

# SUMMER WHIRL

*The art of eating healthy®*

## SUN & SEA

### Mediterranean Ceviche 14.99

Argentine wild shrimp, avocado, Persian cucumbers, tomatoes, red onions, fresh cilantro, fresh lemon juice, evoo, homemade tortilla chip, garnished with raisins

### Mediterranean Tuna Pita Pocket 11.99

Long line caught Albacore tuna, avocado, baby greens, seasonal mixed greens, tomatoes, Persian cucumbers, bell peppers, red onions, taboule, lemon vinaigrette, sprouts in a pita pocket

**GF** no taboule, with blue corn chips

### Albacore Tuna Tostada 9.99

Line caught Albacore Tuna Salad, homemade corn tostada, avocado, fresh radish, cilantro, mint, lime. Served with a tahini cabbage-kale super slaw

**GF** with blue corn chips

### Tuna Melt 11.99

Line caught Albacore Tuna salad, red onions, tomatoes, mozzarella, cheddar, wood-fired to a crisp in a pita pocket.  
Served with a side salad

### Tahitian Bowl

with Ahi Tuna\* 14.99 / with Shrimp 14.99

Freshly sliced tomatoes, Persian cucumbers, onions, coconut water, lime, green onions, served with Calrose rice  
(Ahi prepared daily - limited availability)

**VEG** Vegetarian **V** Vegan **GF** Gluten Free

Our facilities use or may use ingredients containing FDA recognized allergens including but not limited to peanuts, tree nuts, sesame seeds and sesame derived products, eggs, fish, shellfish, milk, soy and wheat. We do not guarantee cross contamination. Please notify your server if you have any specific dietary needs. We will do our best to accommodate them.

## FIELDS & GREENS

### Andalusian Gazpacho

Cup 3.99 / Bowl 5.99

A chilled soup of ripe tomatoes, Persian cucumbers, red bell peppers, jalapeno, onions, garlic, served with pita chips, garnished with mint and a lemon wedge

**VEG** **V** **GF** without pita chips  
add shrimp (4) 3.99

### Chicken Avocado Pita Tostada with Mixed Bean Hummus 11.99

Mediterranean dark-meat chicken asada, avocado, cilantro-avocado crema, tomatoes, Persian cucumbers, pickled red onions, black beans, roasted bell peppers, corn, mixed bean hummus, feta, pine nuts, baby arugula, pea sprouts, chipotle vinaigrette, pita tostada (contains dairy, honey, and sesame)

**GF** with gf pita **VEG** with tofu

### Brutus! Better than Caesar Salad 14.69

Grilled marinated all-natural chicken breast, seasonal greens, wood-fired broccoli, tomatoes, Persian cucumbers, celery, red onions, homemade caesar dressing, toasted garbanzo, pumpkin seeds, green onions, parmesan cheese, za'atar (contains dairy)

**GF** **VEG** with tofu

## STREET FOOD



### Shawarma Toun Chicken Taco 2.99

Mediterranean-style dark-meat chicken Asada, toun, tomatoes, pickles, radish, red onions, jalapeno, cabbage kale super greens, tahini, Pita Jungle sriracha, parsley, corn tortilla **GF**

### Hummus & Chicken Taco 2.99

Mediterranean-style dark-meat chicken Asada, hummus, tomatoes, pickles, red onions, radish, pine nuts, parsley, cabbage-kale super greens, corn tortilla (contains sesame) **GF**

### Skinny Toun Chicken Wrap 2.99

Mediterranean-style dark-meat chicken Asada, toun, tomatoes, pickles, red onions, tahini, Pita Jungle sriracha, parsley, mint, lavash wrap

### Falafel Skinny Wrap 2.99

Original or baked falafel, tahini, Pita Jungle sriracha, tomatoes, pickles, red onions, parsley, mint, lavash wrap

**VEG** **V** with baked falafel

\*These items may be cooked to order and may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

\*\*We offer a variety of gluten-free options: however, we cannot ensure that cross contamination will never occur.



# SUMMER WHIRL



Summer comes whirling with sun and bloom – monsoon and rain in the afternoon – Haboob, gale speed wind, hot air, microburst...

And so we've swirled along with fresh ingredients in a whirl...from the sea, to the fields and the streets, here comes our summer kitchen whirl!

*Welcome Back + Bon Appetit!*

*- Bassel, Nelly & Fouad*