

Build Your Own

START HERE

PICK ONE

WRAP 9.95

BOWL 10.95

PICK A BASE

PICK ONE

LENTIL GRILLED VEGETABLES

BROWN RICE ROMAINE LETTUCE

BASMATI RICE SPINACH

CHOOSE A PROTEIN

PICK ONE

CHICKEN SHAWARMA

chicken breast, garlic, lemon, vinegar

KAFTA KABOB

ground beef, parsley, onions, spices

BEEF SHAWARMA

tri-tip beef, brisket, white vinegar, lemon juice, onions, vegetable oil

FALAFEL (4 PATTIES)

garbanzo beans, fava beans, garlic, cilantro, parsley, onions, water, salt, spices

ADD A SALAD

PICK ONE

CABBAGE

red and green cabbage, garlic, lemon, salt

TABOULI

parsley, onions, tomatoes, bulgur (cracked wheat), lemon, salt, olive oil

LENTIL

lentils, red onion, red bell pepper, green bell pepper, carrots, cucumber, tomatoes, parsley, lemon, olive oil, salt, pepper

CUCUMBER TOMATO

cucumber, tomatoes, feta, olive oil, salt, garlic

QUINOA

quinoa, lemon, red vinegar, dried oregano, garlic, salt, olive oil, pepper, tomatoes, kalamata olives, green onion, peppers, red onion, cucumbers

CHOOSE A SPREAD

PICK TWO

CILANTRO HUMMUS

garbanzo beans, cilantro, lemon, vegetable oil

BABA GANOUSH

eggplant, lemon, tahini

RED PEPPER HUMMUS

garbanzo beans, red peppers, tahini

TZATZIKI

greek yogurt, cucumber, garlic, lemon

HUMMUS

garbanzo beans, lemon, tahini

ADD SOME VEGGIES

PICK A FEW

RADISHES

BANANA PEPPERS

CARROTS

CHICKPEAS SALAD

TOMATOES

PICKLES

ONIONS

PICKLE TURNIPS

CUCUMBERS

OLIVES

PICK A SAUCE

PICK ONE

TAHINI

sesame seeds, lemon juice

GARLIC

HOT SAUCE

RANCH

butter, milk, salt, garlic, onion, mustard, chives, parsley, dill, black pepper, paprika, ground mustard seed, mayonnaise

HERB VINAIGRETTE

Extras

KIDS MEAL

6.95 / PICK ONE OF EACH

ONE BASE

ONE PROTEIN

ONE SALAD

ONE SPREAD

VEGGIES

PITA WEDGES

12 oz DRINK

SIDES

20Z SERVING

PITA BREAD 1.00

PROTEIN 2.50

FALAFEL (2PC) .. 2.50

SPREAD 1.00

SALAD 2.50

SAUCE 1.00

SPREAD 4.95
+ PITA BREAD

BEVERAGES

20oz. 2.25

TEA

SODA

DESSERT

2.95

BAKLAWA

SOUPS

3.99 / 5.99

LENTIL

SOUP OF THE DAY

Dietary Info

Visit freskogrille.com for more dietary and nutritional facts.

GF Gluten Free

VG Vegan

PL Paleo

VT Vegetarian

KT Keto

	GF	VT	VG	KT	PL	
BASES	*	*	*	*	*	Romaine Lettuce
	*	*	*	*	*	Baby Spinach
	*	*	*	*	*	Grilled Vegetables
		*	*			Basmati Rice
	*	*	*			Brown Rice
	*	*	*			Lentil
PROTEINS	*			*	*	Beef Shawarma
	*			*	*	Chicken Shawarma
	*	*	*			Falafel
	*			*	*	Kafta Kabob
SPREADS	*	*	*			Hummus
	*	*	*			Cilantro Hummus
	*	*	*			Red Pepper Hummus
		*	*			Baba Ganoush
	*	*	*			Tzatziki
SALADS		*	*			Tabouli
	*	*	*	*	*	Cabbage
	*			*		Cucumber Tomato
	*	*	*			Lentil
	*	*	*			Quinoa
SAUCES	*	*	*	*	*	Herb Vinaigrette
		*	*	*	*	Tahini
	*					Garlic
		*	*			Ranch
	*	*	*	*	*	Hot Sauce