LUNCH & DINNER EXPRESS MENU

MONDAY TO FRIDAY LUNCH 11am-3pm DINNER 3pm-8:30pm

MYRNA'S HEALTHY COMBOS

For GLUTEN-FREE – Substute Rice for Organic Quinoa or Brown Rice – Add $3

	LUNCH	DINNER
Protein Combo Avocado, Hummus, Falafel, Tomato and Cucumber Salad, Boiled Egg Ⓥ	14	17
Vegetarian Combo Hummus, Baba Ghannouj, Falafel, Lima Beans and Tabouli Salad Ⓥ	12	16
Falafel Combo Served over Rice with Hummus and Tabouli Salad Ⓥ	12	16
Grilled Chicken Combo Served over Rice with Hummus and Tabouli Salad	12	16
Chicken Kebab Souvlaki Combo Served over Rice with Hummus and Tabouli Salad	13	17
Chicken Gyro Combo Served over Rice with Hummus and Tabouli Salad	12	16
Lamb Meat Gyro Combo Served over Rice with Hummus and Tabouli Salad	12	16
Lamb Kebab Combo Served over Rice with Hummus and Tabouli Salad	17	20
Beef Kafta Kebab Combo Served over Rice with Hummus and Tabouli Salad	14	18
Beef Kibbé Combo Served over Rice with Hummus and Tabouli Salad	15	18
Shrimp Combo Served over Rice with Hummus and Tabouli Salad	16	19
Wild Salmon Combo Served over Rice with Hummus and Tabouli Salad	17	19

MYRNA'S HEALTHY SALAD BOXES

	LUNCH	DINNER
Falafel Salad Box Mediterranean Salad with Lentils, Falafel & Tahini Ⓥ	14	18
Organic Mesclun Salad Box with Grilled Chicken, Chicken Kebab or Lamb Gyro Meat G	13	17
Mediterranean Salad Box with Grilled Chicken, Chicken Kebab or Lamb Gyro Meat G	14	18
Greek Salad Box with Grilled Chicken, Chicken Kebab or Lamb Gyro Meat G	15	18
Israeli Salad Box with Grilled Chicken, Chicken Kebab or Lamb Gyro Meat G	15	18
Caesar Salad Box with Grilled Chicken, Chicken Kebab or Lamb Gyro Meat	13	17
Cabbage Salad Box with Grilled Chicken, Chicken Kebab or Lamb Gyro Meat G	13	17
Avocado Salad Box with Grilled Chicken, Chicken Kebab or Lamb Gyro Meat G	15	19
Fresh Beet Salad Box with Grilled Chicken, Chicken Kebab or Lamb Gyro Meat G	15	19
Fresh Mozzarella Salad Box with Grilled Chicken, Chicken Kebab or Lamb Gyro Meat G	15	19
Quinoa Salad Box with Grilled Chicken, Chicken Kebab or Lamb Gyro Meat G	15	19
Shrimp Salad Box Mesclun, Shrimp, Tomato, Roasted Peppers, Avocado, Lemon Vinaigrette G	16	20
Wild Salmon Salad Box Romaine Hearts, Tomato, Cucumber, Quinoa, Lemon Vinaigrette G	17	20

ADD-ONS

Feta Cheese	3	Lentil With Rice	4	Lamb Gyro Meat	6	Grilled Chicken	6
Avocado	4	Organic Brown Rice	4	Lamb Kebab	8	Chicken Gyro Meat	6
Falafel	4	Organic Quinoa	4	Grilled Shrimp	8	Chicken Kebab	7
Organic Egg	3	Grape Leaves (Veg)	4	Wild Salmon	8	Beef Kafta Kebab	7

PASTA

	LUNCH	DINNER
Spaghetti Marinara Home-made Marinara Sauce, Toasted Garlic	12	16
Rigatoni Bolognese Rich Braised Beef Ragout, Parsley, Whipped Ricotta	16	20
Spaghetti Carbonara Smoked Bacon, Parmesan, Black Pepper	16	20
Gluten-Free Pasta with Vegetables, Garlic and Olive Oil	16	20

DESSERT

Baklava Halva Fresh Fruit Chocolate Cake Cheese Cake 6

DRINKS

Water, Coke, Diet Coke, Ginger Ale 2 Pellegrino, Mango, Guava, Apple or Orange Juice 3

DELIVERY AND TAKE-OUT MENU FOR LUNCH AND DINNER (2019)

DELIVERY ZONE: GREENWICH, STAMFORD, DARIEN AND SURROUNDING TOWNS

Myrna's Kitchen

Ⓥ Vegan
Vegetarian
G Gluten-Free

Fresh, Healthy Greek-Lebanese Cuisine

PRIVATE AND CORPORATE CATERING

MONDAY-THURSDAY 8AM-9PM
FRIDAY-SATURDAY 10AM-10PM

203.348.1400

FAX YOUR LUNCH OR DINNER ORDER TO: 203.869.0005

www.myrnaskitchen.com

1234 EAST MAIN STREET, STAMFORD, CT
OFF EXIT 9

HEALTH ENERGY WELLNESS

SOUP & SALADS

GLUTEN FREE · VEGETARIAN · VEGAN

- **LENTIL OR CHICKEN SOUP** — 6
- **ORGANIC MESCLUN SALAD** Mixed Greens, Tomato, Carrot, Balsamic Dressing — 10
- **MEDITERRANEAN SALAD** (Fattoosh) Romaine Hearts, Cherry Tomato, Cucumber, Radish, Onion, Lemon-Mint Dressing — 12
- **GREEK SALAD** Romaine Hearts, Cucumber, Tomato, Pepperoncini, Feta Cheese, Red Onion, Balsamic Dressing — 12
- **ISRAELI SALAD** Tomato, Cucumber, Red Onion, Parsley, Fresh Mint, Fresh Lemon, EVOO — 12
- **ROMAINE BRUSSEL CAESAR SALAD** Shaved Parm, Shredded Brussel, Homemade Croutons, Grapes, Caesar Dressing — 13
- **BEETS & BERRIES SALAD** Arugula, Baby Spinach, Asparagus, Goat Cheese, Walnuts, Red Wine Thyme Vinaigrette — 14
- **SHAVED BRUSSEL SPROUT SALAD** Pepitas, Cranberries, Green Apple, Cheddar, Shallot, Buttermilk Poppyseed — 14
- **CRUNCHY GREEN CABBAGE SALAD** Pear, Radish, Boiled Egg, Carrot, Parsley and Miso Honey Tahini Dressing — 13
- **ROASTED CARROTS AVOCADO** Artichoke, Baby Spinach, Watercress, Onion, Almond, Apricot, Carrot Ginger Dressing — 14
- **SPICY SPINACH** Spinach, Artichoke Hearts, Brussel Sprout, Avocado, Radish, Jalapeño, Sundried Tomato, Spicy Dressing — 14
- **TEX MEX SALAD** Romaine Hearts, Avocado, Black Beans, Corn, Scallions, Parsley, Shallot, Sundried Tomato, Garlic-Lemon — 14
- **VEGETABLE QUINOA** Romaine, Asparagus, Peas, Pomegranade Seeds, Cherry Tomato, Cucumber, Lemon Vinaigrette — 13

SALAD ADD-ONS

Feta Cheese	3	Lentil With Rice	4	Lamb Gyro Meat	6	Grilled Chicken	6
Avocado	4	Organic Brown Rice	4	Lamb Kebab	8	Chicken Gyro Meat	6
Falafel	4	Organic Quinoa	4	Grilled Shrimp	8	Chicken Kebab	7
Organic Egg	3	Grape Leaves (Veg)	4	Wild Salmon	8	Beef Kafta Kebab	7

PITA WRAPS

Fresh, Low Calorie & Fat-Free

WHOLE-WHEAT WRAP OR GLUTEN-FREE WRAP ADD $1

- **Veggie Pita Wrap** Hummus, Lettuce, Tomato and Olives — 9
- **Egg Salad Sandwich** with Shredded Romaine — 9
- **Chicken Salad Sandwich** with Shredded Romaine — 9
- **Tuna Salad Sandwich** Lettuce, Tomato and Onion — 9
- **Avocado Pita Wrap** Hummus, Spinach, Tomato and Cucumber — 11
- **Falafel Pita Wrap** Hummus, Lettuce, Tomato, Pickles and Tahini — 9
- **Falafel Deluxe Pita Wrap** Hummus, Tabouli Salad and Tahini — 11
- **Falafel/Eggplant Pita Wrap** Roasted Eggplant, Tabouli Salad and Tahini — 11
- **Lamb Gyro Pita Wrap** Hummus, Lettuce, Tomato, Onion and Tzatziki — 10
- **Lamb Shawafel Pita Wrap** Lamb Gyro Meat, Falafel, Hummus, Lettuce and Tzatziki — 11
- **Lamb Kebab Souvlaki Pita Wrap** Hummus, Lettuce, Tomato and Onion — 14
- **Kafta Kebab Pita Wrap** Hummus, Lettuce, Tomato and Tzatziki — 11
- **Myrna's Chicken Pita Wrap** Garlic, Pickles and Homemade French Fries — 11
- **Chicken Gyro Pita Wrap** Hummus, Lettuce, Tomato, Onion and Tzatziki — 10
- **Chicken Caesar Pita Wrap** Lettuce, Parmesan Cheese & Caesar Dressing — 10
- **Grilled Chicken Avocado Pita Wrap** Bacon, Lettuce, Tomato and Chipotle Mayo — 11
- **Grilled Chicken with Fresh Mozzarella Pita Wrap** Roasted Peppers, Lettuce, Tomato and Pesto — 11
- **Chicken Kebab Souvlaki Pita Wrap** Hummus, Lettuce, Tomato and Tzatziki — 11
- **Chicken Kebab Deluxe Pita Wrap** Hummus, Tabouli Salad and Tzatziki — 11
- **Chicken Falafel Pita Wrap** Hummus, Tabouli Salad and Tahini — 12
- **Greek Chicken Pita** Wrap Lettuce, Tomato, Onion, Feta, Olives, Balsamic Dressing — 11

PANINIS

- **Grilled Vegetable Panini** Caramelized Onions, Eggplant, Squash, Chimichurri Sauce — 12
- **Eggplant Mozzarella Panini** with Tomato and Basil Sauce — 12
- **Grilled Chicken Panini** Avocado, Honey Mustard, Tomato and Fresh Mozzarella — 12
- **Chicken Goat Cheese Panini** with Roasted Vegetables — 13

APPETIZERS

- **HUMMUS PLAIN** (with Garlic or Spicy) Chickpea, Tahini and Fresh Lemon — 9
- **HUMMUS** with Lamb Gyro or Chicken Gyro — 12
- **BABA GHANNOUJ PLAIN** (with Garlic or Spicy) Roasted Eggplant, Tahini and Fresh Lemon — 9
- **TABOULI SALAD** Parsley, Tomato, Onion, Bulghur, Fresh Mint, Fresh Lemon, EVOO — 9
- **QUINOA TABOULI SALAD** Parsley, Tomato, Onion, Quinoa, Fresh Mint, Fresh Lemon, EVOO — 12
- **BEEF KIBBÉ** Lean Beef Mixed with Bulgur Wheat, Stuffed with Beef Tips and Onion — 12
- **BASTERMA – PASTRAMI** Dried Cured Beef with Lettuce and Tomato — 14
- **CRISPY CAULIFLOWER** Served with Tahini Sauce — 10
- **CRUNCHY FRIED CALAMARI** Green Apple, Torn Basil, Lime-Roasted, Garlic Emulsion — 14
- **FALAFEL** Chickpea & Fava Bean Croquettes — 10
- **FAVA BEANS – FOUL MDAMMAS** Sautéed with Garlic, Lemon and EVOO — 9
- **FETA SHANKLEESH** Feta, Tomato, Onion and Za'atar — 10
- **GRAPE LEAVES** Hand-Rolled Dolmades — 10
- **GRILLED BRANZINO** Arugula, Cauliflower Rice, Pesto Sauce — 16
- **LABNÉ – CHEESE SPREAD** Pasteurized Cheese Topped with Mint and EVOO — 9
- **LENTILS WITH RICE – MUJADARA** with Carmelized Onions — 9
- **LIMA BEANS – FASSOLIA** Cooked in a Tomato-Cilantro Sauce — 9
- **MAKANEK** Sautéed Lamb Sausage, Lemon and Pine Nuts — 14
- **MEAT PIE – LAHMAJEEN** Triangle-Shaped Dough With Beef, Tomato, Onion and Herbs — 10
- **MOUSSAKA** Eggplant, Chickpea, Onion, Cooked in Homemade Tomato Sauce — 10
- **MUHAMMARA** Crushed Walnut, Garlic and Red Pepper — 10
- **SEARED HALLOUMI CHEESE** Medjool Dates, Arugula and Watermelon Salad — 12
- **SHRIMP PROVENÇAL** Fresh Tomato, Shallot, Roasted Garlic and White Wine — 12
- **SPINACH PIE** Spinach, Onion and Herbs — 10
- **SUJUK** Sautéed Beef Sausage with Tomato — 14
- **ZA'ATAR (THYME) PANINI** with Tomato — 10
- **TZATZIKI** Organic Greek Yogurt, Cucumber, Garlic and Fresh Mint — 9

ENTRÉES

For GLUTEN-FREE – Substute Rice for Organic Quinoa or Brown Rice – Add $3

- **VEGETARIAN COMBO PLATTER** Hummus, Baba Ghannouj, Falafel, Lima Beans and Tabouli Salad — 18
- **VEGETARIAN COUSCOUS** Stew of Carrot, Potato, Zucchini, Chickpea, Celery and Turnips — 22
  with Chicken Kebab Souvlaki 25 | with Lamb Kebab Souvlaki 27 | with Merguez Sausage 26 |
- **MYRNA'S COMBO PLATTER** Hummus, Baba Ghannouj, Kibbé, Falafel and Mediterranean Salad — 20
- **ORZO PAELLA STYLE** Roasted Fennel, Saffron, Chorizo, Shrimp, Peas and Calamari — 22
- **KAFTA KEBAB PLATTER** Two Skewers of Kafta Kebab (Keftedes), Grilled Vegetables over Rice — 22
- **CHICKEN KEBAB PLATTER** Two Skewers of Chicken, Grilled Vegetables over Rice — 22
- **CHICKEN GYRO PLATTER** Two Skewers of Chicken, Grilled Vegetables over Rice — 21
- **LAMB GYRO PLATTER** Served over Rice with Hummus, Tzatziki and Greek Salad — 21
- **LAMB KEBAB PLATTER** Two Skewers of Lamb, Grilled Vegetables over Rice — 25
- **MIXED KEBAB PLATTER** Chicken Kebab, Beef Kafta & Lamb Skewers, Served with Vegetables over Rice — 28
- **GRILLED WILD SALMON** Cauliflower Purée, Roasted Asparagus, Grapefruit Watercress Salad — 25
- **GRILLED BRANZINO** Broccoli & Cauliflower Couscous, Basil, Lemon Beurre Blanc — 27

SIDES

Grilled Vegetables	8	Cauliflower Purée	7	Vermicelli Rice	6
Sautéed Broccoli	7	Cauliflower Rice	7	Pearl Couscous	8
Sautéed Spinach	8	Roasted Brussel Sprouts	8	Sumac Homemade Fries	7

SAUCES Garlic or Tahini 1.00 · Hot Sauce 1.00 · Tzatziki 1.00 · Pita Bread 1.00

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

THOROUGHLY COOKING MEATS, POULTRY, SHELLFISH & EGGS REDUCES THE RISK OF FOODBORNE ILLNESS