



## Awards & Recognitions

**Best Place to Eat If On South Beach Diet** - SunPost 2004

**The Hippest Place with a Healthy Taste** - Wire 2006

**Best Healthy Fast Food** - Miami New Times 2005

**Best Mediterranean Fast Food** - SunPost 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
-  **feta cheese** 3.45  
traditional mediterranean white cheese
-  **falafel** 3.45  
chickpea vegetable croquettes with tahini sauce
-  **labneh** 3.95  
natural yogurt cheese spread sprinkled with sesame based spice
-  **muhammara** 4.45  
a traditional tangy walnut spread
-  **pasha's spread sampler** 9.95  
hoummus, labneh, muhammara, baba ghanoush served with three pita breads

## Soup & Yani (Stew)

substitute rice for bulgur: \$0.50

-  **lentil soup** 3.95  
homemade, slow cooked lentils, carrots, onions, and herbs
-  **lentil yani** 5.95  
fresh vegetable 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

## Grilled Kebab Platters

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

### Vegetarian

-  **vegetarian kebab** 7.95  
falafel with grilled vegetables, bulgur pilaf, and tahini sauce

### Chicken

- chicken shish kebab** 9.95  
charbroiled marinated pieces of 100% chicken breast with grilled vegetables and aioli sauce

- chicken adana kebab** 9.95  
a traditional mildly spicy ground 100% chicken breast kebab with grilled vegetables, onion garnish, and aioli sauce

### Beef

- filet mignon shish kebab** 11.95  
charbroiled marinated pieces of filet mignon with grilled vegetables and tatziki sauce

- beef adana kebab** 9.95  
a traditional mildly spicy lean ground beef kebab with grilled vegetables, onion garnish and tatziki sauce

### Salmon

- salmon shish kebab** 11.95  
charbroiled marinated pieces of fresh atlantic salmon with grilled vegetables, and aioli sauce





### House Special

- mixed grill shish kebab** 11.95  
kebab combination of marinated pieces of filet mignon, and 100% chicken breast with grilled vegetables, and tatziki sauce

- mixed grill adana kebab** 9.95  
a traditional mildly spicy kebab combination of ground 100% chicken breast and lean ground beef with grilled vegetables, onion garnish, aioli sauce



 vegetarian - contains no meat

## Healthy Sides

-  **grilled vegetable medley** 3.95  
grilled tomatoes, zucchini, mushrooms, onions, bell peppers
-  **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
-  **basmati rice with tatziki** 3.45  
natural yogurt with cucumbers with rice

## Fresh Salads

add any meat: \$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

## From our Bakery

unique mediterranean pizzas and borek  
baked in our stone oven

-  **pasha's traditional pide** 6.95  
pasha's pizza boat with mild cheeses with sesame
-  **pasha's veggie pide** 7.95  
pasha's traditional pide topped with tomatoes, bell peppers, onions, and sliced olives
-  **pasha's mushroom pide** 7.95  
pasha's traditional pide topped with grilled mushrooms
-  **pasha's olive pide** 7.95  
pasha's traditional pide topped with tomatoes and sliced olives
-  **spinach borek** 8.45  
baked squares of phyllo pastry with spinach & cheese filling served with a side of choban salad

 vegetarian - contains no meat

## 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
- 🌿 grilled veggie wrap 4.45  
grilled tomatoes, zucchini, mushrooms, onions, bell peppers with extra virgin olive oil and lemon juice
- 🌿 feta cheese wrap 4.95  
feta cheese with tomatoes and cucumbers, and fresh mint

### 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, onions, and harissa sauce
- chicken adana wrap 6.95  
charbroiled seasoned ground 100% chicken breast with grilled tomatoes, onions, and aioli sauce
- spicy chicken adana wrap 6.95  
charbroiled seasoned ground 100% chicken breast with grilled tomatoes, 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

### Beef

- filet mignon wrap 6.95  
charbroiled marinated pieces of filet mignon with grilled tomatoes, bell peppers, onions, and tatziki sauce
- beef adana wrap 6.95  
charbroiled lean seasoned ground beef kebab with grilled tomatoes, onions, and tatziki sauce
- spicy beef adana wrap 6.95  
charbroiled lean seasoned ground beef kebab with grilled tomatoes, onions, and harissa sauce

### Salmon

- salmon wrap 6.95  
marinated grilled pieces of atlantic salmon with grilled tomatoes, bell peppers, onion garnish, and aioli sauce
- spicy salmon paella wrap 7.95  
marinated grilled pieces of atlantic salmon with grilled vegetables, spicy harissa sauce, and basmati rice

🌿 vegetarian - contains no meat

## All Natural Desserts

- 🌿 daily nut bread 2.45  
baked fresh daily in our bakery
- 🌿 chocomousse 3.50  
pasha's chocolate mousse with fine european chocolate
- 🌿 granola and fruit 3.95  
natural granola and cereal served with your choice of yogurt or milk topped with a healthy portion of freshly strawberries
- 🌿 milate 3.95  
oven baked caramelized milk flan with pistachios
- 🌿 nutelino 4.45  
thin sheets of pastry with walnuts and homemade syrup
- 🌿 fruit salad 4.45  
freshly cut seasonal fruits

## Fresh-Squeezed Juices

- 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

- apple berry 4.95  
strawberries, apple juice, blueberries, and vanilla protein
- mango lassi 4.95  
mango, banana, yogurt, and honey
- peanut butter cup 4.95  
peanut butter, soy milk, banana, and chocolate protein

## Other Beverages

- fresh brewed iced tea 1.85
- bottled water - fiji® 1.85
- bottled water - perrier® 1.85
- bottled soft drinks - 20 oz 1.85  
pepsi®, diet pepsi®, sierra mist®, diet sierra mist®

## Hot Beverages

- fresh brewed coffee 1.50
- espresso 1.75
- cappuccino 2.75
- late 2.75
- hot tea 1.50

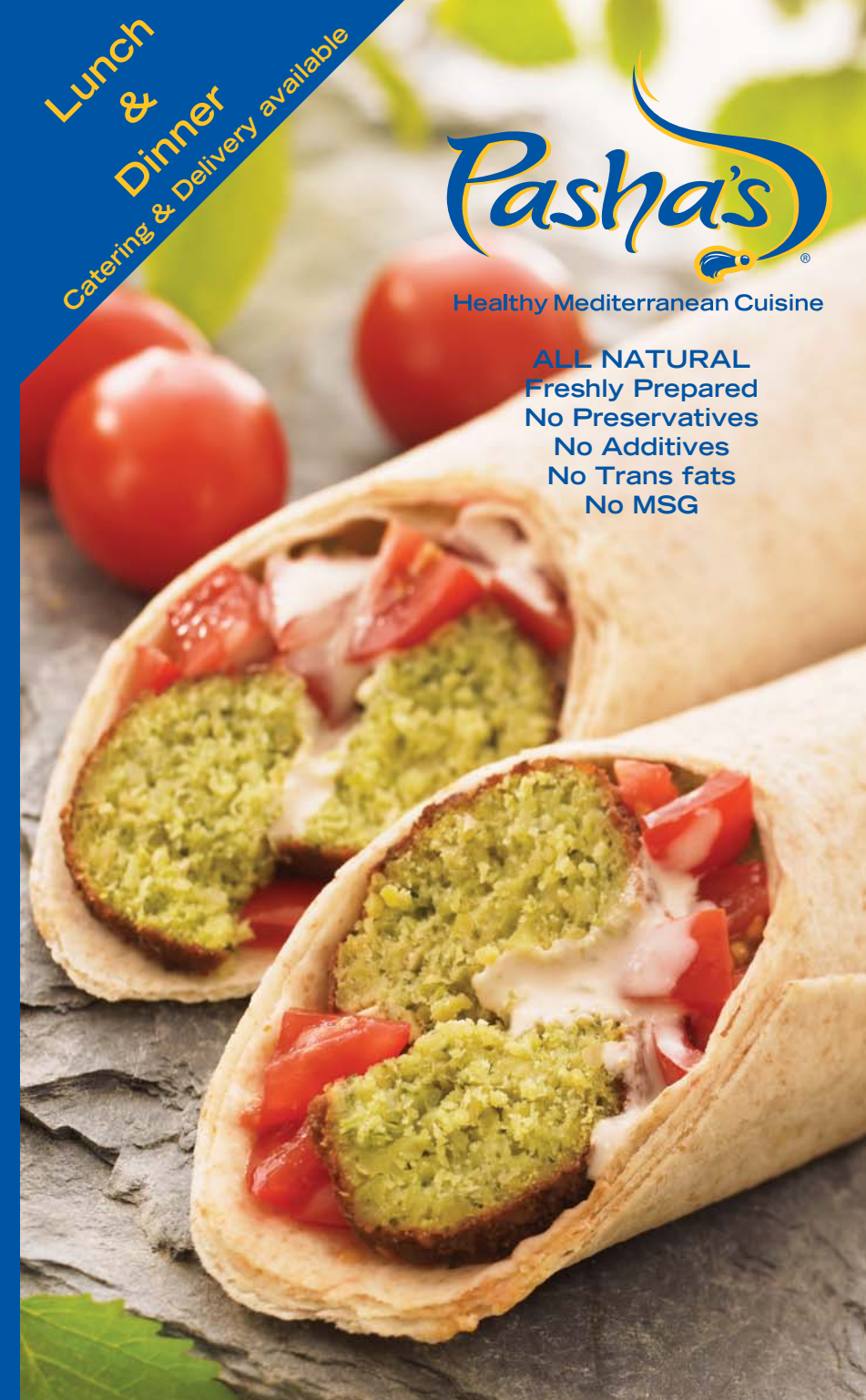
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| <b>Sports Club/LA</b><br>Aventura Mall<br>900 Lincoln Road<br>1414 Brickell Avenue<br>14871 Biscayne Blvd.<br>3801 N Miami Avenue<br>Medical Wellness Center | <b>Four Seasons Hotel</b><br>Aventura<br>Miami Beach<br>Miami Financial District<br>North Miami Beach<br>Miami Design District<br>University of Miami | <b>305-533-1199</b><br><b>305-917-4007</b><br><b>305-673-3919</b><br><b>305-416-5116</b><br><b>786-923-2323</b><br><b>305-573-0201</b><br><b>305-243-7693</b> |
| <b>Catering@pashas.com</b>   | <b>Catering</b>   | <b>305-572-1150</b>   |

Lunch & Dinner  
Catering & Delivery available



Healthy Mediterranean Cuisine

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



\$3.95

falafel wrap

"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