

## 1. PICK AN ENTRÉE & PROTEIN

Choose an entrée then pick your protein and that's your price. Everything in the "fill it" and "sauce it" sections are included.

### HANDHELDS



**Signature Stuffed Pita**



**Laffa (wrap)**



**Traditional Gyro**

### KNIFE & FORK



**Rice Bowl**

Served with a fresh baked pita



**Salad**

Served with a fresh baked pita



**Plate**

Served with a fresh baked pita

### GRILLED CHICKEN\*

Fresh chicken marinated in our signature blend of Mediterranean spices and grilled to perfection.  
140-160 cal



### GYRO\*

Traditional gyro meat. No fillers and no MSG. Expertly sliced from an authentic cone.  
310 cal

### FALAFEL

A crispy ball of ground garbanzo beans and fresh herbs.  
250-380 cal

### PORTOBELLO

Delicious portobello mushrooms are seasoned and grilled for a perfect vegetarian complement to any meal.  
60-100 cal

### SIRLOIN STEAK\*

Tender top sirloin steak freshly seasoned and grilled to seal in the bold flavor.  
140-180 cal



**Dairy Free**



**Gluten Free**



**Vegan**



**Vegetarian**

## 2. FILL IT (included)

Add any of our veggies, salads and seasoned rice to your entrée.

**FAMOUS HUMMUS** ✓   
100-190 cal

**SEASONAL HUMMUS** ✓   
130 cal

**ROMAINE LETTUCE**  
0-30 cal

**CUCUMBER +  
TOMATO SALAD**  
25-50 cal

**SAUTÉED SEASONAL  
VEGETABLES** ✓  
100-120 cal

**RED CABBAGE SALAD**  
*(olive oil, lemon juice and sea salt)*  
15-30 cal

**TABBOULEH SALAD** ✓  
*Tomato, Parsley + Cracked Wheat*  
30-50 cal

**SEASONED RICE** ✓  
*Turmeric + Mediterranean Spices*  
50-240 cal

**PICKLED ONIONS**  
0-5 cal

**PICKLES**  
5 cal

**KALAMATA OLIVES**  
5 cal

**FETA**  
15-30 cal

## 4. COMPLETE IT (a la carte)

Round out your meal and add homemade fries or chips and an organic iced tea, soft drink or bottled cold pressed juice for the win.

### SIDES & SWEETS

 **SIGNATURE PITA**  
220-280 cal

**FALAFEL**  
64 cal

**GARBANZO FRIES**  
530 cal

**GARBANZO CHIPS**  
530 cal

**BAKLAVA**  
230 cal

**COOKIE**  
450 cal

### DRINKS

**FOUNTAIN SODA**  
180 cal

 **ORGANIC ICED TEA**  
0 cal

**BOTTLED WATER**  
0 cal

## 3. SAUCE IT (Includes 2)

Choose any or all of our scratch made sauces.

**GARBANZO pro-tip:** mix the white and red sauces for heat to excite the palate and creamy coolness to bring herbs forward



 **SIGNATURE  
WHITE SAUCE** ✓  
Creamy Mediterranean  
garlic dill sauce  
70-140 cal



 **SIGNATURE  
RED SAUCE** ✓   
Fresh chopped roma tomato-  
based red chile sauce  
25-45 cal



**TAHINI SAUCE** ✓  
Sesame seed sauce  
50-80 cal



**TZATZIKI** ✓  
Yogurt-based cucumber sauce  
35-60 cal



**GREEK  
VINAIGRETTE** ✓  
70-140 cal



**CILANTRO  
SAUCE** ✓   
24-40 cal

## KIDS MEAL

All kid's Meals are served with a choice of kids' entrée, side and a drink. For 12 years and younger. 195-575 cal

**Chicken or Steak Rice Bowl  
Kid-Sized Pita (stuffed)**  
Includes additional ingredients and 1 Sauce  
**Grilled Cheese Pita**

**GARBANZO Chips  
GARBANZO Fries  
Basmati Rice  
Whole apple (Sliced on request)**



Order Ahead online or for  
delivery at [eatgarbanzo.com](http://eatgarbanzo.com)



Item Descriptions

### GLUTEN FREE PITA EXTRA PROTEIN

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

Before placing your order, please inform your server if a person in your party has a food allergy.



**Dairy Free**



**Gluten Free**



**Vegan**



**Vegetarian**



**Favorites**



**Spicy**