

ME·VA·ME

E X P R E S S

TAKE OUT
MENU

SANDWICHES

FALAFEL GRILLED VEGETABLES

Laffa: \$9.95 / Pita: \$7.95

CHICKEN SHAWARMA GRILLED CHICKEN BREAST GRILLED KEFTA CHICKEN SCHNITZEL

Laffa: \$11.95 / Pita: \$9.25

FILLINGS

Hummus
Red Cabbage
Salad Mix
Turnips
Sliced Tomatoes
Onion Herb Mix
Dill Pickles
Banana Peppers
Baba Ganoush

SAUCES

Tahini
Tzatziki
Chipotle
Creamy Garlic
Hot Sauce
Amba
(Tangy pickled mango sauce that works miracles inside a sandwich)

ON HUMMUS

Served with pita bread.

GRILLED MUSHROOMS ON HUMMUS \$12.95

Champignon mushrooms, cubed onions and lemon, grilled on an open flame. Seasoned with fresh thyme, garlic and olive oil served on hummus.

CHICKEN SHAWARMA ON HUMMUS \$13.95

Marinated boneless chicken with our special seasoning, slowly roasted and sliced from our rotating spit, served on hummus.

HOT & CRISPY

FALAFEL

Crispy fried balls of ground chickpea mixed with herbs and spices, served with Tahini sauce.

6 pcs - \$6.45 / 12 pcs - \$10.95

MOROCCAN CIGARS

Fried cigar-shaped pastry shell filled with spicy beef, served with Tahini sauce.

6 pcs - \$9.75 / 12 pcs - \$17.75

SPINACH & DOUBLE CHEESE TRIANGLES

Fried triangle shaped pastry filled with Feta cheese, Mozzarella cheese, spinach, onion and garlic. Served with creamy garlic.

6 pcs - \$10.25 / 12 pcs - \$19.25

HOT & CRISPY COMBO

Triple the Crunch. Served with: Falafel, Moroccan Cigars and Spinach and Double Cheese Triangles. Served with Tahini sauce, creamy garlic and Chipotle sauce.

9 pcs - \$13.45

SOUPS

DAILY VEGGIE SOUP 8 oz - \$4.25 / 12 oz \$6.25
(Ask for the soup of the day)

CHICKEN LENTIL SOUP 8 oz - \$4.50 / 12 oz \$6.75
Red lentil, chicken and bulgur (cracked wheat).

BEEF BARLEY SOUP 8 oz - \$4.50 / 12 oz \$6.75
Certified Angus Beef, pearl barley and vegetables.

Add a salad to your soup \$4.25



SALADS

ME SALAD

\$7.25

Spring greens mix, tomatoes, cucumber, red onion, red beets, and carrots, served with our signature house dressing.

GREEK SALAD

\$7.95

Iceberg lettuce, peppers, red onions, tomatoes, cucumbers, Kalamata olives and feta cheese tossed with our homemade Greek dressing.

CAESAR SALAD

\$7.95

Crisp hearts of romaine lettuce, fresh pita croutons, carved Parmesan cheese, served with our own Caesar dressing.

ISRAELI SALAD

\$7.95

Diced cucumbers, tomatoes and onions, tossed with olive oil, lemon juice and a pinch of salt and pepper.

QUINOA SALAD

\$9.95

Grains of quinoa tossed with grilled eggplant, feta cheese, fresh mint, cherry tomatoes, green onion and spinach. Mixed with lemon juice and olive oil.

MEDITERRANEAN SPINACH SALAD

\$13.95

Spinach, Cauliflower, sweet potato, avocado, fried chickpeas, red onion. Tossed with Dijon mustard vinaigrette.



VEGETARIAN HEAVEN

\$12.95

Our Delightful Signature Flavours Served with three falafel balls, ME Salad, grilled vegetables, Hummus, Baba Ganoush and Labaneh & Za'atar. Served with freshly baked laffa bread.

UPGRADE YOUR SALAD

ADD ANY SKEWER

- Grilled Chicken Breast \$6.75
- Grilled Chicken Dark \$6.75
- Grilled Beef \$8.25
- Grilled Lamb \$8.25
- Grilled Salmon \$8.25

OR ADD 1 OF OUR SPECIALTIES

- Schnitzel Fingers / 2 pcs \$6.75
- Chicken Shawarma - 5 oz \$6.75
- Grilled Kefta / 2 pcs \$6.75
- Falafel / 4 pcs \$4.45



1. CHOOSE 1 MAIN

FALAFEL

6 pcs - \$14.45

Crispy fried balls of ground chickpeas mixed with herbs and spices, served with Tahini sauce.

CHICKEN SHAWARMA

\$19.45

Marinated boneless chicken with our special seasoning slowly roasted and sliced from our rotating spit. Served with Tahini sauce.

CHICKEN SCHNITZEL

\$19.45

Tender chicken breast butterflied and coated in breadcrumbs with a touch of sesame seeds. Served with fresh lemon and our signature schnitzel sauce on the side.

GRILLED KEFTA

3 pcs - \$19.45

Minced lamb and veal marinated with spices, herbs and grilled to perfection.

GRILLED LAMB CHOPS

4 chops - \$23.95

Tender to the bone, New Zealand chops marinated and seasoned with a blend of spices. Grilled the way you like it.

GRILLED CHICKEN BREAST

Tender pieces of boneless chicken breast with our special seasoning.

1 skewer - \$14.45 / 2 skewers - \$19.45

GRILLED CHICKEN DARK

Tender pieces of boneless chicken thigh marinated with our special seasoning.

1 skewer - \$14.45 / 2 skewers - \$19.45

GRILLED LAMB

Pieces of lean lamb marinated and grilled the way you like it.

1 skewer - \$16.95 / 2 skewers - \$22.95

GRILLED BEEF

Pieces of tenderloin beef aged for 28 days, marinated and grilled to perfection.

1 skewer - \$16.95 / 2 skewers - \$22.95

RAINBOW TROUT FILLET

9 oz - \$24.95

Oven baked trout fillet, served with garlic sauce.

GRILLED SALMON

8 oz - \$24.95

Grilled salmon skewers with onions and tomatoes.

Served with fresh lemon on the side.



Individually packed meal
in a box.

2. CHOOSE 1 SIDE

- Aged Basmati Rice
- Fresh Grilled Vegetables & Herbs
- Potato Wedges with Dill & Garlic
- Red Skin Garlic Mashed Potatoes
- French Fries

3. CHOOSE 1 SALAD

- **ME** Salad
- Greek Salad (\$1.25 Extra)
- Caesar Salad (\$1.25 Extra)
- Israeli Salad (\$1.25 Extra)

Served with pita bread.

PLATTERS

LAFFA WRAP

Freshly baked laffa wraps with your choice of Falafel, Chicken Shawarma, Chicken Schnitzel, Grilled Chicken Breast and Lamb Burger Sticks spread with hummus and filled with salad, pickles, onion herb mix, served with variety of sauces.

Small platter served with 12, ½ Laffa Wraps - \$74

Large platter served with 24, ½ Laffa Wraps - \$147

VEGETABLE DIP

Choose Your Signature Dip: Hummus, Baba Ganoush or Labaneh & Za'atar

Our vegetable selection includes: celery, carrots, broccoli, bell peppers, cherry tomatoes or other seasonal fresh vegetables.

Small platter serves 10 - 12 people - \$32

Large platter serves 22 - 24 people - \$55

SIGNATURE DIPS COMBO

Enjoy our signature dips in one platter for your gathering. Recommended: Hummus, Baba Ganoush, fried eggplant, Labaneh & Za'atar and complimentary Harrisa hot sauce. Or you can select any of our signature dips.

Small platter serves 8 people (136 oz) - \$23

Large platter serves 16 people (70 oz) - \$46

HOT & CRISPY COMBO

Triple the Crunch. Served with: Falafel, Moroccan Cigars and Spinach and Double Cheese Triangles. Served with Tahini sauce, creamy garlic and Chipotle sauce.

Small platter served with 30 pcs - \$44

Large platter served with 60 pcs - \$88

Our selection of platters that offer great variety of flavours and have something for everyone. Our platters will entertain any occasion.



HOME & CORPORATE CATERING

SIGNATURE DIPS

Our signature dips are made in house using traditional recipes with great care for freshness and flavour, guaranteed to complement your meal.

HUMMUS

Creamy puree of chickpeas and Tahini sauce seasoned with lemon juice and garlic.

GREEN EGGPLANT

Green Eggplant on open flame, pureed and mixed with bell peppers, green onions, parsley and garlic.

MATBUCHA

Cooked tomatoes and roasted bell peppers seasoned with garlic and chili peppers.

BEETS SALAD

Diced cooked beets mixed with onions, olive oil and vinaigrette dressing.

TABULI

Bulgur, finely chopped parsley and mint, tomato and spring onions, seasoned with lemon juice and olive oil.

COLESLAW

Shredded cabbage and carrots mixed with dressing.

BABA GANOUSH

Eggplant on open flame, pureed and mixed with mayonnaise, lemon juice and garlic.

FRIED EGGPLANT

Fried eggplant and onions mixed with a rich tomato sauce.

RED CABBAGE

Shredded red cabbage mixed with mayonnaise and seasoning.

LABANEH & ZA'ATAR

A Mediterranean classic, rich and flavourful strained yogurt cheese, sour in taste, healthy in choice, garnished with Za'atar, Mediterranean mixed herbs and extra virgin olive oil.

MARINATED MUSHROOMS

Champignon mushrooms mixed with bell peppers, carrots and celery, marinated in vinegar and lemon juice.

8 oz - \$5.95 / 2-4 ppl
16 oz - \$10.95 / 5-8 ppl
32 oz - \$17.95 / 10-15 ppl

ADD ONS

LAFFA BREAD \$2.55/laffa

Laffa is a flat bread wrap that is baked fresh to order in a taboon clay oven.

PITA PACK (5 Pitas) \$3.25

PICKLES 8 oz - \$3.95 / 16 oz - \$6.95

Mix of dill pickles and pepperoncini peppers.

TAHINI 8 oz - \$4.95 / 16 oz - \$8.45

Mixture of sesame seeds paste, lemon juice and garlic.

HOT SAUCE 5 oz - \$3.45

Chili peppers mixed with herbs and spices.

HOUSE DRESSING 8 oz - \$4.95 / 16 oz - \$7.95

Our signature homemade salad dressings.

Menu items and prices may vary by locations | Products are prepared in a facility where allergens are present.

MAINS

Create your home, corporate or party menu with our mouth-watering selections of mains, sides, and salads.

GRILLED

GRILLED CHICKEN BREAST SKEWER 1 per person	\$7.75/each
GRILLED CHICKEN DARK SKEWER 1 per person	\$7.75/each
GRILLED BEEF SKEWER 1 per person	\$9.25/each
GRILLED LAMB SKEWER 1 per person	\$9.25/each
GRILLED SALMON SKEWER 2-3 per person	\$5.25/each

OUR SPECIALITIES

GRILLED KEFTA 2 per person	\$4.45/each
SHAWARMA (By the pound) 2-4 people	\$21.45/lb
CHICKEN SCHNITZEL FINGER 2-3 per person	\$4.45/each
RAINBOW TROUT FILLET 1 per person	\$17.95/each
GRILLED LAMB CHOPS 2-3 per person	\$4.95/each

SALADS

M: 3-6 ppl / L: 8-12 ppl / XL: 18-22 ppl

ME SALAD

M: \$8 / L: \$15 / XL: \$28

GREEK SALAD

M: \$9 / L: \$17 / XL: \$32

CAESAR SALAD

M: \$9 / L: \$17 / XL: \$32

ISRAELI SALAD

M: \$10 / L: \$18

SIDES

M: 3-5 ppl / L: 6-10 ppl / XL: 12-18 ppl

AGED BASMATI RICE

M: \$6 / L: \$10 / XL: \$19

FRENCH FRIES

M: \$6 / L: \$10 / XL: \$19

POTATO WEDGES WITH FRESH DILL AND GARLIC

M: \$8 / L: \$15 / XL: \$29

GRILLED FRESH SEASONAL VEGETABLES WITH THYME & GARLIC

M: \$8 / L: \$15 / XL: \$29

RED SKIN GARLIC MASHED POTATOES

M: \$8 / L: \$15 / XL: \$29

BRING **ME** TO YOUR TABLE

BRING ME TO YOUR NEXT HOME & CORPORATE CATERING



MEVAME.COM



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