



901-590-2870

<http://www.mymealsinmotionordering.com>

Cafe Med

Appetizers

Hummus Dip	\$7.95
<i>Garbanzo beans, seasoned with garlic, lemon juice and tahini, topped with olive oil and served with steamed pita.</i>	
Spicy Hummus Dip	\$8.95
<i>Hummus topped with salsa, jalapenos and banana peppers, served with steamed pita.</i>	
Greek Spinach Dip	\$7.95
<i>Spinach, cooked with garlic, diced onions and lemon juice, topped with parmesan cheese, and served with grilled pita.</i>	
Tabbooli	\$7.95
<i>Parsley, Chopped tomatoes, cucumbers, green onions, Cracked wheat, olive oil, and lemon juice.</i>	
Greek Bouzouki Salad	\$6.95
<i>Baby spinach, Roma tomatoes, cucumbers, green onions, feta cheese & Kalamata olives. Served with Cafe Med's signature Greek lemon vinaigrette dressing.</i>	
Eggplant Dip	\$8.95
<i>Roasted eggplant, tomatoes, onions, garlic & lemon juice. Served with steamed pita.</i>	
Greek Salad	\$7.95
<i>Romaine lettuce, Roma tomatoes, cucumbers, bell peppers, purple onions, feta cheese & kalamata olives. Cafe Med's Greek dressing on the side.</i>	
Roasted Onion and Lentil Soup	\$4.99
Bowl	
<i>Lentils, roasted onions, olive oil & rice</i>	
Babaghanoush	\$6.95
<i>Grilled eggplant, mixed with lemon juice, tahini garlic, and topped with olive oil, served with steamed pita.</i>	
Opaa Dip	\$8.95
<i>Spicy feta cheese dip topped with green onions & bell peppers. Served with grilled pita.</i>	
Yassou Dip	\$8.95
<i>Kalamata olives, feta cheese & garlic, served with grilled pita</i>	
The Sampler	\$13.95
<i>Your choice of any three dips.</i>	
Love Boat	\$7.95
<i>Love Boat Ingredients</i>	

Grilled Pitas

All Pita Sandwiches served with a side of noodle salad.

Chicken Tuscano Pita	\$8.99
<i>Mozzarella cheese, oven-roasted chicken slices, basil pesto, sundried tomatoes, marinated artichoke hearts, roasted sweet red & sliced mild banana peppers.</i>	
Chicken Fandango Pita	\$8.99
<i>Pepper Jack cheese, oven-roasted chicken slices, lettuce, spicy tomato sauce & sliced banana peppers.</i>	

Salads

Salad Dressings: Honey Balsamic Vinaigrette, Cucumber Sauce, Herbal Vinaigrette Lemon Vinaigrette, Balsamic Vinaigrette, Honey Mustard and Ranch	
Greek Gyro Salad	\$10.99
<i>Romaine lettuce, Roma tomatoes, cucumbers, purple onions, feta cheese, Kalamata olives, banana peppers, topped with gyro meat and cucumber sauce.</i>	
Italian Bella Donna Salad	\$10.99
<i>Romaine lettuce, Roma tomatoes, cucumbers, Cappy ham, Genoa salami, pepperoni, roasted red peppers, green olives, topped with oven-roasted turkey and Cafe Med's herbal vinaigrette.</i>	
Club Med Salad	\$10.99
<i>Romaine lettuce, Roma tomatoes, cucumbers, baby Swiss & Vermont cheddar cheese, oven-roasted turkey, ham, bacon, topped with your choice of Cafe Med's dressings.</i>	
Garden of Eden Salad	\$10.99
<i>Romaine lettuce, Roma tomatoes, cucumbers, baby spinach, mushrooms, bell peppers, purple onions, carrots, garbanzo beans, topped with your choice of Cafe Med's dressings.</i>	
Spanish Flamenco Salad	\$10.99
<i>Romaine lettuce, Roma tomatoes, cucumbers, green onions, mushrooms, bell peppers, garbanzo beans, oven roasted turkey with Cafe Med's lemon vinaigrette dressings.</i>	
Grilled Chicken Caesar Salad	\$10.99
<i>Romaine lettuce, bell peppers & purple onions tossed in Caesar dressing, topped with grilled chicken, imported parmesan cheese and seasoned croutons.</i>	
Grilled Chicken Salad	\$10.99
<i>Grilled chicken Salad ingredients</i>	
Chicken Salad	\$10.99
<i>Salad Ingredients with chicken</i>	
Subs	
All Subs served with a side of pasta salad.	
Chicken Deluxe Sub	\$7.95
<i>Chicken, mozzarella, mayonnaise, lettuce & tomatoes, topped with lemon vinaigrette dressing.</i>	
Turkey Deluxe Sub	\$7.95
<i>Provolone cheese, oven-roasted turkey, mayonnaise, lettuce & tomatoes, topped with Cafe Med's herbal vinaigrette dressing.</i>	
Ham Deluxe Sub	\$7.95
<i>Provolone cheese, cappy ham, mayonnaise, lettuce & tomatoes, topped with Cafe Med's herbal vinaigrette dressing.</i>	
Classic Gyro Deluxe Sub	\$7.95
<i>Thinly Sliced Gyro meat, lettuce,</i>	

Steamed Gyros

All Gyros served with a side of pasta salad.	
Original Gyro	\$8.99
<i>Gyro meat, lettuce, tomatoes, purple onions & cucumber sauce.</i>	
Casa Blanca Gyro	\$8.99
<i>Gyro meat, lettuce, tomatoes, purple onions, cucumbers, green olives & ranch dressing.</i>	
Athenian Gyro	\$8.99
<i>Gyro meat, hummus, tomatoes, cucumbers, purple onions, and banana peppers.</i>	
Trojan Gyro	\$8.99
<i>Gyro meat, honey mustard, spinach, sun-dried tomatoes, purple onions & marinated artichoke hearts.</i>	
Yanni Gyro	\$8.99
<i>Gyro meat, with our famous babaganoush dip & tabbooli salad.</i>	
Andalucian Gyro	\$8.99
<i>Gyro meat, melted cheddar, lettuce, tomatoes, green onions & spicy jalapeno peppers.</i>	
Santorini Gyro	\$8.99
<i>Gyro meat, lettuce, tomatoes, purple onions, cucumbers, feta cheese & any of Cafe Med's dressing.</i>	
Aleppo Gyro	\$8.99
<i>Gyro meat, pesto, provolone cheese, lettuce, tomatoes & roasted peppers.</i>	
Cafe Med Gyro	\$8.99
<i>Gyro meat, spinach, tomatoes, cucumbers, feta, green onions & roasted peppers.</i>	
Jerusalem Gyro	\$8.99
<i>Gyro meat, lettuce, tomatoes, cucumbers, green onions & tahini sauce.</i>	
Spartan Gyro	\$8.99
<i>Gyro meat ?sauteed mushrooms, onions, bell peppers & hot giardiniera mix.</i>	
Rodos Gyro	\$8.99
<i>Gyro meat, spicy feta, lettuce, tomatoes, green onions, & roasted red peppers.</i>	
Grilled Gyros	
Hero's Gyro	\$8.99
<i>Thinly sliced Gyro meat, spicy feta, lettuce, tomato, hot giadermia mix.</i>	
Questa Vista	\$8.99
<i>Thinly sliced Gyro meat, eggplant dip, parmesan cheese, and green bell peppers.</i>	
Apollo Gyro	\$8.99
<i>Thinly sliced Gyro meat, yassou dip, lettuce, tomato, banana peppers.</i>	
Sicilian Gyro	\$8.99
<i>Thinly sliced Gyro meat, provolone cheese, pesto, lettuce, tomato, purple onion, and banana peppers.</i>	

- Chicken Bocconcino Pita** \$8.99
Mozzarella cheese, oven-roasted chicken slices, lettuce, tomatoes, purple onions, sliced black olives, & artichoke hearts.
- Tuscan Sunset Pita** \$8.99
Mozzarella cheese, cappy ham, genoa salami, lettuce, tomatoes & purple onions, topped with Caf Med's herbal vinaigrette dressing.
- Club Fiesta Pita** \$8.99
Swiss & cheddar cheese, ham, lettuce, tomatoes, & crispy bacon, topped with honey mustard dressing.
- Quattro Formaggi Pita** \$8.99
Swiss, cheddar, Mozzarella & Provolone cheese, baby spinach, tomatoes, purple onions & sliced black olives, topped with honey mustard dressing.
- Grilled Cheese Pita** \$8.99
Provolone & feta chese, bell peppers, baby spinach, tomatoes & roasted sweet red peppers.
- Cafe Med Pita** \$8.99
Mozzarella & spicy feta cheese, tomatoes, green onions, baby spinach, mushrooms, sliced black olives & artichoke hearts.
- American Bambino Pita** \$8.99
Cheddar cheese, turkey, Mayonnaise, lettuce, tomatoes and crispy bacon.

Steamed Pitas

All Pita Sandwiches served with a side of noodle salad.

- Grilled Italian Chicken Wrap** \$8.99
Grilled chicken breast, lettuce, tomatoes, purple onions, topped with honey mustard dressing.
- Falafel Pita Wrap** \$8.99
Fried ground chickpeas, topped with tomatoes, lettuce, cucumber, banana peppers & tahini sauce.
- Sunny Beach Wrap** \$8.99
Lettuce, spinach, tomatoes, purple onions, cucumber, artichoke hearts, black olives, & feta cheese, topped with lemon vinaigrette.
- Mediterranean Chicken Wrap** \$8.99
Grilled chicken breast, lettuce, tomatoes, hummus, purple onions & jalapenos.
- Chicken Caesar Wrap** \$8.99
Grilled chicken, lettuce, tomatoes, bell peppers, mushrooms, parmesan cheese, tossed in caesar dressing.

- tomatoes, purple onions & feta cheese, topped with Cafe Med's herbal vinaigrette dressing.
- Roast Beef Deluxe Sub** \$7.95
Cheddar cheese, roast beef, mayonnaise, lettuce & tomatoes, topped with Cafe Med's herbal vinaigrette dressing.

Focaccia

All Focaccia served with a side of pasta salad.

- Chicken Florentine Panino** \$9.99
Provolone cheese, oven-roasted chicken, baby spinach, tomatoes, sliced black olives and purple onions, topped with Cafe Med's herbal vinaigrette dressing.
- Monte Carlo Panino** \$9.99
Baby Swiss & Vermont cheddar cheese, oven-roasted turkey, cappy ham, baby spinach & sun-dried tomatoes, topped with honey mustard dressing.
- Chicken Pesto Panino** \$9.99
Provolone cheese, oven roasted chicken, basil pesto, baby spinach, sun-dried tomatoes & marinated artichoke hearts.
- Panino di-Tuti-Panini** \$9.99
Provolone cheese, basil pesto, tomatoes, Genoa salami, roasted sweet red peppers & marinated artichoke hearts.
- Bella Forma Panino** \$9.99
Basil pesto, provolone cheese, baby spinach, tomatoes, purple onions, roasted sweet red peppers, feta cheese & marinated artichoke hearts.
- Milano Panino** \$9.99
Spicy feta, provolone, baby spinach, tomatoes, purple onions, roasted sweet peppers, & Cafe Med's herbal vinaigrette dressing.
- Gyro Panino** \$9.99
Thinly sliced gyro meat, provolone cheese, lettuce, tomatoes, purple onions & Cafe Med's cucumber sauce on the side.
- Sienna Panino** \$9.99
Roast beef, Vermont cheddar cheese, lettuce, purple onions & roasted sweet red peppers, topped with Cafe Med's herbal vinaigrette dressing.
- Cafe Med's Panino** \$9.99
Cappy ham, Genoa salami, provolone cheese, lettuce, tomatoes & Cafe Med's olive salad spread.
- Chix Gone Wild Panino** \$9.99
Chix Gone Wild Panino Ingredients

Desserts

- Tira mi su** \$4.95
Espresso infused sponge cake is layered with clouds of mascarpone cheese and whipped cream creating a fabulous interpretation of this classic Italian dessert
- Baklava** \$2.99
Made in house true to tradition with Phyllo dough, walnuts and butter honey syrup