

WHAT'S IN YOUR BOWL

CHICKEN SHAWARMA 12.99

Grilled Chicken | Hummus or Garlic | Lettuce | Tomato | Onions | Pickle | Dillio or Spicy Dillio Sauce | Yellow Rice

STEAK SHAWARMA 13.99

Steak | Hummus or Garlic | Lettuce | Tomato | Onions | Pickle | Dillio or Spicy Dillio Sauce | Yellow Rice

FALAFEL (VEGETARIAN) 12.99

Golden Falafel | Hummus or Garlic | Lettuce | Tomato | Onion | Pickles | Feta Cheese | Dillio or Spicy Dillio Sauce | Yellow Rice

VEGETARIAN 12.99

Hummus or Garlic | Lettuce | Tomato | Cucumber | Grilled Peppers & Onions | Eggplant | Feta | Dillio or Spicy Dillio Sauce | Yellow Rice

PREMIUM BOWLS

CHICKEN & STEAK SHAWARMA 16.98

Grilled Chicken | Steak | Hummus or Garlic | Lettuce | Tomato | Onions | Pickle | Dillio or Spicy Dillio Sauce | Yellow Rice

FIRE GRILLED SHRIMP & STEAK 21.33

Grilled Shrimp | Steak | Hummus or Garlic | Lettuce | Tomato | Onions | Pickle | Dillio or Spicy Dillio Sauce | Yellow Rice |

FIRE GRILLED SHRIMP & CHICKEN 19.98

Grilled Shrimp | Grilled Chicken | Hummus or Garlic | Lettuce | Tomato | Onions | Pickle | Dillio or Spicy Dillio Sauce | Yellow Rice

FIRE GRILLED SHRIMP 15.88

Grilled Shrimp | Hummus or Garlic | Lettuce | Tomato | Onions | Pickle | Dillio or Spicy Dillio Sauce | Yellow Rice

TRIFECTA 23.97

Grilled Chicken | Steak | Shrimp | Hummus or Garlic | Lettuce | Tomato | Onions | Pickle | Dillio or Spicy Dillio | Yellow Rice



GET IT SPICY!!
Add Spicy Dillio to any Wrap, Bowl or Salad



THAT'S A WRAP

CHICKEN SHAWARMA 8.99

Grilled Chicken | Garlic Spread | Lettuce | Tomato | Onions | Pickle | Dillio or Spicy Dillio Sauce

STEAK SHAWARMA 9.99

Steak | Garlic Spread | Lettuce | Tomato | Onions | Pickle | Dillio or Spicy Dillio Sauce

THE MIDDLE EATS 8.99

Grilled Chicken | Garlic Spread | Lettuce | Tomato | Onions | Pickle | Yellow Rice | Dillio or Spicy Dillio Sauce

SPICY CRUNCHY SHAWARMA WRAP 8.99

Grilled Chicken | Pita Chips | Garlic Spread | Lettuce | Tomato | Onions | Pickle | Spicy Dillio Sauce

DELUXE WRAP 9.99

Grilled Chicken | Garlic Spread | Lettuce | Onion | Tomato | Feta Cheese | Fresh Jalapeño | Pickles | Dillio or Spicy Dillio Sauce

CLASSIC CHICKEN SHAWARMA 7.99

Grilled Chicken | Pickles | Garlic Spread

FALAFEL (VEGETARIAN) 8.99

Falafel | Hummus | Feta Cheese | Tomato | Lettuce | Onion | Green Peppers | Pickles | Dillio or Spicy Dillio Sauce

VEGGIE WRAP 8.99

Fries | Eggplant | Tomato | Grilled Peppers & Onions | Pickles | Garlic Spread | Feta Cheese | Dillio or Spicy Dillio Sauce

PREMIUM WRAPS

CHICKEN & STEAK 12.99

Grilled Chicken | Steak | Garlic Spread | Lettuce | Tomato | Onions | Pickle | Dillio or Spicy Dillio Sauce

FIRE GRILLED SHRIMP WRAP 11.99

Grilled Shrimp | Yellow Rice | Lettuce | Tomato | Garlic Spread | Onions | Pickle | Dillio or Spicy Dillio Sauce

CHICKEN & FIRE GRILLED SHRIMP 13.99

Grilled Shrimp | Grilled Chicken | Garlic Spread | Lettuce | Tomato | Onions | Pickle | Dillio or Spicy Dillio Sauce

STEAK SHAWARMA & FIRE GRILLED SHRIMP 14.99

Grilled Shrimp | Steak | Garlic Spread | Lettuce | Tomato | Onions | Pickle | Garlic Spread | Dillio or Spicy Dillio Sauce

TRIFECTA 17.99

Grilled Chicken | Steak | Grilled Shrimp | Garlic Spread | Lettuce | Tomato | Onions | Pickle | Dillio or Spicy Dillio Sauce



SALADS

ADDITIONS

CHICKEN 3.99
STEAK 4.99
SHRIMP 6.99
FALAFEL 3.49

CHICKEN SHAWARMA SALAD 13.99

Grilled Chicken | Lettuce | Tomato | Onions | Cucumber | Bell Peppers | Pita Chips | House Dressing

MIDDLE EATS SALAD 13.99

Grilled Chicken | Lettuce | Tomato | Onions | Shredded Cheese | Cucumbers | Jalapeños | Dillio or Spicy Dillio Sauce

FATTOUSH SALAD 12.99

Lettuce | Tomato | Onions | Cucumber | Bell Peppers | Red Cabbage | Sumac | Pita Chips | Fattoush Dressing

CAESAR SALAD 11.99

Lettuce | Parmesan Cheese | Pita Chips | Caesar Dressing

GARDEN SALAD 8.99

Lettuce | Tomato | Onions | Cucumber | House Dressing



MIDDLE EATS SPECIALTIES

LOADED SHAWARMA FRIES 11.99

Fries | Grilled Chicken | Feta Cheese | Jalapenos | Onions | Tomato | Spicy Dillio Sauce

GARLIC SAUCE WITH PITA WEDGES

REGULAR 5.99 | LARGE 9.99

Creamy Garlic Aioli | Pita Wedges

HUMMUS WITH PITA WEDGES

REGULAR 5.99 | LARGE 9.99

Puree of Chickpeas | Tahini | Spices Served With Pita Wedges

+CHICKEN 3.99

+STEAK 4.99



*Consuming Raw Or Undercooked Meats, Poultry, Seafood, Shellfish, Or Eggs May Increase Your Risk of Foodborne Illness, Especially If You Have Certain Medical Conditions.

All prices are subject to change without notice

SIDES

FIRE GRILLED SHRIMP (5PC) 6.99
FALAFEL 5PC 5.99 | 10PC 9.99
FRENCH FRIES
REGULAR • 3.99 | LARGE 5.99
YELLOW RICE 4.99 | LARGE 6.99
WITH SPICY OR REGULAR DILLIO
SIDE OF GARLIC 1.19
SIDE OF HUMMUS 1.19
SIDE PITA BREAD 1.49
PITA CHIPS 1.49



SMOOTHIES

SMOOTHIES 6.99

BANGO TANGO

Bananas | Mango | Pineapple Juice

ENERGIZE

Strawberries | Spinach | Banana | Pineapple Juice

FRUIT FUSION

Strawberries | Grapes | Mango | Pineapple Juice

GINGERBERRY

Blueberries | Ginger | Banana | Apple Juice

GREEN TROPICS

Mango | Banana | Spinach | Pineapple Juice

INVIGORATE

Mango | Blueberry | Spinach | Banana | Apple Juice

STRAWBERRY BANANA

Strawberries | Bananas | Vanilla

UPSURGE

Kale | Blueberries | Grapes | Banana | Pineapple Juice



DESSERTS

STRAWBERRY SHORTCAKE 5.99

STRAWBERRY CHEESECAKE 5.99

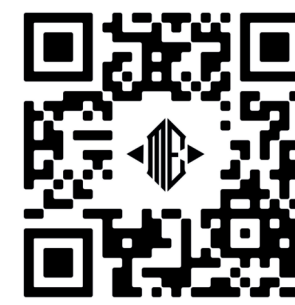
BANANA BREAD PUDDING PARFAIT 5.99

STRAWBERRY BANANA BREAD PUDDING PARFAIT 5.99



CATERING ON THE GO!

FOR PARTIES OF 10
REQUIRES ONE HOUR ORDERED ONLINE



THE BOWL BAR

BUILD YOUR OWN MIDDLE EATS BOWL BAR

PROTEIN CHOICE

CHICKEN 13 PP

STEAK 15 PP

1/2 CHICKEN & 1/2 STEAK 14 PP

INCLUDES YELLOW RICE, LETTUCE, TOMATO,
RED ONION, PICKLES, HUMMUS, GARLIC &
OUR FAMOUS DILLIO SAUCE!

FULL CATERING MENU



FIND A LOCATION
&
ORDER ONLINE



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