

Tabuleh CAFE

A Taste of the Mediterranean Diet

Call For Pickup

APPETIZERS

Hummus

Our famous recipe of creamy chickpea dip, tahini, and lemon juice.
Add Chicken or Lamb for 4.59 extra.

Baba Ghannouj

Dip of roasted eggplant blended with tahini, served with pita

Kibbe

Bulgur & Beef shells filled with ground beef, almonds and onions, served with a side of tzatziki sauce and lemon

Falafel

Chickpeas, veggies, fresh herbs and signature spices, pita and tahini

Spanakopita

Warm homemade spinach pie w feta

Stuffed Grape Leaves

Parsley, onions, rice, tomatoes and herbs

Mousaka

Deep fried eggplant with tomato garlic sauce

FRESH SALADS

Tabuleh

Finely chopped flat-leaf parsley, tomatoes, cucumber, onions, mint, lemon juice and olive oil, topped with bulgur

Grilled Fish Salad

Lettuce, tomatoes, onions, cucumber, feta cheese with your choice of fish: Mahi Mahi or Salmon

Mediterranean Chicken Salad

Lettuce, tomatoes, cucumber, onions, feta cheese w/ house dressing on the side

Trio Salad

Select any three fresh salads made daily from our deli case
(chicken, tabuleh or avocado salads are \$2 extra)



5.49



5.99



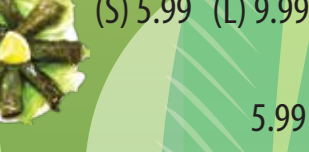
S (2) 5.99 L (4) 10.99



(6pc) 5.99 (12pc) 8.99



6.99



(S) 5.99 (L) 9.99



5.99



Soup & Salad
1 Soup & 1 Salad \$8.99
1 Soup \$3.99

9.99



12.99



10.99



8.99

ENTRÉES

Served with your choice of any two: rice pilaf, brown lentil pilaf, grilled veggies, soup, hummus, french fries, salad (excludes chicken salad)

Additional Skewers are 3.99 per Chicken, and 4.99 per beef or lamb

Kabobs

Lamb

Kafta (spiced ground beef)

Chicken

Shrimp

Combo (1 Lamb, 1 Chicken, 1 Kafta)

Shawarma Plate

Lamb & Onions

Beef

Chicken

Tandoori Chicken

Grilled Mahi or Salmon

PLATTERS

Middle Eastern Sampler

Platter of falafel, fattoush and hummus served with tahini sauce, pickles and pita

Greek Sampler Platter

Grape leaves, mousaka, and 1/2 of a spanakopita served with tzatziki

Veggie Platter

Hummus, Falafel, Stuffed Grape Leaves, Tabuleh and Baba Ghannouj with a side of Pickles, Tahini sauce and one Pita

HEALTHY WRAPS

Served in your choice of a pita pocket, pita wrap, spinach or tomato wrap, or a gluten-free wrap. Includes a side of salad or french fries.

(Salad choice excludes chicken salad. Tabuleh or Avocado salads are \$2 extra)

Famous Falafel Wrap

with lettuce, fattoush (cucumber & tomato salad), pickled turnip, and tahini sauce. Add fried eggplant or hummus for \$1 extra

Hummus & Tabuleh

Gyro

with lettuce, onion and tzatziki sauce

Lamb Shawarma

Thin-sliced lamb marinated and cooked in its own broth.

Layered with onion, pickles, tomatoes, lettuce and tahini.

Can be mixed w/ chicken on request.

Chicken Shawarma

Thin-sliced chicken marinated and cooked slowly in its own broth.

Layered with pickles, tomatoes, lettuce and tahini.



12.99



12.99



11.99



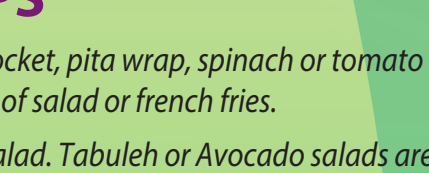
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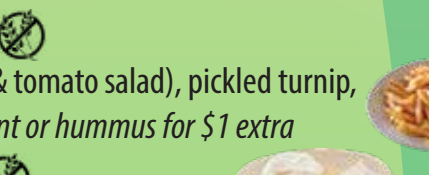
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12.99



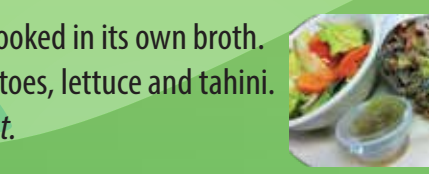
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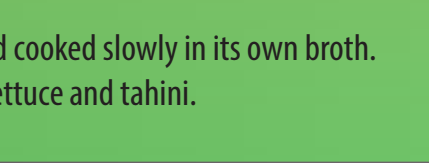
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11.99



12.99



12.99

Grilled Shrimp & Veggies

with hummus, lettuce and tomato

Grilled Veggies

with feta or hummus, lettuce and tomato.

Chicken in Tomato Wrap

Grilled Chicken, Lettuce, tomato, onion and tzatziki in a tomato wrap

Kafta Wrap

ground beef, onion, garlic, parsley and our house spice all mixed together then grilled, topped with hummus tomato and lettuce drizzled with tahini

Tandoori Chicken & Grilled Veggie

Chicken breast sautéed with Indian spices topped with grilled veggies, lettuce and tomato

10 Oz Black Angus Burger

Philly Cheese Steak

Available as Beef or Chicken

Falafel Burger

topped w/ hummus

FRESH JUICES & SMOOTHIES

6.99 16oz

Solar System

Green apples, orange, carrots

Galactic Green - 7.99

Shot of wheatgrass, kale, spinach, celery, parsley, cucumber, carrots, beets & green apples

Uranus Detox

Orange, lemon, lime, grapefruit, apple, ginger

Planet Cocktail

Carrot, apple, beets, lemon, ginger

Peanut Butter Smoothie

Apple, peanut butter, chia seeds, soy milk, honey

Sunshine Smoothie

Lemon, Orange, Banana, Pineapple

Berry Good Workout Smoothie

Strawberries, blueberries, honey, orange juice

Green Juice

Kale, apple, celery, ginger, lemon

Aloha Smoothie

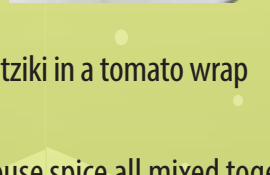
Strawberry, pineapple, blueberry, banana

Make Your Own Juice

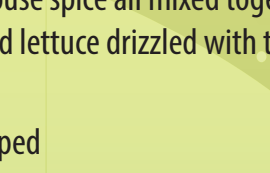
Make your own juice out of any of our fruits



10.99



8.99



8.99



9.99



9.99



8.99



8.99



7.99



Wheatgrass or Ginger Double-Shot: 3.99
1-Shot: 2.99

Turkish Coffee
1 Serving: 1.99
2 Servings: 2.99

Add-Ons
1.50 each

- Whey Protein
- Blackseed Oil
- Plain Yogurt
- Chia Seeds

Vegan

Gluten Free

1601 SE Federal Hwy.
Stuart, FL - 34990

www.PlanetOzone.com

Open for Breakfast, Lunch & Dinner!

Hours:

Mon-Friday: 6 AM - 10 PM

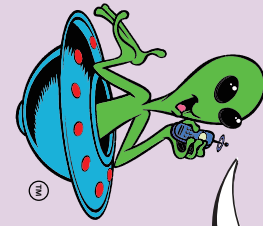
Friday-Saturday: 6 AM - 11 PM

Sunday: 10 AM - 9 PM



We Sell:

- Organic & Gluten-Free Groceries
- Imported Cheeses
- Groceries from:
 - The Middle-East
 - Asia
 - Italy
 - and a lot More!



Try one
of our great Juices!



Tabuleh
CAFÉ
Catch A Healthy Habit!



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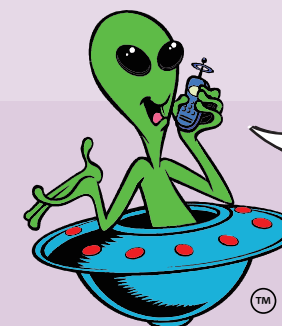
Tabuleh
CAFÉ
A Taste of the Mediterranean Diet
at



We'll Cater
To Any Type
Of Event!

All our meats are All-Natural,
Hormone/Antibiotic-Free
& Certified Halal!

772-403-2199



Your
Mediterranean
Diet Headquarters!