# 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 @F NF

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

# Baba ghanoush @F NF

Fire-roasted eggplant, labaneh, tahini, scallions

# Hummus V GF NF

Chickpeas, tahini, parsley, paprika

#### Fried eggplant $\heartsuit$

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

#### Beet tahini (V) (GF)

Topped with almond dukkah

#### White tahini V @F 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

# **Falafel**

(V) GF) NF)

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

# PARALLEL.



# Salads

#### Parallel salad @ \$22

Kale, napa cabbage, sweet potato, 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, sumac dressing, pita chips

# **Hummus**

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

## Classic hummus $\bigcirc \mathbb{P} \mathbb{N}$ \$19

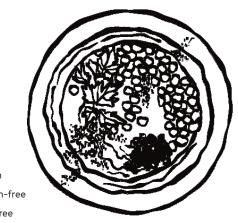
Chickpeas, white tahini, parsley, schug

#### Truffle mushroom hummus (V) (4F) (NF) \$22 Classic hummus bowl topped with soy-glazed

button mushrooms, parsley, schug and truffle oil

## Chicken shawarma hummus ©F NF \$24

Pickled red onion, white tahini, parsley, schug



V Vegan

(GF) Gluten-free

**NF** Nut-free

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

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# Hot

#### **Arais** \$27

3-piece, grilled pita stuffed with juicy beef and pistachio, served with herby green rice, tomato tahini and pickles

#### Chicken schnitzel (NF) \$32

Sourdough-panko crusted chicken breast served with a fresh dill potato salad, sherry vinegar coleslaw, honey mustard and schug mayo

#### Butter miso sesame salmon (GF) (NF) \$38

Oven roasted salmon topped with sesame seeds paired with pan-seared asparagus and snow peas, fried capers and miso tahini (Substitute for New/School Foods plant-based salmon (v))

#### **Hungarian Kebab** \$39

Served with roasted tomato tahini, fried harissa potatoes, sumac onions and a grilled pita (extra kebab: \$15)

# Veg

#### Warm fried cauliflower salad (V) @F \$21

Herb salad, currants, toasted almonds, pomegranate glaze and cauliflower tahini

#### Mushroom mix (V) NF) \$21

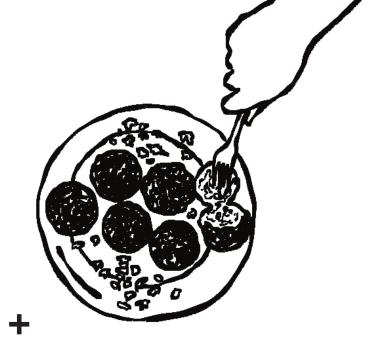
Pan-seared Mushrooms on a pita with caramalized onions, cauliflower tahini and za'atar. Topped with fresh arugula and red onion

## Savoury knafeh (NF) \$22

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

# PARALLEL.





House pickles (V) (GF) (NF) \$5

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

**Tofu** (V) (F) \$8

Marinated in our house teriyaki, topped with smoky chipotle tahini, almond dukkah and scallions

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

Thyme, lemon, cumin seeds, coriander seeds, olive oil

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

Al's original fiery Yemenite schug will add a spicy kick to your meal

**Pita** (V) (NF) \$1.50

From our Ozery family bakery

Carrots and cucumbers (V) GF (NF) \$4 Perfect for dipping

Hard-boiled egg © NF \$3

Side chicken shawarma @ NF \$12

Ask us about our dessert menu!

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**(GF)** Gluten-free

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