

# Parea Mediterranean Cuisine

## Classic Naan'za

**Four cheese naanza** – pizza sauce, local mozzarella, feta, parmesan & cheddar cheeses on a naan crust \$8.99, 470 Cals

**Bruschetta naan'za** – basil pesto & bruschetta on a naan crust \$7.99, 350 Cals

**Pepperoni naan'za** – pizza sauce, local mozzarella & pepperoni on a naan crust \$9.99, 500 Cals

**Canadian naan'za** – pizza sauce, local mozzarella, bacon bits, mushrooms & pepperoni on a naan crust \$9.99, 540 Cals

**Greek naan'za** – basil pesto, olives, tomato, peppers, onions, local feta & Greek dressing on a naan crust \$9.99, 360 Cals

## Craft Your Own Naan'za \$8.99

1. **Getting' saucy** – pesto 70 Cals, pizza sauce 30 Cals
2. **Pick up to 4 toppings** – mushrooms, olives, tomato, peppers, onion, arugula (0-40 Cals each)
3. **Add your protein** – Halal chicken \$3.79, 140 Cals, falafel \$3.79, 210 Cals, tofu \$3.79, 30 Cals
4. **Make it cheesy** – local parmesan \$2.49, 70 Cals, local feta \$2.49, 90 Cals, local mozzarella \$2.49, 110 Cals, local cheddar \$2.49, 120 Cals

**Make it a combo** – combo with a dole juice, 500ml milk, 591ml pop, 473ml bubbly or montellier slim water and a side salad Add \$4.99, 120-650 Cals

# Parea Mediterranean Cuisine

Served from 11am

## Classic Wraps, Salads & Sandwiches

**Caesar wrap or salad** – romaine, crispy bacon, croutons, local parmesan cheese & Caesar dressing \$7.99, 330 Cals

**Greek wrap or salad** – romaine, Kalamata olives, tomato, peppers, cucumber, red onion, local feta cheese & Greek dressing \$7.99, 170 Cals

**Chicken parmesan sandwich** – breaded Halal chicken, topped with tomato basil sauce, local mozzarella & baby arugula on a ciabatta bun \$10.99, 710 Cals

**Meatball sandwich** – meatballs, peppers, onions, tomato, local mozzarella & garlic sauce on a panini bun \$9.99, 740 Cals

**Pesto grilled vegetable panini** – pesto grilled vegetables, hummus, baby arugula, local feta cheese & balsamic glaze on a ciabatta bun \$7.99, 510 Cals

**Chicken shawarma** – Halal chicken shawarma strips, romaine lettuce, tomato, cucumber, onion & tahini garlic shawarma sauce in a naan wrap \$8.99 350 Cals

**Make it a combo** – combo with a dole juice, 500ml milk, 591ml pop, 473ml bubbly or montellier slim water and a side salad Add \$4.99, 120-650 Cals

## Craft Your Own Salad or Wrap \$7.99

1. **Choose your base** – salad or wrap
  2. **Pick up to 5 toppings** – romaine, mesclun mix, baby arugula, tomato, peppers, onion, cucumber, olives, mushrooms, bean medley (0-100 Cals each)
  3. **Add your protein** – Halal chicken \$3.79, 140 Cals, falafel \$3.79, 210 Cals, tofu \$3.79, 30 Cals
  4. **Make it cheesy** – local parmesan \$2.49, 70 Cals, local feta \$2.49, 90 Cals, local mozzarella \$2.49, 110 Cals, local cheddar \$2.49, 120 Cals
1. **Gettin' saucy** – Caesar, Greek, balsamic vinaigrette, Italian, ranch

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

MAKE IT A COMBO

Combo with a dole juice, 500ml milk, 591ml pop, 473ml bubly or montellier slim water and a side salad

Add \$4.99 (120 - 650 Cals)

CLASSIC NAAN'ZAS

FOUR CHEESE NAANZA



Pizza sauce, local mozzarella, local feta, local parmesan & local cheddar on a naan crust

\$8.99 470 Cals

BRUSCHETTA



Basil pesto & bruschetta mix on a naan crust

\$7.99 350 Cals

PEPPERONI

Pizza sauce, local mozzarella & pepperoni on a naan crust

\$9.99 500 Cals

CANADIAN

Pizza sauce, local mozzarella, bacon bits, mushrooms & pepperoni on a naan crust

\$9.99 540 Cals

GREEK

Basil pesto, olives, tomato, peppers, onions, local feta & Greek dressing on a naan crust

\$9.99 360 Cals

CRAFT YOUR OWN NAAN'ZA \$8.99


1. **GETTIN' SAUCY:** pesto (70 Cals), pizza sauce (30 Cals)

2. **PICK UP TO 4 TOPPINGS:**  
mushrooms, olives, tomato, peppers, onion, arugula (+0-40 Cals each)

3. **ADD YOUR PROTEIN:**  
Halal chicken \$3.79, 140 Cals  
falafel \$3.79, 210 Cals  
tofu \$3.79, 30 Cals

4. **MAKE IT CHEESY:**  
local parmesan \$2.49, 70 Cals    local mozzarella \$2.49, 110 Cals  
local feta \$2.49, 90 Cals        local cheddar \$2.49, 120 Cals

## CLASSIC WRAPS, SALADS & SANDWICHES

<b>CAESAR – WRAP OR SALAD</b>	<b>\$7.99</b>	<b>330 Cals</b>
Romaine, crispy bacon, croutons, local parmesan cheese & Caesar dressing		
<b>GREEK – WRAP OR SALAD</b> 	<b>\$7.99</b>	<b>170 Cals</b>
Romaine, Kalamata olives, tomato, peppers, cucumber, red onion, local feta cheese & Greek dressing		
<b>GARDEN – WRAP OR SALAD</b> 	<b>\$7.99</b>	<b>120 Cals</b>
Mesclun mix, tomato, peppers, cucumber & choice of dressing		
<b>CHICKEN PARMESAN SANDWICH</b>	<b>\$10.99</b>	<b>710 Cals</b>
Breaded Halal chicken, topped with tomato basil sauce, local mozzarella & baby arugula on a ciabatta bun		
<b>MEATBALL SANDWICH</b>	<b>\$9.99</b>	<b>740 Cals</b>
Meatballs, peppers, onions, tomato, local mozzarella & garlic sauce on a panini bun		
<b>PESTO GRILLED VEGETABLE PANINI</b> 	<b>\$7.99</b>	<b>510 Cals</b>
Pesto grilled vegetables, hummus, baby arugula, local feta cheese & balsamic glaze on a ciabatta bun		
<b>CHICKEN SHAWARMA</b>	<b>\$8.99</b>	<b>350 Cals</b>
Halal chicken shawarma strips, romaine lettuce, tomato, cucumber, onion & tahini garlic shawarma sauce in a naan wrap		

## MAKE IT A COMBO

Combo with a dole juice, 500ml milk, 591ml pop, 473ml bubly or montellier slim water and a side salad

**Add \$4.99 (120 - 650 Cals)**

## CRAFT YOUR OWN SALAD OR WRAP \$7.99

- 1. CHOOSE YOUR BASE:** salad or wrap
- 2. PICK UP TO 5 TOPPINGS:**  
romaine, mesclun mix, baby arugula, tomato, peppers, onion, cucumber, olives, mushrooms, bean medley (+ 0-100 Cals each)
- 3. ADD YOUR PROTEIN:**  
Halal chicken \$3.79, 140 Cals  
falafel \$3.79, 210 Cals  
tofu \$3.79, 30 Cals
- 4. MAKE IT CHEESY:**  
local parmesan \$2.49 , 70 Cals    local mozzarella \$2.49 , 110 Cals  
local feta \$2.49, 90 Cals        local cheddar \$2.49 , 120 Cals
- 5. GETTIN' SAUCY:**  
Caesar, Greek, balsamic vinaigrette, Italian, ranch