

Full Gluten Free Catering Menu

Leading the Way to a Gluten Free Life

We have access to a 100% gluten free facility. The facility is certified gluten-free. Most items are available for production in the gluten free facility.

Side Options

GLUTEN FREE PITA BREAD: Made using a gluten free, mixed, certified organic flour of fava beans, tapioca and a secret gluten free flour. (Certified **gluten free** by the [Gluten Intolerance Group](#))

TRADITIONAL HUMMOS: A blend of chickpeas, tahini, lemon juice, and garlic. **Gluten free**, **nut free**, and **vegan**.

HARISSA HUMMOS: Our traditional hummos blended with our own home made spicy sauce, made from ripe tomatoes, cilantro, onions and garlic. (**Gluten free**, **nut free**, and **vegan**)

KALAMATA HUMMOS: Our traditional hummos blended with calamata olives. (**Gluten free**, **nut free**, and **vegan**)

SCALLION HUMMOS: Our traditional hummos blended with scallions. **Gluten free**, **nut free**, and **vegan**.

ROASTED RED PEPPER HUMMOS: Our traditional hummos blended with roasted red pepper. (**Gluten free**, **nut free**, and **vegan**)

SUNDRIED TOMATO HUMMOS: Our traditional hummos blended with sun-dried tomatoes. (**Gluten free**, **nut free**, and **vegan**)

New! ISRAELI RED CABBAGE SALAD: With red onions, fresh basil, cilantro, honey-lime vinaigrette and zest of an orange. (**Gluten free**, **nut free**, and **vegan**)

New! STUFFED CUCUMBERS: With hummus, horseradish, and paprika. (**Gluten free**, **nut**

free, and **vegan**)

New! ROASTED ORGANIC PEARS WITH FRESH ROSEMARY AND HONEY (**Gluten free** and **nut free**).

BABA GHANOUGH. Lightly Smoked: A blend of grilled eggplant, tahini, lemon juice, and garlic. (**Gluten free**, **nut free**, and **vegan**)

STUFFED GRAPE LEAVES (GREEK STYLE): Hand-rolled grape leaves with rice, golden raisins, pine nuts, onions, and spices. (An authentic recipe given to us by a 91 year old Greek woman. They call her Aunt Ada) (**Gluten free** and **vegan**)

STUFFED GRAPE LEAVES (LEBANESE STYLE): Hand-rolled grape leaves stuffed with rice, tomatoes, green onions, fresh mint, and parsley. (**Gluten free**, **nut free**, and **vegan**))
(served **warm**)

CHICKPEAS SALAD: Chickpeas, parsley, lemon juice, olive oil, green onion, and cumin. (**Gluten free**, **nut free**, and **vegan**)

New! QUINOA TABOULI SALAD (**GLUTEN FREE**): Chopped parsley, green onions, tomato, fresh mint, quinoa, olive oil, lemon juice, and spices. (**Gluten free**, **nut free**, and **vegan**)

GREEK SALAD: Crisp romaine lettuce, cucumbers, tomatoes, green peppers, onion, calamata olives, feta cheese, pepperoncini, and olive oil dressing. (**Gluten free**, **nut free**, and **vegan** (with feta on the side))

GLUTEN-FREE PENNE PASTA: Served with sun-dried tomatoes, ground walnuts balsamic vinaigrette. (**Gluten free**, **Vegan**)

GLUTEN FREE LASAGNE: Layers of zucchini, eggplant, squash, onions, and mushrooms with tomato sauce, baked in mozzarella and ricotta cheeses with **FRESH** basil. (**Gluten free**, **nut free**)

FETTUSH SALAD: Chopped fresh tomato, cucumber, green, red & yellow pepper, green & red onions, parsley, olive oil, lemon juice served with garlic pita croutons. (**Gluten free** (with

croutons on the side), **nut free**, and **vegan**)

JERUSALEM SALAD: Tomato, cucumber, green pepper, fresh mint, parsley, olive oil, and lemon tahini dressing. (**Gluten free**, **nut free**, and **vegan**)

TURKISH ROASTED BEETS: A mixture of candy beets and red beets with extra virgin olive oil, red wine vinaigre, and parsley. (**Gluten free**, **nut free**, and **vegan**)

new! FRESH AVOCADO FETA CHEESE SALAD: With sliced red onions, tomatoes, olive oil dressing, and fresh thyme. (**Gluten free** and **nut free**)

new! FRESH PINEAPPLE SALAD: With grilled red, yellow, and green peppers, honey, and jerk spices. (**Gluten free** and **nut free**)

CARROT & WALNUT SALAD: carrots, **olive oil mayo**, garlic, walnuts and olive oil. (**Dairy Free**, **Gluten free**)

TURKISH POTATO SALAD: boiled potato, scallions, green/yellow/red peppers, olive oil and lemon juice. (**Gluten free**, **nut free**, and **vegan**)

THREE BEAN SALAD: Sweet corn, feta cheese, red & yellow peppers, red onions and Mediterranean dressing. (**Gluten free**, and **nut free**)

new! TUNISIAN RICE & SPINACH SALAD: with ripened tomatoes, fresh spinach, garlic and white balsamic vinaigrette. (**Gluten free**, **nut free**, and **vegan**)

new! TUNISIAN CUCUMBER SALAD: with sliced red onions, roasted red peppers, green peppers, scallions and balsamic vinaigrette. (**Gluten free**, **nut free**, and **vegan**)

EGGPLANT SQUASH STEW: With tomato sauce, onions, green peppers, garlic and cilantro. (**Gluten free**, **nut free**, and **vegan**) (served **hot**)

FALAFEL: Chick peas combined with green onions, parsley, cilantro, deep-fried and served with tahini dressing. (Gluten free, nut free, and vegan)
(served hot)

SAUTEED EGGPLANT: Sauteed eggplant with summac, lemon juice, salt and pepper. (Gluten free, nut free, and vegan) (served warm)

VEGGIE SPREAD: Roasted red peppers with carrots, eggplant, garlic and olive oil. (Gluten free, nut free, and vegan)

MEDITERRANEAN ARTICHOKE HEARTS: Artichoke hearts with feta cheese, fresh basil, lemon juice and olive oil. (Gluten free, nut free, and vegan)

SPINACH ARTICHOKE HEARTS DIP: A blend of artichoke hearts w/ parmesan cheese, garlic, oregano, mayonnaise & olive oil. (Nut free, and gluten free) (served hot)

ASSORTED SEASONAL FRUIT DISPLAY (Gluten free, nut free, and vegan)

VEGETABLE CROUDETE: Seasonal vegetable display served with tzatziki sauce (cucumber and yogurt sauce). (Gluten free, nut free, and vegan with sauce on the side)

TZATZIKEI or CUCUMBER YOGURT SAUCE: Cucumber, yogurt, fresh mint, and garlic. (Gluten free and nut free)

FOUL MODAMMAS: Fava beans, chopped tomato, parsley, olive oil, lemon juice, garlic, salt and pepper. (Gluten free, nut free, and vegan)

GRILLED MEDITERRANEAN VEGETABLES: Grilled red, yellow, and green peppers, red onions, squash and zucchini in a garlic olive oil dressing. (**Gluten free**, **nut free**, and **vegan**) (served **warm**)

BANDORA: Sauteed fresh tomato, fresh jalapeno, garlic and olive oil. (**Gluten free**, **nut free**, and **vegan**)

LABNEH: Homemade yogurt cheese (low fat). (**Gluten free** and **Nut free**)

LENTIL RICE (MUJADDARAH): Simmered rice and lentil cooked together with spices and sauteed onions. (**Gluten free**, **nut free**, and **vegan**) (served **hot**)

SAFFRON BASMATI RICE: Cooked rice in saffron spice. (**Gluten free**, **nut free**, and **vegan**) (served **hot**)

BARDI: Eggplant, green beans and chickpeas cooked in tomato sauce with garlic and onions. (served cold) (**Gluten free**, **nut free**, and **vegan**)

INTERNATIONAL CHEESE DISPLAY: Authentic aged Italian and German cheeses, Greek feta and domestic goat cheese with home-made herbed pita crackers. (**Gluten free** (without crackers), and **nut free**).

APPLE ORZO SALAD: Served with assorted black and golden raisins, granny smith apples and roasted almonds. (**Gluten free** and **vegan**)

new! GLUTEN FREE ZITI PASTA: Fresh spinach, roasted red peppers, calamata olives and fresh feta cheese. (**Gluten free**, and **nut free**)

HEARTS OF PALMS SALAD: Served with roasted pepper, feta cheese, scallions and tomatoes. (**Gluten free** and **nut free**)

FRESH TOMATO & MOZZARELLA SALAD: with grape tomatoes, fresh basil, mozzarella cheese and olive oil. (Gluten free and nut free)

LEBANESE POTATO SALAD: Boiled potatoes, scallions, red, yellow peppers, celery, boiled eggs, olive oil mayo and salt. (Dairy Free, Gluten free and nut free)

SAUTEED CAULIFLOWER: Sautéed cauliflower with lemon juice, sumac and black pepper. (Gluten free, Nut free and vegan) (served warm)

HEIRLOOM TOMATO SALAD: Heirloom tomatoes with goat cheese, fresh basil and olive oil. (Gluten free, nut free)(ORGANIC)

THE “FOREVER” STRAWBERRY SALAD: Strawberries, mixed greens, red onions, goat cheese, balsamic white vinegar fruit sauce. (Gluten free, and nut free)

Meat, Seafood and Poultry Options

SOUVLAKI (GREEK STYLE): Chicken marinated in white wine, lemon juice, olive oil, garlic and other spices. (Dairy Free, Gluten free and Nut free) (served hot)

MIDDLE EASTERN STYLE CHICKEN KEBOB: Marinated in plain yogurt, saffron, juice of onions and spices. (Gluten free and Nut free) (served hot)

BEEF TENDERLOIN KEBOB: Marinated in juice of onions, olive oil, lemon juice and garlic. (Dairy Free, Gluten free and Nut free) (served hot)

LAMB KEBOB: Marinated in juice of onions, olive oil, lemon juice and garlic. (Dairy Free, Gluten free and Nut free) (served hot)

TRADITIONAL GREEK MOUSSAKA: Layers of potatoes, eggplant, ground flank steak and bechamel sauce. Nut Free (served hot)

LAMB SHANK: Baked in red wine with fresh vegetables, garlic, oregano and rosemary. (Dairy Free, Gluten free and Nut free) (served hot)

WHOLE LAMB: Rotisserie style (the Greek way) or stuffed with rice, pinenuts and middle

eastern spices. (Dairy Free, Gluten free) (served hot)

POACHED FRESH SALMON: Poached in white wine, fresh dill and citric juices (market price). (Dairy Free, Gluten free and Nut free)

SHRIMP COCKTAIL: Jumbo shrimp served on ice with homemade shrimp cocktail sauce and lemon wedges. (Dairy Free, Gluten free and Nut free)

SCALLOPS WRAPPED IN BACON with cajun spices. (Dairy Free, Gluten free and Nut free) (served hot)

SHRIMP SCAMPI: Sautéed jumbo shrimp with lemon juice, garlic and olive oil. (Gluten free and Nut free) (served hot) Dairy Free if sautéed in olive oil.

SPICY MOROCCAN SARDINES: with a touch of lemon and hot sauce, garnished with Moroccan cured black olives. (Dairy Free, Gluten free and Nut free)

GRILLED CHICKEN BREAST: Grilled with green peppers, onions, and cucumber sauce. (Dairy Free, Gluten free and Nut free) (served hot)

SHAWERMA (Chicken or Beef): Marinated in red wine vinegar, greek spices and cardemon spices served over a bed chopped parsely and onions with summac spices. (Gluten free and Nut free) (served hot)

GRILLED KOFTA KEBOB: Fresh ground beef minced with onions and parsely topped with sliced tomatoes baked in a tomato sauce and middle eastern spices. (Dairy Free, Nut free) (served hot)

ATHENS STYLE CHICKEN: Chicken breast cooked in cream sauce w/ carrots, celery, red and yellow peppers. (Gluten free and Nut free) (served hot)

CHICKEN SALAD: Chicken breast, celery, golden raisins, walnuts, a mixture of olive oil mayonnaise and light mayonnaise and cinnamon. **We use olive oil mayonaise.** (Gluten free, Dairy Free)

CHICKEN MEDITERRANEAN: Chicken breast baked in tomato sauce, fresh basil, garlic, calamato olives, feta cheese and olive oil. (Gluten free and Nut free) (served hot)

JASMIN CHICKEN SALAD: Chicken breast, celery, roasted pecans, poppy seeds, seedless grapes, light **olive oil mayo** and honey. **We only use olive oil mayonaise.**
(Dairy Free, Gluten free)

STUFFED CHICKEN BREAST: Stuffed with fresh spinach and feta cheese (Greek style).
(Gluten free and Nut free) (served hot)

MEDITERRANEAN STYLE TUNA SALAD: With roasted peppers, capers, calamata olives, olive oil mayonaise and artichoke hearts. **We only use olive oil mayonaise.**
(Dairy Free, Gluten free and Nut free)

TOMATO MAHSHI: Stuffed tomato with ground sirloin, sauteed onions and tomato sauce.
(Dairy Free, Gluten free and Nut free)

Now from Our Bakery

FATAYERS ARE NOW AVAILABLE ON A GLUTEN FREE BREAD

MIDDLE EASTERN FATAYERS- Now available for Caterings!

LAHM-BI-AJEEN: A MIXTURE OF GROUND SIRLOIN WITH ONIONS, TOMATOES, PARSLEY AND GARLIC. SERVED ON FRESH ORGANIC DOUGH.

LAMB FATAYER: FRESH GROUND LAMB MIXED WITH ONIONS, PARSLEY AND MIDDLE EASTERN SPICES. SERVED ON A BOAT SHAPE ORGANIC DOUGH, TOPPED WITH ROASTED TOMATOES.

SPINACH FATAYER: FRESH SPINACH, SCALLIONS AND NUTMEG SPICES WITH FETA & MOZZARELLA CHEESE. TOPPED WITH CHERRY TOMATOES AND SERVED ON A BOAT SHAPE ORGANIC DOUGH.

CHICKEN FATAYER: FRESH CHICKEN BREAST WITH MIDDLE EASTERN SPICES, SPINACH, GRILLED VEGGIES, FETA & MOZZARELLA CHEESE. SERVED ON A BOAT SHAPE ORGANIC DOUGH.

REUBEN FATAYER: FRESHLY SLICED CORNED BEEF WITH SWISS CHEESE, SAURKRAUT AND HOMEMADE THOUSAND ISLAND DRESSING. BAKED ON RYE

BREAD.

SOUJOUK FATAYER: AGED SPICY TURKISH SAUSAGE WITH FRESH EGGS, FETA & MOZZARELLA CHEESE. SERVED ON BOAT SHAPE ORGANIC DOUGH.

VEGGIE FATAYER: FRESH SPINACH, GRILLED VEGGIES (ZUCCHINI, SQUASH, RED PEPPERS AND ONIONS) WITH FETA & MOZZARELLA CHEESE. SERVED ON A BOAT SHAPE ORGANIC DOUGH.

GREEK FATAYER: FRESH SPINACH, CHOPPED ROMA TOMATOES, RED ONIONS, CALAMATA OLIVES, GREEK FETA CHEESE AND FRESH GARLIC BAKED ON OUR LOCAL ORGANIC DOUGH. BRUSHED WITH OLIVE OIL AND SERVED WITH TZAZIKI SAUCE. (VEGETARIAN)

GLUTEN FREE Sweet Endings

We now carry a variety of Gluten Free and Vegan desserts!

Heavenly Gluten Free Chocolate Cake

Belgian semi sweet chocolate (cocoa mass, cane sugar, lecithin, natural vanilla), unsweetened chocolate paste, (cocoa powder, canola oil, lecithin), pasteurized eggs, butter (cream), sugar, cocoa powder, vanilla.

Gluten Free Cookie Dough Cheesecake

brown rice flour, tapioca starch, white rice flour, potato starch, sorghum flour, arrowroot starch, sweet rice flour, guar gum, butter, salt, cinnamon, honey, light brown sugar, sugar, salt, vanilla, bittersweet chocolate chips, cream cheese, eggs.

Gluten Free Date Bar

brown rice flour, tapioca starch, white rice flour, potato starch, sorghum flour, arrowroot starch, sweet rice flour, guar gum, dates, brown sugar, sugar, rolled oats, walnuts, butter, baking soda, salt, cinnamon.

Gluten Free Chocolate Peanut Butter Bar

brown rice flour, tapioca starch, white rice flour, potato starch, sorghum flour, arrowroot starch, sweet rice flour, guar gum, cocoa powder, instant espresso, water, bittersweet chocolate chips, butter, vegetable oil, eggs, vanilla, sugar, salt, peanut butter, milk, powdered sugar, milk chocolate.

Gluten Free Vegan Brownie

sugar, oil, cocoa powder, water, flour blend (brown rice flour, tapioca starch, white rice flour, potato starch, sorghum flour, arrowroot starch, sweet rice flour, guar gum), coffee, vanilla, baking powder, salt.

Gluten Free Chocolate Pistachio Bar

cream cheese, sugar, eggs, flour blend (brown rice flour, tapioca starch, white rice flour, potato starch, sorghum flour, arrowroot starch, sweet rice flour, guar gum), butter, heavy cream, sour cream, pistachio paste, bittersweet chocolate (contains soy lecithin), cocoa powder, pistachio extract, vanilla.

Seasonal Desserts are available

***Dessert assortments and **Gluten Free assortments** are also available.