



PHONE **203.348.1400**
 (FAX YOUR LUNCH OR DINNER ORDER TO 203.348.1404)

ORDER ONLINE www.myrnaskitchen.com

🌱 VEGAN 🌿 VEGETARIAN 🍷 GLUTEN-FREE

MYRNA'S HEALTHY COMBOS

GLUTEN-FREE — SUBSTITUTE RICE FOR ORGANIC QUINOA OR ORGANIC BROWN RICE — ADD \$3

	<i>Lunch</i>	<i>Dinner</i>
🌱 PROTEIN COMBO Hummus, Avocado, Falafel, Tomato & Cucumber Salad and Organic Boiled Egg	14.95	17.95
🌱 VEGETARIAN COMBO Hummus, Baba Ghannuj, Falafel, Lima Beans and Taboulé Salad	11.95	15.95
🌱 FALAFEL COMBO Served over Rice with Hummus and Taboulé Salad	11.95	15.95
GRILLED CHICKEN COMBO Served over Rice with Hummus and Taboulé Salad	11.95	15.95
CHICKEN KEBAB (SOUVLAKI) COMBO Served over Rice with Hummus and Taboulé Salad	11.95	15.95
CHICKEN GYRO COMBO Served over Rice with Hummus and Taboulé Salad	11.95	15.95
LAMB GYRO COMBO Served over Rice with Hummus and Taboulé Salad	11.95	15.95
LAMB KEBAB (SOUVLAKI) COMBO Served over Rice with Hummus and Taboulé Salad	15.95	18.95
BEEF KAFTA KEBAB COMBO Served over Rice with Hummus and Taboulé Salad	12.95	16.95
BEEF KIBBÉ COMBO Served over Rice with Hummus and Taboulé Salad	12.95	16.95
SHRIMP COMBO Served over Rice with Hummus and Taboulé Salad	15.95	17.95
SALMON COMBO Served over Rice with Hummus and Taboulé Salad	15.95	18.75

MYRNA'S HEALTHY SALAD BOXES

	<i>Lunch</i>	<i>Dinner</i>
🌱 FALAFEL SALAD BOX Mediterranean Salad with Lentils, Falafel and Tahini Sauce	12.95	16.95
🍷 ORGANIC MESCLUN SALAD BOX with Grilled Chicken or Lamb Gyro	11.95	15.95
🍷 MEDITERRANEAN SALAD BOX with Grilled Chicken or Lamb Gyro	12.95	16.95
🍷 GREEK SALAD BOX with Grilled Chicken or Lamb Gyro	13.95	17.95
🍷 ISRAELI SALAD BOX with Grilled Chicken or Lamb Gyro	12.95	16.95
CAESAR SALAD BOX with Grilled Chicken or Lamb Gyro	11.95	16.95
🍷 CABBAGE SALAD BOX with Grilled Chicken or Lamb Gyro	11.95	16.95
🍷 AVOCADO SALAD BOX with Grilled Chicken or Lamb Gyro	13.95	17.95
🍷 FRESH BEET SALAD BOX with Grilled Chicken or Lamb Gyro	13.95	17.95
🍷 FRESH MOZZARELLA SALAD BOX with Grilled Chicken or Lamb Gyro	13.95	17.95
🍷 QUINOA SALAD BOX with Grilled Chicken or Lamb Gyro	13.95	17.95
🍷 SHRIMP SALAD BOX Mesclun, Grilled Shrimp, Tomato, Roasted Peppers, Avocado, Lemon Vinaigrette	14.95	18.95
🍷 SALMON SALAD BOX Romaine Heart, Tomato, Cucumber, Quinoa, Lemon Vinaigrette	16.95	18.95

ADD TO BOX:	Feta Cheese	2	Lentils with Rice	4	Lamb Gyro	5	Grilled Chicken	5
	Avocado	4	Organic Brown Rice	4	Lamb Kebab	8	Chicken Gyro	5
	Falafel	4	Organic Quinoa	4	Grilled Shrimp	8	Chicken Kebab	6
	Organic Boiled Egg	3	Grape Leaves (Veg)	4	Grilled Salmon	8	Beef Kafta Kebab	6

DESSERT \$6 BAKLAVA HALVA FRESH FRUIT CHOCOLATE CAKE CHEESE CAKE

DELIVERY AND TAKE-OUT MENU LUNCH AND DINNER

WE DELIVER TO GREENWICH, STAMFORD, DARIEN, NORWALK, ROWAYTON,
NEW CANAAN AND SURROUNDING TOWNS



🌱 Vegan
 🌿 Vegetarian
 🍷 Gluten-Free

Fresh, Healthy Greek-Lebanese Cuisine

PRIVATE AND CORPORATE CATERING

MONDAY TO FRIDAY 8AM TO 8PM
SATURDAY - SUNDAY CLOSED (OPEN FOR CATERING ONLY)

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1234 EAST MAIN STREET (RTE 1) STAMFORD, CT 06902
 OFF EXIT 9 (STAMFORD - DARIEN LINE) FACING THE WWE BUILDING

HEALTH

ENERGY


WELLNESS

SOUP & SALADS

  LENTIL SOUP OR CHICKEN SOUP	5.95
  ORGANIC MESCLUN SALAD with House Vinaigrette	8.95
  MEDITERRANEAN SALAD (Fattoosh) Romaine, Diced Tomato, Cucumber, in Lemon Vinaigrette	9.95
 GREEK SALAD Romaine, Tomato, Cucumber, Red Onion, Olives, Pepperoncini and Feta, Balsamic Vinaigrette	11.95
  ISRAELI SALAD with Parsley and Red Onion in a House-Made Garlic-Lemon Vinaigrette	10.95
 CAESAR SALAD Romaine, Parmesan Cheese and Croutons, Caesar Dressing	9.95
  CABBAGE SALAD Shredded Cabbage, Tomato and Parsley in a House-Made Garlic Lemon Vinaigrette	9.95
  AVOCADO SALAD Romaine, Tomato, Cucumber, Bacon, Avocado, Balsamic Vinaigrette	11.95
  FRESH BEET SALAD Beet, Mesclun, Corn, Gorgonzola Cheese, Balsamic Vinaigrette	11.95
 FRESH MOZZARELLA SALAD Mesclun, Tomato, Roasted Peppers, Fresh Mozzarella, Basil Vinaigrette	11.95
  ORGANIC QUINOA SALAD Romaine, Diced Tomato, Cucumber, Quinoa, Raspberry Vinaigrette	11.95

HOMEMADE DRESSINGS (EXTRA DRESSING 1.00) :

House Balsamic, Garlic - Lemon, House Dressing, Caesar, Ranch, and Tahini Brushetta

	Feta Cheese	2	Lentil with Rice	4	Lamb Gyro	5	Grilled Chicken	5
	Avocado	4	Organic Brown Rice	4	Lamb Kebab	8	Chicken Gyro	5
	Falafel	4	Organic Quinoa	4	Grilled Shrimp	8	Chicken Kebab	6
	Organic Boiled Egg	3	Grape Leaves (Veg)	4	Grilled Salmon	8	Beef Kafta Kebab	6

PITA WRAPS (Fresh, Low Calorie & Fat-Free)

WHOLE-WHEAT OR GLUTEN-FREE WRAPS (ADD 1.00)

  VEGGIE Hummus, Lettuce, Tomato & Olives	8.95	GRILLED CHICKEN with AVOCADO Bacon, Lettuce, Tomato & Chipotle Mayo	10.95
  HUMMUS Lettuce & Taboulé Salad	9.95	GRILLED CHICKEN with FRESH MOZZARELLA, Roasted Peppers, Lettuce, Tomato & Pesto Sauce	10.95
  AVOCADO Hummus, Spinach, Tomato & Cucumber	10.95	GRILLED CHICKEN with FRESH BEETS Mesclun Salad, Gorgonzola & Balsamic	10.95
  FALAFEL Hummus, Lettuce, Tomato, Pickles & Tahini	8.95	CHICKEN KEBAB Hummus, Lettuce, Tomato & Tzatziki	9.95
  FALAFEL DELUXE Hummus & Taboulé Salad	9.95	CHICKEN KEBAB DELUXE Hummus, Taboulé & Tzatziki	10.95
  FALAFEL EGGPLANT Hummus & Taboulé Salad	10.95	CHICKEN FALAFEL Hummus, Taboulé & Tahini Sauce	10.95
LAMB GYRO Hummus, Lettuce, Tomato, Onion & Tzatziki	9.95	CHICKEN EGGPLANT Hummus & Taboulé Salad	10.95
LAMB KEBAB SOUVLAKI Hummus, Lettuce & Tomato	12.95	GREEK CHICKEN Lettuce, Tomato, Feta, Olives & Balsamic	10.95
BEEF KAFTA KEBAB Hummus, Lettuce & Tomato	9.95	CHICKEN GYRO Hummus, Lettuce, Tomato & Tzatziki	9.95
BEEF KIBBÉ DELUXE Hummus & Taboulé Salad	10.95		
MYRNA'S CHICKEN Garlic, Pickles & French Fries	9.95		

ASK FOR OUR CATERING SHOWCASE ITEMS & MORE

KEBABS & GYROS (PLAIN)

GRILLED CHICKEN	7.00	HUMMUS, BABA GHANNUJ, TABOULÉ SALAD, FETA SHANKLEESH, LABNÉ, QUINOA, CHICKPEA SALAD, YOGURT & CUCUMBER SALAD, LENTILS WITH RICE, FAVA BEANS, LIMA BEANS	
CHICKEN KEBAB (Souvlaki)	8.00		
CHICKEN GYRO	7.00		
KAFTA KEBAB (Keftedes)	8.00		
LAMB GYRO	8.00		
LAMB KEBAB (Souvlaki)	10.00		
GRILLED SHRIMP	9.00		
GRILLED SALMON	10.00		

SERVED WITH DIPPING SAUCE & PITA

BY THE POUND \$10			
FALAFEL	18	BEEF KIBBÉ	28
SPINACH PIE	18	MEAT PIE	18
GRAPE LEAVES (VEG)	18	GRAPE LEAVES (MEAT)	24

APPETIZERS

 **VEGAN**  **VEGETARIAN**  **GLUTEN-FREE**



















  HUMMUS Plain, with Garlic or Spicy – Chickpea Tahini Dip	8.95
 HUMMUS With Lamb Gyro, Chicken Gyro	10.95
  BABA GHANNUJ Plain, with Garlic or Spicy – Eggplant Tahini Dip	8.95
 TABOULÉ SALAD Chopped Parsley, Tomato, Scallions, Bulgur Wheat, Fresh Lemon Juice and EVOO	8.95
  QUINOA TABOULÉ SALAD Chopped Parsley, Tomato, Scallions, Quinoa, Fresh Lemon Juice and EVOO	11.95
 FETA SHANKLEESH Feta, Tomato, Onions and Dried Thyme	8.95
 LABNÉ (CHEESE SPREAD) Pasteurized Cheese Topped with Mint and EVOO	8.95
 YOGURT AND CUCUMBER SALAD House-Made Yogurt (from fresh milk), Diced Cucumber, Mint and Garlic	8.95
  GRAPE LEAVES (HAND-ROLLED) – VEGETARIAN (5 PCS)	8.95
 ZA'ATAR (THYME) PANINI with Tomato	7.95
 FALAFEL (4 PCS) Chickpeas, Fava Beans, Cilantro and Garlic	8.95
BEEF KIBBÉ (4 PCS) Lean Beef Mixed with Bulgur Wheat, Stuffed with Beef Tips and Onion	9.95
 SPINACH PIE – FATAYER (4 PCS) Triangle-Shaped Dough Filled with Spinach, Onion and Herbs	7.95
MEAT PIE – LAHMAJEEN (4 PCS) Square-Shaped Dough Filled with Beef, Tomato, Onion and Herbs	7.95
 LENTILS WITH RICE – MUJADARA with Carmelized Onions	8.95
  FAVA BEANS Sautéed with Garlic, Lemon and Extra Virgin Olive Oil (my favorite)	7.95
  LIMA BEANS Cooked in a Tomato-Cilantro Sauce	7.95
  CRISPY CAUIFLOWER with Tahini Dipping Sauce	9.95
 SHRIMP D'AZUR Warm Shrimp à la Provençale, Tomato, Avocado, over Greens with Lemon Vinaigrette	14.95

ENTRÉES

GLUTEN-FREE – SUBSTITUTE RICE FOR ORGANIC QUINOA OR ORGANIC BROWN RICE – ADD \$3

  VEGETARIAN COMBO PLATTER Hummus, Baba Ghannouj, Falafel, Lima Beans and Taboulé Salad	16.95
  VEGETARIAN LIMA BEANS PLATTER Served over Rice in a Tomato-Cilantro Sauce	16.95
MYRNA'S COMBO PLATTER Hummus, Baba Ghannouj, Kibbe, Falafel and Mediterranean Salad	17.95
BEEF KAFTA KEBAB PLATTER Two Skewers of Kafta Kebab (Keftedes) with Grilled Vegetables over Rice	20.95
CHICKEN KEBAB SOUVLAKI PLATTER Two Skewers of Chicken with Grilled Vegetables over Rice	18.95
CHICKEN GYRO PLATTER Served over Rice with Hummus, Tzatziki and Greek Salad	18.95
LAMB GYRO PLATTER Served over Rice with Hummus, Tzatziki and Greek Salad	18.95
LAMB KEBAB PLATTER Two Skewers of Lamb with Grilled Vegetables over Rice	22.95
MIXED KEBAB PLATTER Chicken Kebab, Beef Kafta and Lamb Skewers, Served with Vegetables over Rice	24.95
COUSCOUS WITH CHICKEN KEBAB Two Skewers of Chicken over Pearl Couscous	19.95
COUSCOUS WITH LAMB GYRO Served over Vegetable Pearl Couscous	19.95
COUSCOUS WITH LAMB KEBAB Two Skewers of Lamb over Pearl Couscous	22.95
SHRIMP KEBAB PLATTER Served over Vegetable Pearl Couscous	22.95
GRILLED SALMON PLATTER Served over Vegetable Pearl Couscous and Sautéed Spinach	23.95

SIDES

  GRILLED VEGETABLES	7	  ORGANIC QUINOA	6	  VEGETABLE COUSCOUS	6
  SAUTÉED SPINACH	6	  ORGANIC BROWN RICE	4	  OLIVES & PICKLES	5
  CHICKPEA SALAD	6	  WHITE RICE & NOODLES	4	  FRENCH FRIES	4

EXTRA SAUCES: GARLIC, TAHINI, TZATZIKI, BRUSCHETTA OR HOT SAUCE 1.00 PITA BREAD 1.00

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE
THOROUGHLY COOKING MEATS, POULTRY, SHELLFISH AND EGGS REDUCES THE RISK OF FOODBORNE ILLNESS