

## FOR SHARING

HOUSE BREAD (295 cal, 8 g protein) Homemade bread 3.95€

PITA BREAD (239 cal, 7.5 g protein) Pita bread 1€

SEASONAL VEGETABLE SOUP (120 cal, 3 g protein) Chef's seasonal vegetable cream 3.95€

BRAVAS POTATOES (480 cal, 8.3 g protein) Roasted potatoes with mayonnaise and spicy sauce (NO FRYER) 6.95€

HOUSE HUMMUS (328 cal, 6 g protein) Hummus cream with cooked chickpeas, olive oil, served with pita bread 6.95€

ROASTED EGGPLANT (267 cal, 3 g protein) Roasted eggplant with vegetable ratatouille and tahini 7.25€

GRILLED ARTICHOKE (126 cal, 1 g protein) Grilled artichokes with lemon and chimichurri sauce with spices (olives and tomato sauce) 10.95€

LABNEH SKEWER (286 cal, 6 g protein) Homemade skewer with labneh cheese, tomato, and za'atar 5.95€

GREEK DOLMA - grape leaves stuffed with rice (243 cal, 3 g protein) Served with Greek sauce 3.95€

LABNEH CREAM (93 cal, 8 g protein) Homemade cheese cream with olive oil and za'atar 6.95€ ROASTED VEGETABLES (225 cal, 3 g protein) 8.95€

EGG SALAD (372 cal, 25 g protein) Hard-boiled egg salad with mayonnaise and mustard 5.95€

RUSSIAN SALAD WITH TUNA (342 cal, 10 g protein) Salad of cooked vegetables, mayonnaise, and tuna 5.95€

CHICKEN FINGERS (367 cal, 25 g protein) 5 Chicken fillet with breadcrumbs and sesame (NO FRYER) 10.95€

## PLATES:

CHICKEN BREAST WITH RICE AND BEANS (732 cal, 72 g protein) (FULL PROTEIN) 14.95€

HOUSE CHICKEN WITH POTATOES AND BROCCOLI (590 cal, 60 g protein) Smoked house chicken with lemon, roasted potatoes, steamed broccoli 14.95€

CRISPY CHICKEN WITH QUINOA AND VEGETABLES (551 cal, 52 g protein) Crispy chicken with breadcrumbs and sesame (no frying) 14.95€

CHICKEN SHAWARMA (512 cal, 42 g protein) Chicken shawarma in Mediterranean style with "mejadra" (rice with cooked lentils and roasted vegetables) 14.95€

MEAT SHAWARMA (755 cal, 55 g protein) Meat shawarma in Mediterranean style with "mejadra" (rice with lentils) 14.95€

MIXED SHAWARMA OF MEAT AND CHICKEN 14.95€

GULASH WITH COUSCOUS (786 cal, 50 g protein) Goulash (meat cubes with vegetables and tomato sauce) with couscous 14.95€

KEBOB WITH POTATOES AND BROCCOLI (695 cal, 32 g protein) Meat empanada with lamb fat served with roasted potatoes and steamed broccoli 14.95€

"MUSAKA" (665 cal, 32 g protein) Eggplant stuffed with meat in tomato sauce with couscous and cooked vegetables 14.95€

SALMON WITH POTATOES AND BROCCOLI (375 cal, 27 g protein) Salmon fillet with lemon and peppers, roasted potatoes, and steamed broccoli 18.95€

COD FILLET (400 cal, 37 g protein) Cod in tomato sauce, quinoa, and roasted vegetables 16.95€

MERLUZA FILLET (396 cal, 40 g protein) Hake with amoz, white beans, and tomatoes 16.95€

VEGAN RATATOUILLE (414 cal, 19 g protein) Couscous or quinoa with vegetable ratatouille and chickpeas 12.95€

FALAFEL WITH COUSCOUS AND ROASTED VEGETABLES (326 cal, 7 g protein) Chickpea falafel (NO FRYER) 12.95€

Shakshuka with Eggplant (586 cal, 22 g protein) - homemade tomato sauce with a fried egg, roasted eggplant, cheese, and Jala bread 13.95€

SALADSGREEK SALAD (360 cal, 12 g protein) – Fresh vegetables of cucumber, tomato, green pepper, red onion, feta cheese, Kalamata olives, olive oil, za'atar, lemon – 8.95€

TABBOULEH SALAD (546 cal, 10 g protein) – Fresh salad of cucumber, tomato, onion, quinoa, parsley, cilantro, mint, lemon, and olive oil – 6.95€

SWEET POTATO SALAD WITH LENTILS AND FETA CHEESE (525 cal, 19 g protein) – With parsley, sesame, and sweet chili sauce, arugula – 8.95€

BOCAMUNDO SALAD (456 cal, 16 g protein) – Caesar shawarma salad with lettuce, chicken shawarma, croutons, cheese, red onion, olives, and tahini sauce – 8.95€

BABAGANOUSH - EGGPLANT SALAD (248 cal, 4 g protein) – Smoked eggplant, tahini, lemon, garlic, parsley, olive oil – 6.95€

TUNA SALAD (250 cal, 10 g protein) – Tuna salad with tomato, lettuce, red onion, tahini sauce, olives, and cucumber – 8.95€

"SABIH" SALAD (520 cal, 12 g protein) – Eggplant, hard-boiled egg, and chickpeas. A salad with high protein and fresh vegetables – 8.95€

## BOCA STYLE

SHAWARMA PITA (595 cal, 30 g protein) – Pita with beef and chicken, classic tahini, curry tahini, fresh vegetable salad, pickles, and parsley – 10.95€

SMOKED MEAT KEBAB PITA (586 cal, 32 g protein) – Pita with smoked meat patty, classic tahini, curry tahini, roasted tomato, pickles, pickled onion, and parsley – 10.95€

"SABIH" EGGPLANT PITA (365 cal, 12 g protein) – Pita with eggplant, hard-boiled egg, tomato, tahini, and parsley – 8.95€

JALA PULLED SMOKED MEAT (586 cal, 32 g protein) – Jala with pulled smoked meat, aioli, chimichurri, barbecue, roasted tomato, garlic confit, and pickles – 13.95€

CRISPY CHICKEN JALA (535 cal, 25 g protein) – Jala with crispy chicken fillet, eggplant, homemade tomato sauce, classic tahini, and lettuce – 11.95€

"ANTI PESTO" JALA WITH ROASTED VEGETABLES AND FETA CHEESE (392 cal, 10 g protein) – 10.95€

BOREKAS (2 Units) (353 cal, 21 g protein) – 2 units of baked filo pastry filled with: Cheese / Spinach and cheese / Potatoes with mushrooms – 6.95€

XXL VEGAN BOREKAS (387 cal, 10 g protein) – Puff pastry with spinach accompanied by olives and tahini – 6.95€

## KID'S MENU

BOLOGNESE PASTA / CHICKEN FINGERS 3 U + POTATOES

(kids)(Includes drink, dessert, and game) – 8.95€

## CHEF'S DESSERTS

Ask the Waiter – 6.50€

