

A top-down view of a white ceramic bowl filled with a Mediterranean meal. The bowl contains two golden-brown falafel balls topped with white sesame seeds, a portion of yellow rice, several large dark purple Kalamata olives, and a mix of green and red leafy vegetables. The bowl is set on a light-colored stone surface with a folded green textured cloth underneath. A semi-transparent dark red banner is overlaid on the top right of the image, containing white text.

AUTHENTIC FLAVORS OF THE MEDITERRANEAN

a delicious food tour through greece and beyond

KALAMATA

A top-down view of a white ceramic bowl filled with a Mediterranean meal. The bowl contains two golden-brown falafel balls topped with white sesame seeds, a portion of yellow rice, several large Kalamata olives, and a mix of fresh vegetables including red tomatoes, green lettuce, and pomegranate seeds. The bowl is set on a light-colored stone surface with a folded green cloth napkin to the left. A semi-transparent dark red banner with white text is overlaid on the top right of the image.

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KALAMATA

KALAMATA

Build Your Own Platter

Naan	Naan with greens and choice of main dish, 3 toppings, 1 dip & dressing	14.00
Bowl	Choice of greens, grain, or fries with main dish, 3 toppings, 1 dip & dressing	14.00
Mezze	Fried Naan with choice of up to 2 dips	5.00

Choice of Main Dish

Shawarma Chicken Breast	150 cal		1 EA
<i>Charbroiled chicken breast marinated with curry, garlic & lemon juice.</i>			
Pork Souvlaki Skewers	370 cal		2 EA
<i>Grilled pork skewers marinated with citrus, yoghurt, fresh mint and oregano.</i>			
Beef Kafta (Lebanese Beef Kebabs)	240 cal		2 EA
<i>Grilled beef kabobs with sundried tomatoes, paprika, all spice, mint, cumin & cinnamon.</i>			
Falafel	100 cal		3 EA
<i>Crispy chickpea patties seasoned with onion, garlic, spiced & jalapeno.</i>			

Naan

Naan 160 cal  Each

Choose a Dip

Tzatziki		30 cal	Harissa	120 cal
Hummus		160 cal	Labneh	30 cal

Add a Side Dish

Wedge Cut Fries	190 cal		3.50
Greek Side Salad	80 cal		3.50
Tabouleh Salad	190 cal	 	3.00
Mediterranean Mixed Greens	15 cal		2.00
Basmati Rice	210 cal		2.00

Choice of Dressing

Mediterranean Yogurt Sauce	60 cal		1 oz.
Lemon Tahini Dressing	110 cal		1 oz.
Tahini Ginger Blue Pom Vinaigrette	70 cal		1 oz.
Mint Yogurt Honey Mustard Dressing	80 cal		1 oz.

Choice of 3 Toppings

Cucumber Tomato Salad	5 cal	 	1 oz.
Pickled Red Onions	10 cal		1 oz.
Mild Sliced Banana Peppers	10 cal	 	1 oz.
Turkish Pickled Vegetables	10 cal		1 oz.
Feta Cheese	80 cal		1 oz.
Pita Croutons	70 cal		1 oz.
Kalamata Olives	50 cal	 	1 oz.



Mindful



Vegan



Vegetarian



Plant Based

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

KALAMATA

Grain Bowls

Beef Kafta & Tabbouleh Bowl	680 cal		12.00
<i>Beef kafta over tabbouleh and greens with hummus, tzatziki, tomato salad & fried naan</i>			
Falafel & Basmati Rice Bowl	640 cal	 	10.00
<i>Falafels over basmati rice and greens with hummus, tzatziki, pickled red onions & fried naan</i>			
Chicken Shawarma & Tabbouleh Bowl	630 cal		11.00
<i>Shawarma chicken over tabbouleh and greens with hummus, tzatziki, tomato salad & fried naan</i>			

Naan Sandwiches

Shawarma Chicken & Tabbouleh Naan	540 cal		11.00
<i>Shawarma chicken with hummus, greens & tomato, onion, cucumber salad on naan with tzatziki</i>			
Beef Kafta & Tabbouleh Naan	630 cal		12.00
<i>Beef kafta with hummus, greens & tomato, onion, cucumber salad on naan with tzatziki</i>			
Falafel & Basmati Rice Naan	580 cal	 	11.00
<i>Falafel with hummus, basmati rice, greens & pickled red onions on naan with tzatziki</i>			

Sides / A La Carte Menu

Additional Protein

Shawarma Chicken Breast	150 cal		6.00
Pork Souvlaki Skewers (2 EA)	370 cal		6.00
Beef Kafta (Lebanese Beef Kebabs- 2 EA)	240 cal		7.00
Falafel (3 EA)	100 cal		5.00

Add Sides

Wedge Cut Fries	190 cal		3.50
Greek Side Salad	80 cal		3.50
Tabouleh Salad	190 cal	 	3.00
Mediterranean Mixed Greens	15 cal		2.00
Basmati Rice	210 cal		2.00

Add Dips

Tzatziki Sauce	30 cal		1.00	Harissa	120 cal		1.00
Hummus	160 cal		1.00	Labneh	30 cal		2.00

Beverages

Fountain Beverage	0-400 cal	3.00
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KALAMATA

Build Your Own Platter

Naan	Naan with choice of main dish, 3 toppings, 1 dip & dressing	14.00
Bowl	Choice of greens/ grain, main dish, 3 toppings, 1 dip & dressing	14.00
Mezze	Naan with choice of up to 2 dips	5.00

Main Dishes

Shawarma Chicken Breast	150 cal		1 EA
<i>Charbroiled chicken breast marinated with curry, garlic & lemon juice.</i>			
Pork Souvlaki Skewers	370 cal		2 EA
<i>Grilled pork skewers marinated with citrus, fresh mint and oregano.</i>			
Beef Kafta (Lebanese Beef Kebabs)	240 cal		2 EA
<i>Grilled beef kabobs with sundried tomatoes, paprika, all spice, mint, cumin & cinnamon.</i>			
Falafel	100 cal		3 EA
<i>Crispy chickpea patties seasoned with onion, garlic, spiced & jalapeno.</i>			

Naan

Naan 160 cal  Each

Dips

Tzatziki		30 cal	Harissa	120 cal
Hummus		160 cal	Labneh	30 cal

Dressing

Mediterranean Yogurt Sauce	60 cal		1 oz.
Lemon Tahini Dressing	110 cal		1 oz.
Tahini Ginger Blue Pom Vinaigrette	70 cal		1 oz.
Mint Yogurt Honey Mustard Dressing	80 cal		1 oz.

Toppings

Cucumber Tomato Salad	5 cal	 	1 oz.
Pickled Red Onions	10 cal		1 oz.
Mild Sliced Banana Peppers	10 cal	 	1 oz.
Turkish Pickled Vegetables	10 cal		1 oz.
Feta Cheese	80 cal		1 oz.
Pita Croutons	70 cal		1 oz.
Kalamata Olives	50 cal	 	1 oz.

Sides – A La Carte

Mediterranean Mixed Greens	15 cal		2 cups
Tabouleh Salad	190 cal	 	2.5 oz.
Greek Side Salad	80 cal		Each
Wedge Cut Fries	190 cal		5 oz.



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Grain Bowls

Beef Kafta & Tabbouleh Bowl	680 cal		12.00
<i>Beef kafta over tabbouleh and greens with hummus, tzatziki, tomato salad & fried naan</i>			
Falafel & Basmati Rice Bowl	640 cal	 	10.00
<i>Falafels over basmati rice and greens with hummus, tzatziki, pickled red onions & fried naan</i>			
Chicken Shawarma & Tabbouleh Bowl	630 cal		11.00
<i>Shawarma chicken over tabbouleh and greens with hummus, tzatziki, tomato salad & fried naan</i>			

Naan Sandwiches

Shawarma Chicken & Tabbouleh Naan	540 cal		11.00
<i>Shawarma chicken with hummus, greens & tomato, onion, cucumber salad on naan with tzatziki</i>			
Beef Kafta & Tabbouleh Naan	630 cal		12.00
<i>Beef kafta with hummus, greens & tomato, onion, cucumber salad on naan with tzatziki</i>			
Falafel & Basmati Rice Naan	580 cal	 	11.00
<i>Falafel with hummus, basmati rice, greens & pickled red onions on naan with tzatziki</i>			

Beverages

Fountain Beverage	0-400 cal	3.00
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Monthly Special

Zucchini Pancakes & Basmati Rice	680 cal	 	11.00
<i>Zucchini pancakes over greens, and basmati rice with hummus, tzatziki sauce, picked red onions and seasoned pita chips. Available as either a rice bowl or naan sandwich</i>			

Add Protein

Shawarma Chicken Breast	150 cal		6.00
Pork Souvlaki Skewers (2 EA)	370 cal		6.00
Beef Kafta (Lebanese Beef Kebabs- 2 EA)	240 cal		7.00
Falafel (3 EA)	100 cal		5.00

Sides – A La Carte

Wedge Cut Fries	190 cal		3.50
Greek Side Salad	80 cal		3.50
Tabouleh Salad	190 cal	 	3.00
Mediterranean Mixed Greens	15 cal		2.00
Basmati Rice	210 cal		2.00

Dips

Tzatziki Sauce	30 cal		1.00	Harissa	120 cal		1.00
Hummus	160 cal		1.00	Labneh	30 cal		2.00



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Dietary Icon Rules

Only one of these icons should be used at a time.

1. If Vegan () is used – then we should NOT use Vegetarian () or Plant Based ()
2. If Plant Based () is used, we should NOT use Vegetarian ()
3. Use Vegetarian () if it isn't Vegan () or Plant Based ()

Here is a quick view of the hierarchy



More Tips in PDF

- Tips for working with the Digital Menu PowerPoint Templates
- FDA Menu Board Rules
- ADA Compliance
- Menu Item Information
- Adding a Slide
- Menu Setup
- Table Borders
- Working with Dietary Icons



**Retail Ranger has additional information for
Created with Love Culinary Concepts including:**
Culinary Concepts Retail Pricing Tool, M3's, MSP Menu
Names, Culinary, Training and Marketing Information

[Learn More](#)

- Alignments
- Menu Set Up for Recipe Items
- Exporting Slides as JPG
- Fonts

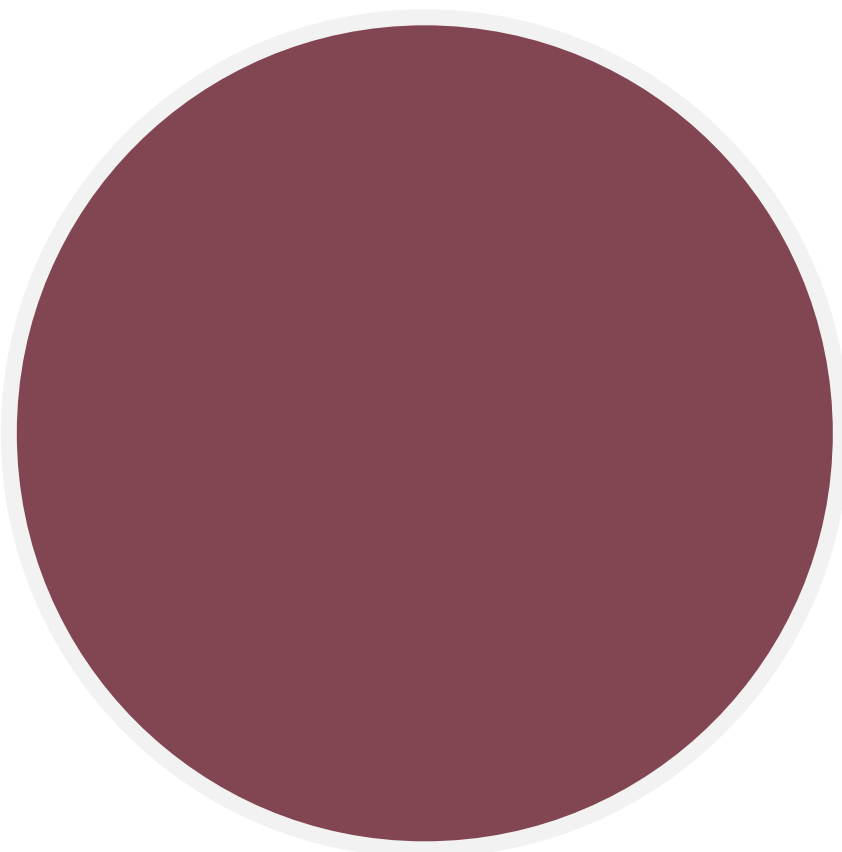
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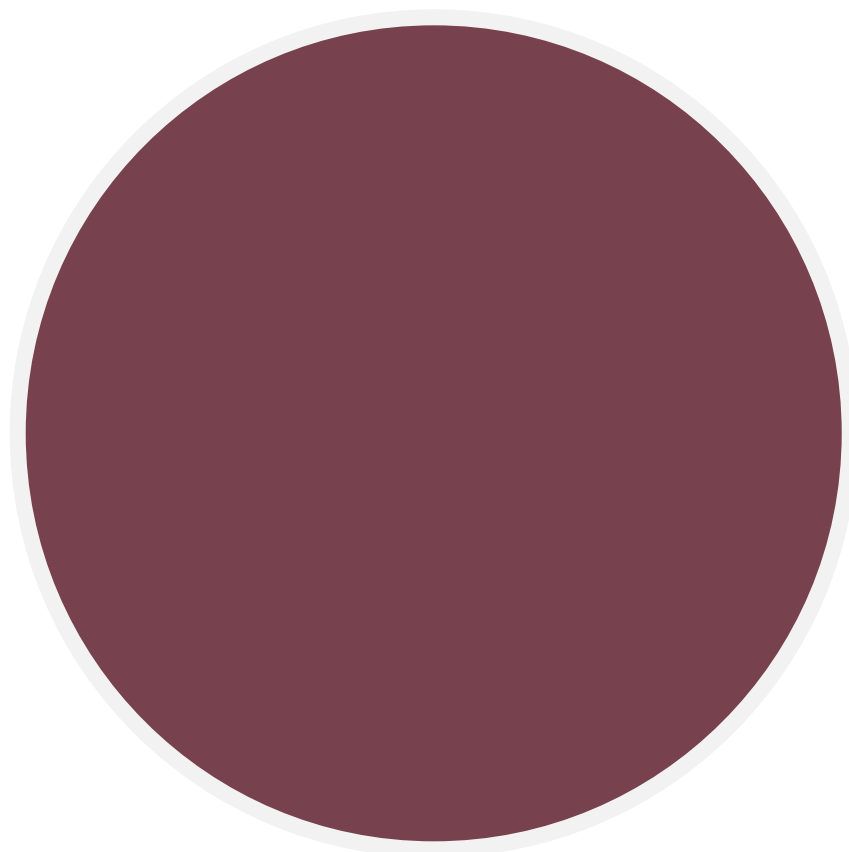
Approved Colors



HEX	#	FFFFFF						
RGB	R:	255	G:	255	B:	255		
CMYK	C:	0	M:	0	Y:	0	K:	0



HEX	#	814651						
RGB	R:	129	G:	70	B:	81		
CMYK	C:	40	M:	76	Y:	54	K:	26



HEX	#	77424d						
RGB	R:	199	G:	66	B:	77		
CMYK	C:	43	M:	76	Y:	54	K:	30

