



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

<b>ADD TO BOX:</b>	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)

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

HEALTH

ENERGY


WELLNESS

# SOUP & SALADS

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

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

# ASK FOR OUR CATERING SHOWCASE ITEMS & MORE

## KEBABS & GYROS (PLAIN)

<b>GRILLED CHICKEN</b>	6.00
<b>CHICKEN KEBAB</b> (Souvlaki)	6.00
<b>CHICKEN GYRO</b>	6.00
<b>KAFTA KEBAB</b> (Keftedes)	6.00
<b>LAMB GYRO</b>	6.00
<b>LAMB KEBAB</b> (Souvlaki)	8.00
<b>GRILLED SHRIMP</b>	7.00
<b>GRILLED SALMON</b>	8.00

SERVED WITH DIPPING SAUCE & PITA

## BY THE POUND \$9

<b>HUMMUS, BABA GHANNUJ, TABOULÉ SALAD, FETA SHANKLEESH, LABNÉ, QUINOA, CHICKPEA SALAD, YOGURT &amp; CUCUMBER SALAD, LENTILS WITH RICE, FAVA BEANS, LIMA BEANS</b>
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## BY THE DOZEN

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

# APPETIZERS


















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

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

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

## SIDES

  <b>GRILLED VEGETABLES</b> 6	  <b>ORGANIC QUINOA</b> 6	  <b>VEGETABLE COUSCOUS</b> 5
  <b>SAUTÉED SPINACH</b> 6	  <b>ORGANIC BROWN RICE</b> 4	  <b>OLIVES &amp; PICKLES</b> 5
  <b>CHICKPEA SALAD</b> 6	 <b>WHITE RICE &amp; NOODLES</b> 3	  <b>FRENCH FRIES</b> 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.

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

#### Choose Your Protein

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

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

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

### Organic Grain Salads

<b>Ancient Farro</b> <b>11</b> <i>(high in protein &amp; fiber)</i> Mesclun, Farro, Sweet Peas, Marinated Diced Red Pepper, Red Onion, Hearts of Palm, Chopped Parsley, Shaved Garlic <i>Balsamic Vinaigrette</i>
<b>Quinoa Asparagus</b> <b>12</b> <i>(high in protein, fiber, magnesium &amp; 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**

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

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

<b>Lentil Soup</b> <b>7</b>
<b>Chicken Soup</b> <b>7</b>

#### Sides

<b>Beet &amp; Mango</b> <b>7</b>
<b>Organic Brown Rice</b> <b>4</b>
<b>Broccolini</b> <b>7</b>
<b>Carrot &amp; Cucumber</b> <b>5</b>
<b>Guacamole</b> <b>7</b>
<b>Hummus Avocado</b> <b>7</b>
<b>Hummus Roasted Peppers</b> <b>7</b>

**100% ORGANIC**  
**EAT IT, YOU NEED IT!**



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

