

LEBANESE POKE BOWLS

Your Next Favorites!



BAKED KIBBEH BOWL

Beef the Kibbeh, hummus, romaine lettuce, purslane, Beirut Bowls' special sauce, cherry tomatoes, pickles, pomegranate seeds, and sumac.

9\$ Regular	13\$ Large
440 KCAL 25g Protein	35g Protein



GRAPE LEAVES BOWL

Grape leaves, baked potatoes, special dip, romaine lettuce, purslane, Beirut Bowls' special sauce, cherry tomatoes, pomegranate seeds, and sumac.

9\$ Regular	13\$ Large
430 KCAL 11g Protein	16g Protein



TABBOULE BOWL

Fresh tabboule, baked potatoes, hummus, lemon slices, pomegranate seeds, and sumac.

9\$ Regular	13\$ Large
390 KCAL 13g Protein	17g Protein



GRILLED TAOUK BOWL

Taouk, baked potatoes, hummus, romaine lettuce, purslane, Beirut Bowls' special sauce, cherry tomatoes, pickles, pomegranate seeds, and sumac.

9\$ Regular	13\$ Large
470 KCAL 36g Protein	58g Protein



GRILLED LIVER BOWL

Chicken liver with special seasoning, baked potatoes, hummus, romaine lettuce, purslane, Beirut Bowls' special sauce, cherry tomatoes, pickles, lemon slices, pomegranate seeds, and sumac.

9\$ Regular	13\$ Large
425 KCAL 35g Protein	58g Protein

BAKED POTATOES BOWL

Baked potatoes and ranch sauce.

5\$ Regular

The extra bites you might need.





GRILLED KAFTA BOWL

Kafta, baked potatoes, hummus, romaine lettuce, purslane, Beirut Bowls' special sauce, cherry tomatoes, pickles, pomegranate seeds, and sumac.

9\$ Regular

496 KCAL | **30g** Protein

13\$ Large

50g Protein

GRILLED SUJOK BOWL

Sujok, baked potatoes, hummus, romaine lettuce, purslane, Beirut Bowls' special sauce, cherry tomatoes, pickles, lemon slices, pomegranate seeds, and sumac.

9\$ Regular

550 KCAL | **23g** Protein

13\$ Large

35g Protein



GRILLED MAKANEK BOWL

Makanek, baked potatoes, hummus, romaine lettuce, purslane, Beirut Bowls' special sauce, cherry tomatoes, pickles, lemon slices, pomegranate seeds, and sumac.

9\$ Regular

550 KCAL | **20g** Protein

13\$ Large

33g Protein

HOMEMADE SHAWARMA CHICKEN BOWL

Chicken shawarma, baked potatoes, hummus, romaine lettuce, purslane, Beirut Bowls' special sauce, cherry tomatoes, pickles, pomegranate seeds, and sumac.

9\$ Regular

500 KCAL | **35g** Protein

13\$ Large

56g Protein



HOMEMADE SHAWARMA BEEF BOWL

Shawarma beef, baked potatoes, hummus, romaine lettuce, purslane, Beirut Bowls' special sauce, cherry tomatoes, pickles, pomegranate seeds, and sumac.

10\$ Regular

590 KCAL | **33g** Protein

15\$ Large

52g Protein

GRILLED KABAB BOWL

Kabab, baked potatoes, hummus, romaine lettuce, purslane, Beirut Bowls' special sauce, cherry tomatoes, pickles, pomegranate seeds, and sumac.

9\$ Regular

497 KCAL | **30g** Protein

13\$ Large

50g Protein





PROTEIN BOOSTER BOWL

Your choice of 2 proteins, baked potatoes, hummus, romaine lettuce, purslane, Beirut Bowls' special sauce, cherry tomatoes, pickles, pomegranate seeds, and sumac.

13\$ Regular

740 KCAL | **72g** Protein

18\$ Large

1130 KCAL | **110g** Protein

Out of the Bun

SMASHED BURGER BOWL

Smashed burger, onions, cheddar cheese, baked potatoes, dill pickles, Beirut Bowls' street sauce, and ranch dip.

9\$ Regular

560 KCAL | **33g** Protein

13\$ Large

65g Protein



MY AMORE!

TUNA PASTA BOWL

Tuna (in water), fusilli pasta, dill pickles, spring onions, cherry tomatoes, corn, green olives, pomegranate seeds, sumac, with special balsamic sauce.

10\$ Regular

375 KCAL | **35g** Protein

15\$ Large

50g Protein

CHICKEN PASTA BOWL

Grilled chicken, tagliatelle pasta, parmesan cheese, fresh mushrooms, pink pasta sauce and basil.

10\$ Regular

15\$ Large

SHRIMP PASTA BOWL

Grilled shrimp, tagliatelle pasta, parmesan cheese, fresh mushrooms, pink pasta sauce and basil.

10\$ Regular

15\$ Large

CARBONARA TURKEY BOWL

Turkey, tagliatelle pasta, parmesan cheese, fresh mushrooms, pink pasta sauce and basil.

10\$ Regular

15\$ Large

CHICKEN FAJITA BOWL

Fajita chicken, baked potatoes, guacamole, corn, jalapeño, romaine lettuce, purslane, Beirut Bowls' special sauce, pomegranate seeds and paprika.

10\$ Regular

495 KCAL | **35g** Protein

15\$ Large

55g Protein



THE ASIAN DESTINATION

VEGGIE NOODLES BOWL

Noodles, broccoli, green and yellow bell pepper, carrots, white cabbage, sesame and crushed nuts with special Asian sauce.

9\$ Regular

350 KCAL | 5g Protein

13\$ Large

8g Protein



CRAB NOODLES BOWL

Crab, noodles, white and red cabbage, carrots, cucumbers, pomegranate seeds and crushed peanuts with peanut butter sauce.

10\$ Regular

440 KCAL | 30g Protein

15\$ Large

40g Protein



Fork,
chopsticks,
or hands – we're Cool.

CHICKEN NOODLES BOWL

Chicken marinated, noodles, broccoli, green and yellow bell pepper, carrots, white cabbage, sesame and crushed nuts with special Asian sauce.

10\$ Regular

490 KCAL | 35g Protein

15\$ Large

50g Protein



BEEF NOODLES BOWL

Steak marinated, noodles, broccoli, green and yellow bell pepper, carrots, white cabbage, sesame and crushed nuts with special Asian sauce.

10\$ Regular

550 KCAL | 30g Protein

15\$ Large

45g Protein



SHRIMP NOODLES BOWL

Grilled shrimps marinated, noodles, broccoli, green and yellow bell pepper, carrots, white cabbage, sesame and crushed nuts with special Asian sauce.

10\$ Regular

450 KCAL | 30g Protein

15\$ Large

40g Protein



We do No Dough

LEBANESE PIZZA BOWL

Baked potatoes, pizza sauce, turkey, corn, fresh mushrooms, green bell pepper, green olives, topped with a four cheese mix and oregano.

9\$ Regular

440 KCAL | 25g Protein

13\$ Large

43g Protein



NI HAO! CRAVINGS

Today's Stop.
China



CRISPY MAKI BOWL

Crab, avocado, tobiko, nori paper, baked flakes, Chinese rice, cucumbers, Japanese mayonnaise served with a light soy sauce.

10\$ Regular

580 KCAL | 14g Protein

15\$ Large

23g Protein



CHINESE BEEF BOWL

Steak marinated, rice, broccoli, corn, bell pepper (green, red and yellow), carrots, red onion, and sesame with special Asian sauce.

10\$ Regular

500 KCAL | 30g Protein

15\$ Large

45g Protein



CHINESE CHICKEN BOWL

Chicken marinated, rice, broccoli, corn, bell pepper (green, red and yellow), carrots, red onion, and sesame with special Asian sauce.

10\$ Regular

550 KCAL | 30g Protein

15\$ Large

44g Protein



CHINESE SHRIMP BOWL

Grilled Shrimps marinated, Chinese rice, broccoli, corn, bell pepper (green, red and yellow), carrots, red onion, and sesame with special Asian sauce.

10\$ Regular

440 KCAL | 24g Protein

15\$ Large

34g Protein



CHINESE VEGGIE BOWL

Chinese rice, broccoli, corn, bell pepper (green, red and yellow), carrots, red onion, and sesame with special Asian sauce.

9\$ Regular

370 KCAL | 7g Protein

13\$ Large

10g Protein

Yes it's in a can.
and you can't resist it.

Oreo Cheesecake

4\$

Lotus Cheesecake

4\$

Strawberry Cheesecake

4\$

Blueberry Cheesecake

4\$



SIP SIP

Pepsi	2\$	Ice Tea	2\$
Diet Pepsi	2\$	Mirinda	2\$
7 Up	2\$	Sparkling Water	1.5\$
Diet 7 Up	2\$	Water	1\$

For your orders 03 491 019