

# Build Your Own

## START HERE

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### PICK ONE

WRAP

BOWL

## PICK A BASE

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### PICK ONE

LENTIL

GRILLED VEGETABLES

BROWN RICE

ROMAINE LETTUCE

BASMATI RICE

BABY SPINACH

## CHOOSE A PROTEIN

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### PICK ONE

#### CHICKEN SHAWARMA

chicken breast, garlic, lemon, vinegar

#### BEEF SHAWARMA

brisket, white vinegar, lemon juice, onions

#### KAFTA KABOB

ground beef, parsley, onions, spices

#### FALAFEL (4 PATTIES)

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

## ADD A SALAD

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### PICK ONE

#### CABBAGE

red and green cabbage, garlic, lemon, salt

#### LENTIL

lentils, red onion, carrots, cucumber, tomatoes, parsley, lemon, olive oil

#### QUINOA

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

#### TABOULI

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

#### CUCUMBER TOMATO

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

## CHOOSE A SPREAD

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### PICK TWO

#### CILANTRO HUMMUS

garbanzo beans, cilantro, lemon, garlic

#### RED PEPPER HUMMUS

garbanzo beans, red peppers, tahini, garlic

#### HUMMUS

garbanzo beans, lemon, tahini, garlic

#### BABA GANOUSH

eggplant, lemon, tahini, garlic

#### TZATZIKI

greek yogurt, cucumber, garlic, lemon

## ADD SOME VEGGIES

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### PICK A FEW

RADISHES

BANANA PEPPERS

CARROTS

CHICKPEAS SALAD

TOMATOES

PICKLES

ONIONS

PICKLE TURNIPS

CUCUMBERS

OLIVES

## PICK A SAUCE

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### PICK ONE

TAHINI

sesame seeds, lemon juice

RANCH

HERB VINAIGRETTE

GARLIC

HOT SAUCE

## Extras

## KIDS MEAL

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### 12 AND UNDER

#### PICK ONE OF EACH

ONE BASE

ONE PROTEIN

ONE SALAD

ONE SPREAD

ONE VEGGIE

PITA WEDGE

12 oz DRINK

## ADD-ONS

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### AVAILABLE ONLY WITH PURCHASE OF BOWL OR WRAP

PITA BREAD

PROTEIN (3OZ)

FALAFEL (2PC)

SPREAD (1OZ)

SALAD (2OZ)

SAUCE

## BEVERAGES

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20oz.

TEA

SODA

## SIDES

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SPREAD (4OZ)  
+ PITA BREAD

SALAD (4OZ)  
+ PITA BREAD

PROTEIN (4OZ)  
+ PITA BREAD

4 Falafel, 2 Kafta, Beef or Chicken Shawarma

## SOUPS

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### 8OZ/12OZ CUP

LENTIL

SOUP OF THE DAY

## DESSERT

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BAKLAWA

# Dietary Info

Visit [freskogrille.com](http://freskogrille.com) for more dietary and nutritional facts.

**GF** Gluten Free

**VG** Vegan

**PL** Paleo

**VT** Vegetarian

**KT** Keto

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