



# Vegan and Gluten Free Menu

Request vegan or gluten free while ordering

Please note that although these products below are made with ingredients that do not contain gluten they are prepared and cooked within an environment where gluten is present.

## SHAWARMAS

**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.

**Vegetarian Wrap • V** \$7.49

Hummus with grilled zucchini, summer squash and onions. Served with lettuce, tomato, cucumber, olive oil, sumac spices and pomegranate molasses. Wrapped in grilled pita bread.

## 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**

**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**

## SOUPS & SALADS

**Fattoush Salad • V (GF Without Pita)** \$5.99 med/  
\$7.99 lg

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** \$5.99 med/  
\$7.99 lg

Mixed greens, garbanzo beans, fresh cucumbers, 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)

**Salmon Salad • GF** \$12.49

Atlantic salmon over your choice of salad. (GF if ordered with a Med. salad or Fattoush salad without pita)

**Vegetarian Lentil Soup • V GF** \$2.99

Healthy mix of carrots, celery, onion, tomato, lentils, Mediterranean spices and parsley. (bowl \$4.99)

**Tabbouleh Salad • V** \$5.99

A classic Lebanese salad! A refreshing mix of parsley, tomatoes, onions, cracked bulgar wheat, olive oil, lemon juice, herbs and spices.

## MEDDYS FAVORITES

**Garlicky Chicken • GF** \$12.49

Half chicken, garlicky potatoes, pickled turnips, cucumber pickles and garlic sauce. Served with warm pita.

**Hummus • V GF** \$5.49 med/  
\$7.49 lg

Garbanzo beans pureed with garlic, tahini, lemon juice and olive oil. Served with pita bread or fresh veggies.

**Baba Ghanoush • V GF** \$7.49

Fire-roasted eggplant blended 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.

**Falafel Bowl • (GF Without Pita)** \$8.99

5 flash-fried golden brown patties over choice of salad, served with hummus, Spanish eggplant, topped with Meddys tahini sauce.

## MINI MEDDYS

**Kids Bowl • GF** \$1.99

Your choice of marinated chicken or beef served over rice and small drink.

## SIMPLE & DELICIOUS

**Grape Leaves • V GF** \$6.99

Grape leaves filled with rice, tomato, onion, and our special blend of herbs and spices. Served with tzatziki sauce. (6)

V = Vegan

GF = Gluten Free

**All Proteins and Sauces  
are Gluten Free**

Follow us to get updates!



@meddysgrill



Meddys



@meddysgrill