



zaatar w zeit.

kickstarters



LEVANTINE LENTIL SOUP

★ **LEVANTINE LENTIL SOUP** 5.49
A wonderful home-style blend of Mediterranean flavours in your bowl: A Heart-healthy mix of lentils with fresh carrots & vegetables

VEGGIE SOUP 6.49
Blended local tomatoes with fresh celery & vegetables

GREEN PEA & KALE SOUP 5.99
A healthy & fresh fusion of green peas, kale & vegetables

BAKED POTATO 5.99
Baked potato slices with a pinch of rosemary for warm-hearted goodness

FRIES Small 2.99 Large 4.99
Treat yourself with crispy skin on fries cooked to golden perfection. These thin cut fries will let you forget you only ordered one basket!

LET'S TALK FLATBREAD!

Made in-house, our flatbread is kneaded & freshly baked upon order. You can customize any item by switching from white to any other type of flatbread below for \$0.99

WHITE
MULTIGRAIN
OAT
SPINACH



FLATBREAD pizza

Soft & tender dough, stretched to perfection into a light & crispy base, smothered in luscious fresh ingredients ready to be savoured. Choose between exquisitely regular or thin.

★ **MEDITERRANEAN** 12.99
Pesto sauce, mozzarella, zucchini, feta cheese, black olives, hot green pepper, cherry tomatoes, arugula & freshly cut onion with chili oil on top



MEDITERRANEAN

BBQ CHICKEN 14.99
Barbecue sauce, cheese mix, grilled chicken, fresh mushroom, green bell pepper, coriander & black olives

MEAT CRAZE 14.99
Tomato sauce smothered in melted cheese mix & covered with a tasty mix of beef, onions & bell pepper. Topped with pepperoni, cherry tomatoes, fresh mushroom & diced green onion

FRESHLY BAKED wraps

All our wraps are handcrafted daily with our freshly baked flatbread upon order. You can customize your wrap by choosing between white, oat, multigrain & spinach flatbreads & either regular or thin.



FAMOUS CHICKEN

★ **FAMOUS CHICKEN** 11.99
Our national marriage of roasted chicken with melted cheese mix, crisp lettuce, tomato, crunchy pickles & garlic sauce. Love at first bite!

SPIZY CHICKEN 11.99
Tasty marinated chicken with melted cheese mix, bell pepper, onions, spinach & our popular home-style spizy sauce

★ **GREEN BAKED FALAFEL** 8.99
Modernizing an original: Delicately spiced falafel mix baked on fresh spinach flatbread & wrapped with tahini sauce, tomato, pickled turnip, fresh mint, lettuce & radish, garnished with freshly chopped parsley

BBQ STEAK 12.49
Seasoned prime beef with bell pepper, melted cheese mix, onions, spinach & our special bbq sauce

★ **HALLOUMI BACON** 11.99
Our mouth-watering invention! Halloumi cheese paired with crunchy bacon topped with tomato & mayo. Wrapped in our oat flatbread

★ **MIGHTY KAFTA** 12.49
Delicious ground beef mixed with Mediterranean spices, diced onion & parsley, known as kafta, wrapped with melted cheese, tomato & mayo on top



CHICKEN TAWOUK



HALLOUMI BACON

★ **SHAWARMA STEAK** 12.49
The taste of a Lebanese street food tradition with our twist: specially marinated tender beef shawarma mixed with tomato, our freshly chopped parsley mix & tahini sauce

★ **CHICKEN TAWOUK** 10.99
Delicious chicken prepared in traditional marinade until tender & flavourful, known as tawouk. Grilled to perfection & paired with crispy thin cut fries, crunchy pickles & garlic sauce. This wrap is a street food hallmark



MIGHTY KAFTA

SPECIALTY COLD wraps

CAESAR'S GREEN 12.49
Irresistible roasted chicken mixed with our special homemade caesar sauce, topped with crunchy bacon bits, lettuce, spinach & Parmesan cheese. Wrapped in our spinach flatbread
* Half Wrap 6.99

CHICKEN LIGHT 10.99
Irresistible chicken topped with tomato, lettuce, pickles & light garlic sauce. Wrapped in our multigrain flatbread
* Half Wrap 6.25

TURKEY & CHEESE 10.49
A savoury combination of smoked deli turkey topped with slices of cheese, pickles, lettuce, tomato & mayo mustard sauce. Wrapped in our oat flatbread
* Half Wrap 6.25

AMAZING TUNA 9.99
Our special tuna with light garlic sauce, tapenade, shredded lettuce, radish & slices of tomato. Wrapped in our multigrain flatbread
* Half Wrap 5.99

★ **LABNEH WRAP (YOGURT CHEESE)** 9.49
Traditional Lebanese sour cream cheese made from strained yogurt mixed with tapenade, tomato, cucumber & fresh mint. Wrapped in our oat flatbread
* Half Wrap 5.25

★ **HUMMUS & AVOCADO** 10.99
Our signature hummus on spinach flatbread with chilli spread, topped with avocado, tomato, olive oil, basil & a mix of grilled eggplant, bell pepper & sesame seeds
* Half Wrap 5.99

HAM & CHEESE 9.99
A lightweight take on deli ham with slices of cheese, crunchy pickles, crisp lettuce, tomato & mayo sauce for exciting & lively flavour. Wrapped in our oat flatbread
* Half Wrap 5.99



LABNEH WRAP



HUMMUS & AVOCADO

EGG SALAD WRAP 7.99
A tasty morning breakfast made of eggs & mayo, topped with tomatoes & lettuce. Wrapped in our oat flatbread
* Half Wrap 4.49

★ **WILD & CREAM CHEESE** 8.99
An all-time favourite: A blend of gently harvested wild thyme herb mixed with onion & tomato sauce & spread with cream cheese. Wrapped in our multigrain flatbread
* Half Wrap 4.99

★ **ZAATAR & HUMMUS** 8.99
Our signature hummus mixed with zaatar, topped with cherry tomato, fresh basil leaves & black olives. Wrapped in our oat flatbread
* Half Wrap 4.99

snacks & dips



HUMMUS

★ **HUMMUS**
The world's most authentic spread! This super-nutritious & high in fibre dip needs its own national anthem. Enjoy our homemade versions of a national dish anytime & anywhere
CLASSIC 5.99
Soft cooked chickpeas pureed with tahini sauce & fresh lemon juice the Mediterranean way

SPICY TOMATO 6.99
Classic Hummus combined with spiced tomato spread

AVO 7.99
Classic Hummus mixed with freshly mashed avocado

BEEF 7.99
Classic Hummus infused with delicious red beetroot

MULTIGRAIN CRACKERS 0.99
House-made multigrain mix freshly baked until crispy

VEGETARIAN PLANT-BASED LIGHT

★ **LABNEH DIP (YOGURT CHEESE)** 7.99
Traditional Lebanese sour cream cheese made from strained yogurt mixed with sesame seeds, served with cherry tomatoes & fresh mint. Garnished with flaxseed & olive oil

★ **TUNA TAJEN** 8.99
A tangy classic! Tuna mixed with sesame based tahini sauce & caramelized onions



TUNA TAJEN

★ **LENTIL DIP** 6.99
Home-style mashed lentils mixed with special spices & garnished with fresh basil leaves, sun-dried tomato & olive oil

BEAN PROTEIN POT 6.99
A diverse combination of protein rich flavours: Corn, green peas, white & black beans, cherry tomatoes, chickpeas & grilled bell pepper for a perfect snack

VEGGIE STICKS 4.49
Freshly cut carrot, cucumber & celery sticks paired with cherry tomatoes for a healthy snack. Best enjoyed with our selection of hummus dips

ICONIC SUPER-FOOD SPICY

rise & grind

EGG N' CHEESE 6.99

Fried eggs with melted cheese mix & mayo sauce. Wrapped in our freshly baked oat flatbread

SUNNY EGG' UP 8.99

Freshly baked oat flatbread covered with pesto sauce, topped with fried egg, cherry tomatoes, black olives & arugula. Garnished with mayo sauce

ADD

Ham, Turkey or Cheese 1.49 Bacon 1.75
Egg 1.49 Fresh Mushroom 0.49



SUNNY EGG' UP

manousheh

Served all day, this item is traditionally for breakfast! The manousheh is our hallmark dish & cultural staple made of freshly-baked flatbread seasoned with your choice of herbs, spices or toppings. It is a national emblem that will surely thrill your senses with new eclectic flavours. Choose between exquisitely regular or thin.



WILD ZAATAR

★ WILD ZAATAR 6.49

An earthy experience from the Mediterranean mountains: Our version of carefully harvested wild zaatar herb blended with diced onion & tomato sauce. Spread & baked on spot on multigrain flatbread

★ CLASSIC ZAATAR 4.99

Authentic ground zaatar mixed with toasted sesame seeds, sumac spice & oil that is spread evenly & baked on spot. This aromatic manousheh will unite your senses with the heart of our Mediterranean streets

★ ZAATAR & VEGGIES 6.99

Our classic zaatar with fresh tomato, cucumber & romaine lettuce



CLASSIC ZAATAR

★ ZAATAR & CHEESE 6.49

The best of both worlds: Zaatar on one half & traditional Mediterranean Akkawi cheese on the other

★ LAHMEH BI AJJINE (BEEF) 7.99

A classic: Minced beef meat blended with spices, diced onion & tomato, spread & baked to perfection the traditional Lebanese way



CHEESE

★ CHEESE 7.49

Simple soul food, the traditional salty Mediterranean Akkawi cheese manousheh spread on dough & baked to perfection

salads

★ QUINOA TABBOULEH 11.99

A light & fresh salad evolution: Enjoy a mix of chopped parsley paired with quinoa, diced tomato, green onion & fresh mint. Best enjoyed with our zesty tomato lemon dressing



ZOOZA

ZOOZA 12.99

A bright mix of lettuce, baked potato slices, black beans, boiled egg, cherry tomatoes, corn, black olives & tuna. Best enjoyed with mustard vinegar dressing

★ LENTILICIOUS 11.99

Freshly chopped kale with soft lentils, cherry tomatoes, radish, edamame beans & dried cranberries. Seasoned with cumin pepper & served with our zesty tomato lemon dressing



LENTILICIOUS

★ HEARTY KALE 11.49

Kale, cucumber, black olives, radish & Feta cheese cubes. Served with our lemon balsamic dressing

★ CAESAR DELUXE 11.99

Crisp romaine with grilled chicken, Parmesan cheese & oven baked flatbread crackers. Served with our special home-style caesar dressing

★ SEASONAL MIXED GREENS 9.99

A mix of fresh greens with vinegar oil dressing

★ CHICKEN KALE SALAD 12.49

Kale, dried apricots, flaxseed & grilled chicken. Served with our house-made lemon balsamic dressing



GUILT-FREE'KEH

★ Z FATTOUSH 10.99

Most favourable salad in our heritage! A colourful mix of lettuce, tomato, cucumber, fresh mint, parsley, diced green onion, green pepper & oven baked flatbread crackers. Best enjoyed with our house-made vinaigrette dressing

★ GUILT-FREE'KEH 10.99

Nutritious roasted & smoked green wheat mixed with spinach, shredded beetroot, chopped mint leaves, avocado & green fava beans. Topped with pumpkin seeds & served with our special lemon balsamic dressing

★ SUPER KALE 11.99

Kale, cucumber, black olives, radish, cherry tomatoes, black beans & avocado. Served with our lemon balsamic dressing

beverages

HOT

ORGANIC COFFEE 3.25

Enjoy premium organic fairtrade coffee by Republica Coffee Roasters. For dark roast lovers choose "The Perfect Storm" & for medium choose "Diabolique"

★ LEBANESE COFFEE 4.99

Unfiltered black coffee made of 100% Arabica beans. Available in Regular, Cardamom & Decaf. Served with nougat bite



LEBANESE COFFEE

ORGANIC TEA 2.99

A selection of rare & artisan teas by Silk Road. Choose between: English Breakfast, Earl Grey, Express Chai, Quench, Jade Spring, Sour Cherry, Philosopher's Brew or Angel Water

★ BLOSSOM INFUSION (CAFÉ BLANC) 2.99

A traditional Lebanese orange blossom infusion with lemon zest that creates a soothing caffeine-free beverage. Served with nougat bite

ESPRESSO 3.49

Served with energy bite

CAPPUCCINO 4.99

Served with energy bite

LATTE 4.49

Add Caramel or Hazelnut 0.99
Choose Almond milk 1.49

AMERICANO 3.99

MELTED CHOCOLATE 5.49

Our special house-made hot beverage made from melted rich chocolate chips swirled with warm milk. Some things are too good to have just once

CHILLED

JUICE 3.49

Orange or Apple

COLD-PRESSED JUICES 9.49

SKIN DEEP Strawberry, kiwi, apple & lemon

THE BASE Kale, cucumber, celery, pear, lemon & ginger

THE RED Dandelion, carrot, apple, beet, parsley & lemon

THE PROFILE Pineapple, apple, orange, pear, carrot & ginger

SMOOTHIES 3.99

Extreme Green, Mango & Passion Fruit or Raspberry & Cherry

BOTTLED WATER 1.99

SPARKLING WATER 1.99

Melograno e Arancia, Aranciata or Limonata

LIQUOR

WINE LINDEMAN'S 250ml 8.99

WHITE Chardonnay 8.5%
RED Shiraz 9%

IMPORTED BEER 330ml 5.99

HEINEKEN Belgium Lager 5%

ENERGY DRINK 3.49

ICE TEA Small 1.99 Large 2.99

SOFT DRINKS 2.99

KOMBUCHA

PURE + 500ml 5.49

Blackberry Charcoal or Raspberry Lemon

BUCHA BREW 355ml 4.99

Ginger or Green tea

ICED LATTE 4.49

Add Caramel or Hazelnut 0.99
Choose Almond milk 1.49

LOCAL BEER 33 ACRES 330ml 5.99

OCEAN Pale Ale 5.3%

SUNSHINE French Blanche 5%

DARKNESS German Black Lager 5%

VEGETARIAN

PLANT-BASED

LIGHT

ICONIC

SUPER-FOOD

SPICY

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Prices are in Canadian dollars excluding (GST) 5% & (liquor tax) 10%

October 2019

NOTICE: Consuming raw or undercooked food like meat, poultry or eggs may increase the risk of foodborne illness. Prior to placing the order, make sure to inform the waiter of any food allergies you might have. Our items are prepared in a common kitchen where traces of wheat, milk, eggs, fish/shellfish, nuts, soy, sesame, mustard, celery & sulfite are present. We cannot guarantee any item is safe for a customer with food allergy. We can verify the raw ingredients we add to our recipes but we cannot verify neither ingredients found in manufactured products, nor prevent any cross contamination resulting from the environment. Our meat & poultry are Halal.