





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 or spinach flatbreads & either regular or thin.


★ **FAMOUS CHICKEN** 12.49
Our national marriage of roasted chicken with melted cheese mix, crisp lettuce, tomato, crunchy pickles & garlic sauce. Love at first bite!

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

★ **CHICKEN LIGHT** 11.99 
Irresistible chicken topped with tomato, lettuce, pickles & light garlic sauce. Wrapped in our multigrain flatbread

★ **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



★ **SPIZY CHICKEN** 12.49 
Tasty marinated chicken with melted cheese mix, bell pepper, onions, spinach & our popular home-style spizy sauce

BBQ STEAK 12.99
Seasoned prime beef with bell pepper, melted cheese mix, onions, spinach & our special bbq sauce

CHICKEN TAWOUK 11.99
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

★ **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

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




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

★ **GREEN BAKED FALAFEL** 9.99  
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 mix

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** 6.99 
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

WILD ZAATAR & 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 & topped with tomato & arugula. Wrapped in our multigrain flatbread


★ **CLASSIC ZAATAR** 5.49 
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** 7.49 
Our classic zaatar with fresh mint leaves, tomato, cucumber & black olives

ZAATAR & CHEESE 7.49 
The best of both worlds: Zaatar on one half & traditional Mediterranean Akkawi cheese on the other

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

HALLOUMI 8.49 
You can't go wrong with the famous halloumi cheese

★ **LAHMEH BI AJJINE (BEEF)** 8.99 
A classic: Minced beef meat blended with spices, diced onion & tomato, spread & baked to perfection the traditional Lebanese way

CHEESE 8.49 
Simple soul food, the traditional salty Mediterranean Akkawi cheese manousheh spread on dough & baked to perfection



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.



ULTIMATE CHEESE 11.99 
For the cheese lovers! Tomato sauce covered with melted cheese mix

PEPPERONI 12.99
Our special tomato sauce with mozzarella cheese, topped with premium pepperoni & fresh mushroom

MEDITERRANEAN 13.99  
Pesto sauce, mozzarella, zucchini, feta cheese, black olives, hot green pepper, cherry tomatoes, arugula & freshly cut onion with olive oil on top


★ **CHEESY KAFTA** 14.99
Delicious ground beef mixed with Mediterranean spices, diced onion & parsley, known as kafta, spread & baked with cheese mix. Topped with tomato & mayo

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



rise & grind ALL DAY BRUNCH!


EGGS YOUR WAY 10.99 
3 baked eggs: Sunny side up or Omelette. Served with freshly baked bread, fresh mint, tomato, cucumber & black olives on the side

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
Fulfill your appetite with a larger size topped with 2 fried eggs 11.99

KAFTA SUPREME 10.49
Delicious ground beef mixed with Mediterranean spices, diced onion & parsley, known as kafta, spread on white flatbread & baked with cheese mix. Topped with fried egg, cherry tomatoes, chili paste & mayo. Garnished with arugula & sesame seeds.
Fulfill your appetite with a larger size topped with 2 fried eggs 15.99

HALLOUMI PAN 14.99 
It's hard to resist our baked halloumi cheese slices. Served with freshly baked bread, fresh mint, tomato, cucumber & black olives on the side

LABNEH PLATE (YOGURT CHEESE) 12.99 
Traditional sour cream cheese drizzled with olive oil & served with freshly baked bread, fresh mint, tomato, cucumber & black olives on the side

YOU CAN ADD
Fresh Mushroom 0.49 Cheese 1.49 Turkey 1.49
Bacon 1.75 Egg 1.49



kickstarters

★ LEVANTINE LENTIL SOUP 5.99

A wonderful home-style blend of Mediterranean flavours in your bowl: A Heart-healthy mix of lentils with fresh carrots & vegetables

TOMATO VEGGIE SOUP 6.49

Blended local tomatoes with fresh celery & vegetables

GREEN PEA & KALE SOUP 6.49

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 3.49 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!

FRIES & CHEESE 6.49

Set out on a sensational saga of crispy fries topped with our special melted four cheese mix. Served with sour cream dipping sauce



LEVANTINE LENTIL SOUP



FRIES & CHEESE

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



QUINOA TABBOULEH

★ Z FATTOUSH 11.99

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



QUINOA HALLOUMI



LENTILICIOUS

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

SUPER KALE 11.99

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

ZOOZA 12.99

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

HEARTY KALE 11.49

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

CHICKEN KALE SALAD 12.99

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

QUINOA HALLOUMI SALAD 11.99

Quinoa, grilled vegetables, beans, peas, slices of cherry tomatoes, topped with grilled halloumi cubes, chia seeds & pumpkin seeds. Served with our unique tomato lemon dressing

snacks & dips

★ 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 5.49

Soft cooked chickpeas pureed with tahini sauce & fresh lemon juice the Mediterranean way

SPICY TOMATO 5.99

Classic Hummus combined with spiced tomato spread

AVO 6.49

Classic Hummus mixed with freshly mashed avocado

BEET 6.49

Classic Hummus infused with delicious red beetroot

★ LABNEH DIP (YOGURT CHEESE) 7.99

Traditional Lebanese sour cream cheese made from strained yogurt mixed with sesame seeds & served with cherry tomatoes. Garnished with flaxseed & olive oil



CLASSIC

AVO

BEET

SPICY TOMATO

HUMMUS

desserts

As sweet as the smile that these delicious desserts will put on your face. There's nothing simple about the flavours that are sure to make your world a little bit better!



KNEFEH IN THE PAN

★ KNEFEH IN THE PAN 12.99

A sizzling delight: melted cheese with knefeh crumbs. Served with sugar syrup & sesame bread on the side

★ Z KNEFEH 8.99



A tasteful explosion to say the least! Our modern twist on tradition, home-style sweet sesame flatbread with melted cheese & knefeh crumbs, drizzled with your choice of maple or orange blossom syrup

★ CHOCOLATE & BANANA 6.99

Mmm... Melted hazelnut milk chocolate spread, topped with slices of banana. Nuts are optional

HALAWAH 7.99

Sweet sesame based Halawah wrapped in our freshly baked flatbread & drizzled with your choice of:

Nutella chocolate hazelnut spread 
Carob molasses 



HALAWAH

DESSERT CUPS

★ CHICK-O-LATE HUMMUS 6.99

A lovely blend of chickpea puree with soymilk, cocoa & maple syrup



CHICK-O-LATE HUMMUS

★ MEGHLEH (PUDDING) 5.99

Sweet rice pudding spiced with aromatic anise, caraway & cinnamon. Garnished with shredded coconut, pine nuts, walnut & almond

CHEESECAKE 6.49

Our famous soft cheesecake with any sweet flavour of your choice: Sweet Strawberry, Apricot Cheer or Very Blueberry

★ ASHTALIEH (PUDDING) 5.99

Enjoy a Lebanese childhood favourite! A traditional cream pudding dessert topped with nuts & your choice of maple or orange blossom syrup

CHOCOLATE MOUSSECAKE 5.99

A delicious mix of chocolate cake & chocolate mousse

beverages

HOT

ORGANIC COFFEE (FREE REFILL) 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 house-made energy 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 house-made energy bite

ESPRESSO 3.49

Served with house-made energy bite

CAPPUCCINO 4.99

Served with house-made energy bite

LATTE 4.99

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

ORANGE JUICE 3.99

SMOOTHIES 3.99

Extreme Green, Mango & Passion Fruit or Raspberry & Cherry

ICED TEA Small 2.49 Large 2.99

ICED LATTE 4.99

Add Caramel or Hazelnut 0.99
Choose Almond milk 1.49

FRESH YOGURT 3.49

Add probiotic strength to your diet by drinking soothing fresh yogurt with a pinch of salt

SOFT DRINKS 2.99

SPARKLING HERBAL TEA 3.49

Berry, Hibiscus, Lemon Ginger & Mint

KOMBUCHA

PURE + 500ml 5.49

Blackberry Charcoal or Raspberry Lemon

BUCHA BREW 355ml 4.99

Ginger, Passion fruit, Raspberry, Pineapple or Mango

SPARKLING BEVERAGE 2.99

Melagrano e Arancia, Aranciata, Limonata or Aranciata Rossa

BOTTLED WATER 2.49

LIQUOR

WINE 6 oz 7.99

House white or House Red 12%

IMPORTED BEER 330 ml 5.99

HEINEKEN Belgium Lager 5%

LOCAL CRAFT BEER 33 ACRES 330 ml 5.99

OCEAN Pale Ale 5.3%

SUNSHINE French Blanche 5%

DARKNESS German Black Lager 5%

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.


Beef & Chicken are Halal Certified.

 VEGETARIAN

 PLANT-BASED

 LIGHT

 ICONIC

 SUPER-FOOD

 SPICY

   /zaatarwzeitca WWW.ZAATARWZEIT.CA

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

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