

APPETIZERS

CLASSIC HUMMUS SM \$6 LG \$8
Our homemade puree of fresh chickpeas, garlic, tahini sauce, freshly squeezed lemon juice, extra-virgin olive oil and sea salt.

JALAPENO & CILANTRO HUMMUS SM \$6 LG \$8
An excellent homemade, tahini-free hummus with fresh cilantro, seedless jalapenos, freshly squeezed lemon juice and sea salt.

ROASTED RED PEPPER HUMMUS SM \$6 LG \$8
Our fabulous tahini-free blend of chick peas, roasted red peppers, freshly squeezed lemon juice, extra-virgin olive oil and sea salt.

HUMMUS WITH GRILLED CHICKEN SM \$7 LG \$9
Your choice of hummus with grilled chicken topped with pine nuts.

BABA GHANNOUGE SM \$6 LG \$8
A smoked eggplant puree with tahini sauce, freshly squeezed lemon juice and sea salt.

WILD FLAVORS SAMPLER \$8
Enjoy any four dips (any flavor of hummus, Baba Gannouge and/or Tzaziki) with a side of vegetables, pita bread or pita chips.

TZAZIKI SM \$6 LG \$8
Our delicious yogurt and cucumber dip mixed with thyme and other herbs.

SPANAKOPITA \$4
Fresh spinach and feta cheese stuffed into crisp layers of fillo dough.

CAPRESE \$8
Fresh mozzarella layered with tomatoes and basil, drizzled in olive oil and balsamic vinegar.

FALAFEL PLATTER \$8
Crispy and delicious garbanzo bean croquettes on a bed of greens with tomatoes, onions, cucumbers, pickles and tahini sauce.

GARLIC DIP SM \$4 LG \$6
A mix of extra-virgin olive oil, freshly squeezed lemon juice, garlic and mashed potatoes.

WILD SMOKED SALMON \$10
A flavorful taste of smoked salmon served with Greek yogurt and Pico de Gallo.

SPINACH 4-CHEESE QUESADILLA \$8
White tortilla with melted mozzarella, cheddar, feta and swiss cheese, topped with spinach and crisped to deliciousness.

SALADS

AVOCADO, TOMATO AND MOZARELLA SALAD \$10
Sliced avocado, tomato and mozzarella beautifully arranged on a plate with bowtie pasta, topped with fresh basil, pine nuts and a light mustard vinaigrette dressing.

MEDITERRANEAN SALAD S \$7.5 L \$10
A bed of romaine lettuce topped with green and red bell peppers, black olives, cucumber, tomatoes, and red onion with feta cheese in a lemon olive oil vinaigrette.

MIXED GREEN SALAD S \$7.5 L \$10
Mixed greens tossed in our house dressing with tomatoes, carrots, red onion, cabbage, golden raisins and cheddar cheese, topped with our homemade pita chips.

CEASAR SALAD S \$7.5 L \$10
Romaine lettuce with tomatoes, cucumber, parmesan cheese and crutons tossed in a Caesar dressing.

FRESH SPINACH & AVOCADO SALAD S \$7.5 L \$10
Fresh Spinach tossed in a low-fat creamy dressing with avocados, tomatoes, and hard-boiled eggs.

LENTIL & SPINACH SALAD S \$7.5 L \$10
A wonderful, earthy spinach salad with lentils, onions and celery cooked and seasoned with garlic and cumin.

BABY SPINACH & MIXED BERRY SALAD S \$7.5 L \$10
Fresh baby spinach with mixed seasonal berries dressed in a raspberry vinaigrette.

TABOULI SALAD S \$7 L \$10
Fresh chopped parsley with tomatoes, green onions, and bulgur wheat with olive oil and lemon juice.

KALE & BEET SALAD S \$7.5 L \$10
Fresh kale salad with chopped and sautéed beets topped with caramelized walnuts, dressed in our delicious in-house dressing.

COLD PITAS & WRAPS

TUNA ALA MEXICANA \$8

A delicious albacore tuna blend with our home-made Jalapeno-Cilantro Hummus served on a bed of lettuce, topped with tomatoes, onion, sprouts and cucumber with a side of Pita Bread.

LEBNA WRAP \$7

Delightful Greek Yogurt with tomato, and cucumber with a touch of olive oil and Mediterranean herbs.

TABOULI ALA ITALIANA \$7

Our homemade sun-dried tomato pesto spread and fresh Tabouli Salad topped with avocado served with Pita Bread.

THE WILD TURKEY WRAP \$8

Turkey, lettuce, tomatoes, onion, and cheddar cheese sprinkled with olive oil with our homemade Jalapeno Pesto.

HOT "PITANINIS" & WRAPS

SUN-DRIED TOMATO PESTO PITANINI \$9

Your choice of Tuna or chicken with Sun-Dried Tomato Pesto, provolone cheese, tomatoes and onions between two pieces of pita bread grilled Panini style.

JALAPENO PESTO PITANINI \$9

Your choice of Tuna or chicken with Jalapeno Pesto, provolone cheese, tomatoes and onions between two pieces of pita bread grilled Panini style.

GYRO WRAP \$7

Our fresh gyro beef wrapped in our fresh pita bread with mixed greens, pickles, onions, tomatoes and tzaziki sauce.

SPICY CHICKEN WRAP \$9

Spicy grilled chicken marinade mixed with rice, mixed beans, squash, cauliflower, broccoli, tomatoes and onion.

FOUR SEASONS VEGGIE WRAP \$8

Pita bread stuffed with a mix of fresh spinach, roasted red peppers, zucchini, onion, mushroom and broiled eggplant, with a side of tzaziki sauce or olive oil vinaigrette.

FALAFEL PITANINI \$6

Crispy croquettes of garbanzo beans with cilantro, spinach, onions, and tomatoes grilled Panini style with your choice of tzaziki or tahini sauce on the side.

THE WILD GLT \$9

Gyro meat with lettuce, tomato, avocado and our delicious home-made Vegan Spinach Dip on whole grain bread.

SOUPS

TOMATO-BASIL SOUP CUP \$5 BOWL \$7

Wonderful freshly ripened tomatoes and organic basil with a rich taste you cannot resist!

LENTIL SOUP CUP \$5 BOWL \$7

Our traditional, delicious and healthy lentil soup combines red lentils, chopped tomatoes and onions, with a broth made of wild flavors.

WOOD-FIRED PIZZAS

PESTO CHICKEN \$12

Pesto sauce with mozzarella cheese, grilled chicken, sun-dried tomatoes and pine-nuts.

SPINACH & ARTICHOKE \$12

Spinach-Artichoke sauce topped with grilled chicken, sautéed spinach, artichoke and mozzarella cheese.

VEGGIE DELIGHT \$11

House tomato sauce with mozzarella cheese, onion, broccoli, spinach and mushrooms.

FOUR CHEESE PIZZA \$11

Mozzarella cheese, Pecorino cheese, Fontina cheese, and Gorgonzola cheese with garlic, topped with our fresh, organic parsley.

BBQ CHICKEN \$12

Barbequed chicken with smoked gouda cheese, Mozzarella cheese, barbeque sauce and sliced red onion sprinkled with fresh cilantro.

CHIPOTLE CHICKEN \$12

Mozzarella cheese with excellent chipotle chicken, red onion and grilled jalapenos topped with fresh cilantro.

HAWAIIAN \$12

Our house tomato sauce, mozzarella cheese, fresh pineapple, chicken and turkey bacon.

MARGHERITA PIZZA \$11

Our house tomato sauce, mozzarella cheese, oregano and basil.

ENTREES

CHICKEN FANTASIA \$10

(SUBSTITUTE CHICKEN W/SHRIMP: \$12)

Chicken with sautéed garlic, fresh red and green bell peppers and onions covered in our house tomato sauce, served over rice with a side of pita bread.

PAPARDELLI PASTA \$11

Papardelli Pasta with a delicious creamy rosemary sauce and sautéed mushrooms.

PUTTANESCA \$12

(SUBSTITUTE CHICKEN W/SHRIMP: \$14)

Wild, marinated grilled chicken with chopped tomatoes, capers, extra-virgin olive oil and Mediterranean herbs served on linguini pasta.

GRASS-FED BEEF TACOS \$12

Our grilled tortillas with chopped steak, cotija cheese, Pico de Gallo, avocado and sour cream.

Served with a side of mixed beans.

RICE BOWL \$10

Your choice of tofu, chicken or shrimp mixed with sautéed vegetables in a Kung-Pao sauce, topped with toasted sesame seeds and avocado.

TOFU KABOB \$13

An excellent and flavorful tofu kabob served with rice or the house salad, with a side of our home-made vegan Spinach & Artichoke dip.

WOOD FIRED SOCKEYE SALMON WITH SPRING VEGETABLES \$15

Grilled Salmon topped with sorrel served with young carrots, baby corn cobs, sugar snap peas, green beans, zucchini, and squash.

WILD POLLO FRESCO \$10

Chicken served on a bed of rice with tomatoes, black beans, sweet corn and garlic, served with a side of pita bread.

WILD MAHI MAHI \$15

Oven grilled fish served over your choice of a spring salad or bed of hummus, topped with diced tomatoes with a side of Bahamanian sauce and pita chips.

SHRIMP KABOB \$13

Our delicious marinated shrimp kabob served with rice or our house salad, with a side of Jalapeno Pesto or Sun-dried Tomato Pesto.

KUNG-PAO PASTA \$11

Classic Kung-Pao sauce with garlic, green onion, pine-nuts and red hot chilies over spaghetti noodles.

CHICKEN KABOB \$11

Our delicious marinated and grilled chicken served with rice or our house salad, with a side of Jalapeno Pesto or Sun-dried Tomato Pesto.

SIDE DISHES

MASHED POTATOES \$4 ORGANIC SAUTEED SPINACH \$5
ASPARAGUS \$4 ORGANIC MIXED BEANS \$4
ORGANIC BROCCOLLI \$4 LENTILS \$ RICE \$4
ORGANIC BEETS \$3 BROWN RICE \$3
ORGANIC SAUTEED VEGGIES \$4 BASMATI RICE \$3

DOCTOR HUMMUS PITA CHIPS \$4
Plain - Garlic - Rosemary - Cinnamon & Sugar

BEVERAGES

COKE - DIET COKE - DR PEPPER - SPRITE
HI-C FRUIT PUNCH - FANTA ORANGE \$2.75

FRESH LEMONADE \$2.75
ICED TEA \$2.75
ICED JASMINE TEA \$3

Check out our Coffee & Smoothie menu on the table for a list of fruit smoothies, coffees,
and espresso-based drinks!

DESSERTS

TIRAMISU \$4 CHOCOLATE CAKE \$4
BAKLAVA \$3 PECAN TART \$4
FLOUR FREE CHOCOLATE
CAKE \$4 CARROT CAKE \$4