



Healthy Mediterranean Cuisine

## Awards & Recognitions

- Best Place to Eat If On South Beach Diet - Sun Post 2004
- The Hippest Place with a Healthy Taste - Wire 2006
- Best Healthy Fast Food - Miami New Times 2005
- Best Mediterranean Fast Food - Sun Post 2007
- Author's Choice - Lonely Planet (Florida) 2006
- City's Best - AOL City Guide 2005 & 2006
- Best Healthy Fast Food - Sun Post 2005
- Best Falafel - Miami New Times 2004
- Best Value - Zagat's 2006, 2007, 2008

## Healthy Appetizers

spreads and cheeses served with pasha's pita  
add an extra pita: \$0.50

- hoummus 3.45  
chickpea and tahini spread
- baba ghanoush 3.45  
roasted eggplant and tahini spread
- labneh 3.95  
natural yogurt cheese spread sprinkled with sesame based spice
- muhammara 4.45  
a traditional tangy walnut spread
- feta cheese 3.95  
traditional mediterranean white cheese
- falafel 3.45  
chickpea vegetable croquettes with tahini sauce

## Fresh Salads

add a chicken skewer: \$4.50 • add feta cheese: \$1.00  
add a pita: \$0.50

- mediterranean garden salad 4.45  
romaine lettuce, cherry tomatoes, carrots, and bell peppers with our mild citrus dressing
- choban 4.95  
tomatoes, cucumbers, bell peppers, onions, herbs, and olives tossed in traditional extra virgin olive oil dressing
- tabbouleh (limited availability) 5.95  
cracked wheat, parsley, tomatoes, and bell peppers with our extra virgin olive oil and lemon dressing

## Grilled Kebab Platters

served with basmati rice, vegetables, and sauces:  
tatziki (yogurt) • aioli (garlic mayo) • harissa (spicy tomato)  
substitution of the following available upon request  
sauce: no charge • salad for rice & veggie: \$1.00  
extra chicken skewer: \$4.50 • extra pita: \$0.50

### Vegetarian

- vegetarian kebab 8.95  
falafel with grilled vegetables, bulgur pilaf, and tahini sauce

### Chicken

- chicken shish kebab 10.95  
charbroiled marinated pieces of 100% chicken breast with grilled vegetables and aioli sauce



chicken shish with bulgur

## Healthy Sides

- basmati rice 1.95  
finest quality Himalayan long grain white rice
- bulgur pilaf 2.95  
cracked wheat with vegetables
- tatziki 2.45  
natural yogurt with cucumbers
- grilled vegetable medley 3.95  
grilled tomatoes, zucchini, mushrooms, onions, bell pepper
- basmati rice with tatziki 4.95  
natural yogurt with cucumbers with basmati rice

## Fresh Soup & Yani (Stew)

- lentil soup 3.95  
homemade, slow cooked lentils, carrots, onions, and herbs
- lentil yani 5.95  
fresh vegetables and lentil stew with basmati rice
- classic yani 6.95  
pasha's premium beef and bean stew with basmati rice
- chicken yani 6.95  
pasha's spicy ground 100% chicken breast and vegetable stew with basmati rice



chicken yani

## All Natural Desserts

- nut bread of the day 2.45  
baked fresh daily in our bakery
- milate 3.45  
oven baked caramelized milk flan with pistachios
- chocomousse 3.95  
pasha's chocolate mousse with fine european chocolate
- granola and yogurt 3.95  
natural granola cereal served with your choice of yogurt or milk topped with a healthy portion of freshly sliced strawberries
- nutelino 4.45  
thin sheets of pastry with walnuts and homemade syrup
- fresh fruits 4.45  
freshly cut seasonal fruits

## Healthy Wraps

wrapped in pasha's home style flatbread with sauce:  
tatziki (yogurt) • aioli (garlic mayo) • harissa (warm spicy tomato)  
substitution of sauce available upon request

### Vegetarian

- 🌿 falafel wrap 3.95  
chickpea vegetable croquettes with tomatoes, tahini sauce
- 🌿 hoummus wrap 3.95  
chickpea spread with tomatoes, bell peppers, and olives
- 🌿 feta cheese wrap 4.95  
feta cheese with tomatoes, cucumbers, and fresh mint
- 🌿 grilled veggie wrap 4.95  
grilled tomatoes, zucchini, mushrooms, onions, bell peppers  
with extra virgin olive oil and lemon juice



feta cheese wrap

### Chicken

- chicken shish wrap 5.95  
charbroiled marinated pieces of 100% chicken breast  
with grilled tomatoes, bell peppers, onions, and aioli sauce
- spicy chicken shish wrap 5.95  
charbroiled marinated pieces of 100% chicken breast  
with grilled tomatoes, bell peppers, onions, and harissa sauce
- spicy chicken paella wrap 7.95  
marinated grilled pieces of 100% chicken breast with grilled  
vegetables, spicy harissa sauce and basmati rice

## Fresh Squeezed Juices

juices are fresh-squeezed and all natural

- 🌿 orange juice 2.50
- 🌿 tangerine juice (seasonal) 3.25
- 🌿 melon juice 4.45
- 🌿 apple juice 4.45
- 🌿 pineapple juice 4.45
- 🌿 apple-pineapple juice 4.45
- 🌿 home-style lemonade 2.00

## All Natural Smoothies

add protein for \$1.00

- 🌿 mango lassi 5.00  
banana, mango, yogurt, and honey
- 🌿 peanut butter cup 5.00  
peanut butter, soymilk, banana, and chocolate protein
- 🌿 apple berry 5.00  
strawberries, apple juice, blueberries, and vanilla protein
- 🌿 orange breeze 5.00  
pineapple, orange juice, protein powder
- 🌿 berries galore 5.00  
strawberries, blueberries, low fat yogurt, cranberry juice
- 🌿 miami bunch 5.00  
strawberries, peaches, pineapple, mango, banana, orange  
juice, pineapple juice, and protein powder



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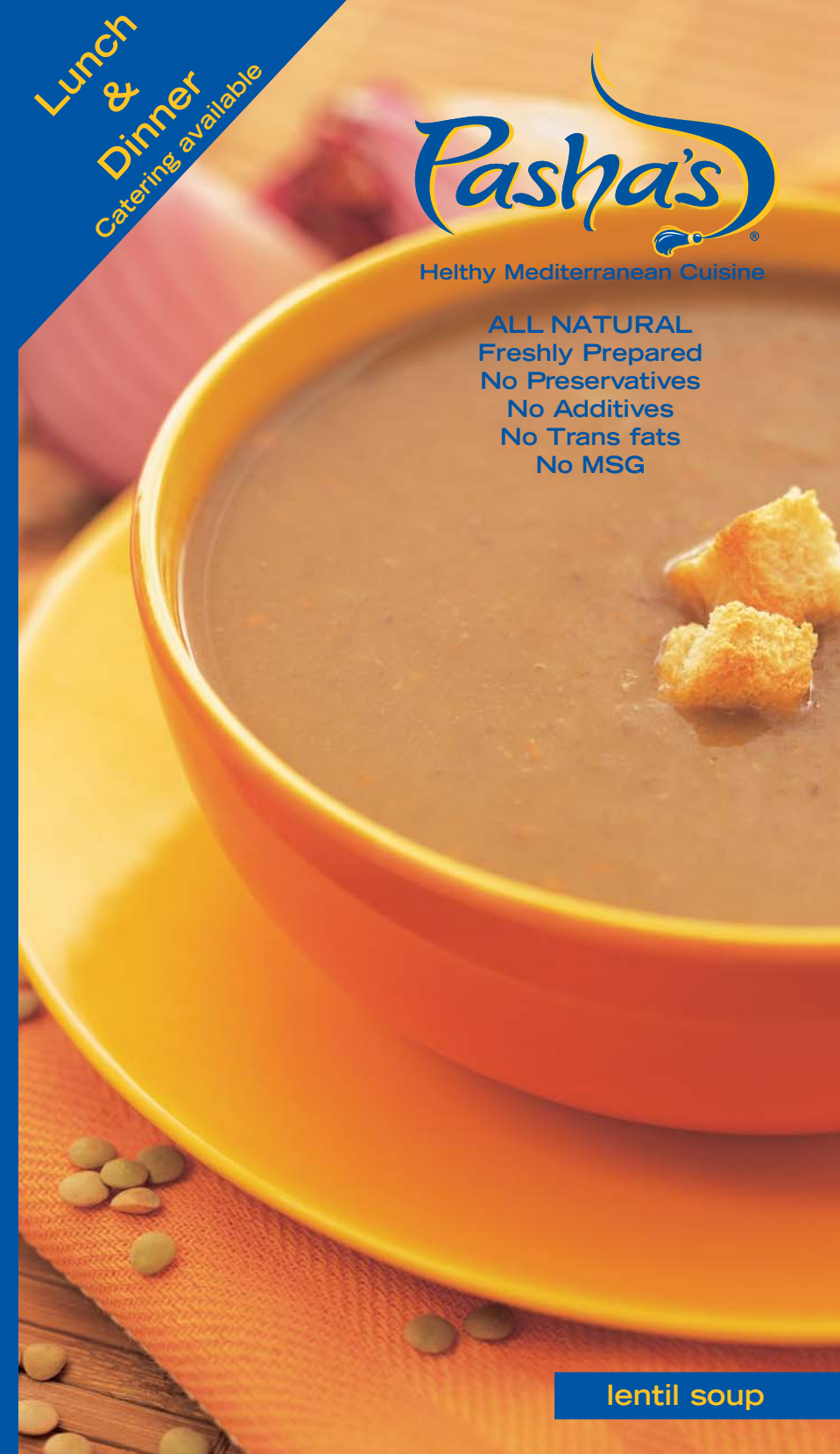
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Lunch  
&  
Dinner  
Catering available



Healthy Mediterranean Cuisine

ALL NATURAL  
Freshly Prepared  
No Preservatives  
No Additives  
No Trans fats  
No MSG



lentil soup

"Pasha's serves healthy and delicious Mediterranean food,  
proving once again the two are never mutually exclusive"  
Arthur Agatston, M.D. - South Beach Diet Cookbook