

## Fresh Salads

add extra meat: \$4.50 • add feta cheese: \$1.00  
add a fresh baked pita: \$0.50

- 🌿 **mediterranean garden salad** 4.49  
 romaine lettuce, cherry tomatoes, carrots, and bell peppers with our mild citrus dressing  
 build your own salad, add:  
 chicken shish (1 skewer) 8.49
- 🌿 **choban** 4.99  
 tomatoes, cucumbers, bell peppers, onions, herbs, and olives tossed in traditional extra virgin olive oil dressing  
 build your own salad, add:  
 chicken shish (1 skewer) 8.99
- 🌿 **tabbouleh** 5.99  
 cracked wheat, parsley, tomatoes, and bell peppers with our extra virgin olive oil and lemon dressing  
 build your own salad, add:  
 chicken shish (1 skewer) 9.99



**tabbouleh**

## Healthy Sides

- 🌿 **basmati rice** 1.99  
 finest quality Himalayan long grain white rice
- 🌿 **tatziki** 2.99  
 natural yogurt with cucumbers
- 🌿 **bulgur pilaf** 2.99  
 cracked wheat with vegetables
- 🌿 **grilled vegetable medley** 3.99  
 grilled tomatoes, zucchini, mushrooms, onions, bell peppers
- 🌿 **basmati rice with tatziki** 4.99  
 basmati rice with natural yogurt with cucumbers

🌿 vegetarian - contains no meat

## Gourmet Desserts

- 🌿 **nut bread (carrot or zucchini)** 2.50  
 baked fresh daily in our bakery
- 🌿 **chocomousse** 4.00  
 pasha's chocolate mousse made with fine european chocolate
- 🌿 **milate** 4.00  
 oven baked caramelized milk flan with pistachios
- 🌿 **nutelino** 4.50  
 thin sheets of pastry with walnuts and homemade syrup
- 🌿 **fresh fruit** 4.50  
 freshly cut seasonal fruit

## Fresh-Squeezed Juices

- 🌿 **home-style lemonade** 2.30
- 🌿 **orange juice** 2.80
- 🌿 **tangerine juice (seasonal)** 3.30
- 🌿 **melon juice** 4.50
- 🌿 **apple juice** 4.50
- 🌿 **pineapple juice** 4.60
- 🌿 **apple-pineapple juice** 4.60

## Smoothies

- 🌿 **apple berry** 5.00  
 strawberries, apple juice, blueberries and vanilla protein
- 🌿 **mango lassi** 5.00  
 mango, banana, yogurt and honey
- 🌿 **peanut butter cup** 5.00  
 peanut butter, soy milk, banana and chocolate 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 powde
- 🌿 **fruit medley** 5.00  
 mixed of seasonal fruit with honey and ice

## Other Beverages

- fresh brewed iced tea (unsweetened) 2.00
- bottled water - fiji® 1.95
- bottled water (large) - fiji® 3.70
- bottled sparkling water - perrier® 2.00

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www.pashas.com

SCLA

Nov 2009

**Lunch & Dinner**  
 Catering & Delivery available



Healthy Mediterranean Cuisine

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



**bulgur pilaf**

"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



## 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 Value - Zagat's 2006, 2007, 2008
- Best Healthy Cuisine - Sun Post 2008
- Best Falafel - Miami New Times 2004

## Healthy Appetizers

spreads and cheeses served with pasha's pita  
add an extra falafel piece \$0.99 • add an extra pita: \$0.50

- hoummus 3.49  
chickpea and tahini spread
- baba ghanoush 3.49  
roasted eggplant and tahini spread
- labneh 3.99  
natural yogurt cheese spread
- muhammara 4.49  
a traditional tangy walnut spread
- feta cheese 3.99  
traditional mediterranean white cheese
- falafel 3.49  
chickpea vegetable croquettes with tahini sauce

## Homemade Soup & Yani (Stew)

substitute rice for bulgur: \$0.50

- chicken soup 3.99  
homemade chicken soup with vegetables
- lentil soup 3.99  
homemade slow cooked lentils, carrots, onions, and herbs
- lentil yani 4.99  
fresh vegetable and lentil stew with basmati rice
- classic yani 6.99  
pasha's premium beef and bean stew with basmati rice
- chicken yani 6.99  
pasha's seasoned ground 100% chicken breast and vegetable stew with basmati rice

vegetarian - contains no meat

## Wraps Made To Order

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 3.99  
chickpea vegetable croquettes with tomatoes, tahini sauce
- hoummus wrap 3.99  
chickpea spread with tomatoes, bell peppers, and olives
- fresh veggie wrap 4.99  
diced fresh tomatoes, cucumbers, and mint leaves enhanced with our traditional labneh spread and a drizzle of extra virgin oil dressing
- grilled veggie wrap 4.99  
grilled tomatoes, zucchini, mushrooms, onions, bell peppers with extra virgin olive oil and lemon juice
- feta cheese wrap 4.99  
feta cheese with tomatoes and cucumbers, and fresh mint drizzled with our extra virgin olive o



feta cheese wrap

### Chicken

- chicken shish wrap 5.99  
charbroiled chicken breast with with grilled vegetables and aioli
- spicy chicken shish wrap 5.99  
charbroiled chicken breast with with grilled vegetables and harissa
- spicy chicken paella wrap 7.99  
marinated grilled pieces of 100% chicken breast, with grilled vegetables, spicy harissa sauce and basmati rice

vegetarian - contains no meat

## 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 fresh baked pita: \$0.50

### Vegetarian

- vegetarian kebab 8.99  
falafel with grilled tomatoes, zucchini, mushrooms, onions, bell peppers, bulgur pilaf, and tahini sauce

### Chicken

- chicken shish kebab (2 Skewers) 10.99  
charbroiled chicken breast with grilled vegetables and aioli



chicken shish with bulgur

vegetarian - contains no meat