

Brunch menu

Our food works best when shared!

Meze

1 meze dip with 1 pita \$8
4 meze dips with 2 pitas \$24
(Substitute for carrots and cucumbers)

Labaneh (GF) (NF)

Sheep and cow yogourt, za'atar, confit garlic, grated tomato

Baba ghanoush (GF) (NF)

Fire-roasted eggplant, labaneh, tahini, herbs

Hummus (V) (GF) (NF)

Chickpeas, tahini, parsley, paprika

Fried eggplant (V)

Tomato-gochujang marinade, red onion, bell peppers, walnuts (contains gluten)

Beet tahini (V) (GF)

Topped with cashew dukkah

White tahini (V) (GF) (NF)

Confit garlic, grated tomato, za'atar, olive oil

Walnut and lemon pesto (V) (GF)

Basil, walnuts, lemon, parsley, garlic

Sundried tomato tapenade (V) (GF) (NF)

Olives, capers, garlic, rosemary

Hummus

Served with a warm pita
(Substitute for carrots and cucumbers)

Classic hummus (V) (GF) (NF) \$19

Chickpeas, white tahini, parsley, schug

Truffle mushroom hummus (V) (GF) (NF) \$22

Classic hummus bowl topped with soy-glazed button mushrooms, parsley, schug and truffle oil

Chicken shawarma hummus (NF) \$24

Pickled onion, white tahini, parsley, schug

Salads

Parallel salad (GF) \$22

Kale, napa cabbage, yams, black lentils, goat cheese, walnuts, mint, scallions, beet tahini, lemon and honey vinaigrette

Fattoush salad (V) \$21

Red onion, bell pepper, tomato, cucumber, chickpeas, radishes, za'atar, parsley, olives, toasted almonds, white tahini, sumach dressing, pita chips

Falafel

(V) (GF) (NF)

2-pc/\$8 | 4-pc/\$14 | 6-pc/\$19 | 9-pc/\$27
Fresh herbs, chickpeas, white tahini

(V) Vegan

(GF) Gluten-free

(NF) Nut-free

PARALLEL®

All dishes are made in a facility that contains nuts and sesame

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Hot

Shakshuka (GF) (NF) \$19

2 poached eggs, tomatoes, bell peppers, onions, spices

Served with white tahini and warm pita

Hot surface

Can substitute eggs for tofu

+ merguez sausage (GF) \$9

+ goat cheese \$4

+ extra egg \$3

Herb omelette (GF) (NF) \$21

3 eggs, fresh herbs, butter

Served with labaneh, za'atar and house salad

Chicken schnitzel sandwich (NF) \$32

Schug mayo, garlic maple syrup, red onion, sumac and parsley

Served on shokopan (milk bread) with a side salad

Savoury knafeh (NF) \$22

Layers of spinach, goat cheese, diced tomatoes, onion and za'atar, topped with crunchy bites of shredded phyllo

Mushroom mix (V) (NF) \$21

Pan-seared mushrooms on a pita with caramelized onions, cauliflower tahini and za'atar

Topped with fresh arugula and red onion

Baharat beef and fried egg (GF) \$19

With caramelized onions, white tahini, sumac, almonds

Served with a warm pita

French toast \$18

Challah, pure tahini, maple syrup

Served with ice cream and fresh fruit

(V) Vegan

(GF) Gluten-free

(NF) Nut-free



House pickles (V) (GF) (NF) \$2.50

Cabbage, carrots, cauliflower, cucumber, red bell pepper, fresh tumeric, daikon

House salad (V) (GF) (NF) \$4

Mixed greens, carrots, pomegranate vinaigrette

Marinated olives (V) (GF) (NF) \$9

Mixed olives marinated in toasted spices and sliced lemon

Tofu (V) (GF) \$8

house teriyaki, smoky chipotle tahini, almond dukkah, scallions

Al's schug (V) (GF) \$2

House hot sauce

Pita (V) \$1.50

Carrots and cucumbers (V) (GF) \$4

Hard-boiled egg (GF) (NF) \$3

Extra chicken shawarma (GF) (NF) \$8

Cocktails

Orange/grapefruit mimosa \$14

Caesar cocktail \$16

Coffee and tea

Fresh mint tea \$4.75

Genuine tea selection \$4.75

Turkish coffee \$6

Espresso \$3.50

Americano \$3.75

Latte \$4.75

Tahini latte \$5.50

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