypress Halloumi Cheese, Walnut, Almond, Basil, Mint <i>Fresh Lemon and Olive Oil</i>

Organic Grain Salads

Ancient Farro 11 <i>(high in protein & fiber)</i> Mesclun, Farro, Sweet Peas, Marinated Diced Red Pepper, Red Onion, Hearts of Palm, Chopped Parsley, Shaved Garlic <i>Balsamic Vinaigrette</i>
Quinoa Asparagus 12 <i>(high in protein, fiber, magnesium & folate)</i> Arugula, Red and White Quinoa with Apple, Grated Ginger, Peas, Asparagus, Slivered Almonds, Cranberries <i>Lemongrass Herb Vinaigrette</i>

Protein add-ons listed on other side of menu

Sandwiches

Substitute **Gluten-Free Wrap \$1**
Luncheonette Flaxette \$1

Grilled Chicken 12 Romaine Hearts, Tomato, Guacamole, Grilled Veggies, Basil Chimichurri <i>Multigrain Ciabatta</i>
Smoked Salmon 15 Romaine Hearts, Dill, Sliced Oranges, Avocados, Pickled Turnip <i>12-Grain Honey Bun</i>

Grilled Filet Mignon 18 Baby Spinach, Caramelized Red Onion, Roasted Piquillo, Crispy Chorizo, Manchego Cheese (optional) <i>Multigrain Ciabatta</i>
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Soups

Lentil Soup 7
Chicken Soup 7

Sides

Beet & Mango 7
Organic Brown Rice 4
Broccolini 7
Carrot & Cucumber 5
Guacamole 7
Hummus Avocado 7
Hummus Roasted Peppers 7

100% ORGANIC
EAT IT, YOU NEED IT!



THOROUGHLY COOKING MEATS, POULTRY, SHELLFISH AND EGGS REDUCES THE RISK OF FOODBORNE ILLNESS

