



## Appetizers

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### Vegetarian & Vegan Appetizers

#### Hummus Trio

Classic, roasted red pepper, and beet hummus served with gluten-free crackers and fresh veggies.

Chickpeas, Tahini, Red Pepper, Beets,  
Gluten-Free Crackers

#### Baba Ganoush

Creamy roasted eggplant dip with tahini, garlic, and lemon, served with cucumber slices.

Eggplant, Tahini, Garlic, Lemon,  
Cucumber

#### Persian Shirazi Salad

A refreshing mix of diced cucumber, tomato, red onion, and fresh herbs with lemon dressing.

Cucumber, Tomato, Red Onion, Fresh Herbs, Lemon

#### Crispy Zucchini Fritters

Made with grated zucchini, chickpea flour, and fresh herbs, served with a dairy-free yogurt dip.

Zucchini, Chickpea Flour, Fresh Herbs,  
Dairy-Free Yogurt

#### Roasted Cauliflower with Tahini Drizzle

Spiced, oven-roasted cauliflower with a creamy tahini dressing.

Cauliflower, Spices, Tahini

#### Muhammara (Red Pepper & Walnut Dip)

A smoky, slightly spicy Turkish dip made with roasted peppers, walnuts, and pomegranate molasses.

Roasted Red Peppers, Walnuts,  
Pomegranate Molasses

#### Stuffed Grape Leaves (Dolma)

Grape leaves filled with a lemony rice, herb, and pine nut mixture.

Grape Leaves, Rice, Herbs, Pine Nuts,  
Lemon

#### Avocado & Cucumber Rolls

Thin cucumber slices wrapped around avocado, shredded carrots, and fresh herbs.

Cucumber, Avocado, Carrots, Fresh Herbs

#### Turkish Lentil Kofte (Mercimek Köftesi)

Red lentil and bulgur-free koftes flavored with tomato and pomegranate sauce.

Red Lentils, Tomato, Pomegranate Sauce

#### Mini Stuffed Bell Peppers

Filled with quinoa, black beans, and Mediterranean spices.

Bell Peppers, Quinoa, Black Beans,  
Mediterranean Spices



## Seafood Appetizers

### Grilled Shrimp Skewers

Marinated in garlic, lemon, and sumac, served with a citrus dipping sauce.

Shrimp, Garlic, Lemon, Sumac, Citrus Dip

### Smoked Salmon & Avocado Bites

Gluten-free crackers topped with smoked salmon, avocado, and capers.

Gluten-Free Crackers, Smoked Salmon, Avocado, Capers

### Ceviche (Gluten-Free)

Fresh fish marinated in lime juice, mixed with mango, cilantro, and red onion.

Fresh Fish, Lime Juice, Mango, Cilantro, Red Onion

### Mediterranean Tuna Salad Lettuce Wraps

A light, protein-packed salad wrapped in crisp lettuce leaves.

Tuna, Olive Oil, Lemon, Fresh Herbs, Lettuce Leaves

### Turkish Garlic Shrimp (Karides Güveç)

Sautéed shrimp in a tomato and garlic sauce with fresh herbs.

Shrimp, Tomato, Garlic, Fresh Herbs

## Meat-Based Appetizers

### Lamb Kofta Skewers

Spiced ground lamb skewers served with a dairy-free tzatziki sauce.

Ground Lamb, Spices, Dairy-Free Tzatziki

### Stuffed Mushrooms with Ground Beef

Baked mushrooms filled with seasoned beef, herbs, and pine nuts.

Mushrooms, Ground Beef, Herbs, Pine Nuts

### Chicken Souvlaki Bites

Grilled, marinated chicken served with a lemon-oregano dressing.

Chicken, Lemon, Oregano

### Mini Beef Kebabs

Skewered ground beef with spices, served with a tangy sumac sauce.

Ground Beef, Spices, Sumac Sauce



## Main Course

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### Seafood Options

#### Grilled Lemon Herb Salmon

Fresh Atlantic salmon fillet marinated in lemon, garlic, and herbs, then grilled to perfection.

#### Seared Sesame-Crusted Tuna

Lightly seared tuna encrusted with toasted sesame seeds, served with a citrus soy glaze.

#### Baked Cod with Garlic and Paprika

Oven-baked cod fillet infused with garlic, smoked paprika, and a hint of olive oil.

#### Seared Tuna with Sesame Crust

Sushi-grade tuna lightly seared and coated with toasted sesame seeds, finished with a soy-ginger glaze.

#### Poached Halibut in Ginger Broth

Delicate halibut fillet gently poached in a fragrant ginger and lemongrass broth.

#### Grilled Salmon with Lemon and Herbs

Fresh Atlantic salmon marinated with olive oil, lemon zest, and oregano, then grilled to perfection.

#### Oven-Baked Tilapia with Lemon Butter

Light and flaky tilapia fillet baked with a zesty lemon butter glaze.

#### Poached Halibut in Ginger Broth

Halibut fillet gently poached in a fragrant ginger and lemongrass broth.

### Meat Options

#### Herb-Crusted Free-Range Chicken Breast

Oven-roasted chicken breast seasoned with fresh rosemary, thyme, and garlic.

#### Slow-Roasted Lamb with Mint Yogurt Sauce

Tender, slow-cooked lamb infused with Mediterranean spices, paired with a refreshing mint yogurt sauce.



### Lean Beef Tenderloin with Red Wine Reduction

Grass-fed beef tenderloin, pan-seared and finished with a delicate red wine glaze.

### Grilled Turkey Patties with Cucumber Yogurt Sauce

Lean turkey patties seasoned with Mediterranean spices, served with a cooling cucumber yogurt sauce.

### Slow-Roasted Lamb with Mint Sauce

Tender slow-cooked lamb infused with garlic and herbs, topped with a refreshing mint sauce.

### Roasted Chicken Breast with Rosemary

Juicy, oven-roasted chicken breast seasoned with fresh rosemary, garlic, and a touch of sea salt.

### Lean Beef Stir-Fry with Soy-Ginger Glaze

Sautéed lean beef strips tossed in a light soy-ginger sauce with a hint of sesame.

## Plant-Based Options

### Stuffed Bell Peppers with Quinoa & Black Beans

Vibrant bell peppers filled with a nutritious mix of quinoa, black beans, and fresh herbs.

### Mushroom & Lentil Wellington

A plant-based twist on a classic dish—savory mushrooms and lentils wrapped in flaky whole-wheat pastry.

### Grilled Tofu with Tamari Glaze

Marinated tofu grilled to perfection, drizzled with a tamari-ginger glaze.

### Cauliflower Steak with Chimichurri

Grilled cauliflower steak topped with a bright and tangy chimichurri sauce.

### Zucchini Noodles with Avocado Pesto

Fresh zucchini spirals tossed in creamy avocado pesto, garnished with cherry tomatoes and pine nuts.

### Grilled Halloumi with Roasted Peppers

Golden-brown halloumi cheese served with fire-roasted red peppers and balsamic glaze.

### Grilled Tofu with Tamari and Sesame Seeds

Firm tofu grilled and glazed with tamari sauce, sprinkled with toasted sesame seeds.

### Stuffed Bell Peppers with Quinoa and Black Beans

Bell peppers filled with a flavorful mix of quinoa, black beans, and fresh herbs.

### Eggplant Parmesan (Baked, Not Fried)

Layers of roasted eggplant, fresh tomato sauce, and light mozzarella, baked to perfection.

### Chickpea and Spinach Curry

A fragrant coconut-based curry with chickpeas, baby spinach, and aromatic spices.

### Mushroom and Lentil Stew

A hearty plant-based stew featuring slow-cooked mushrooms, lentils, and fresh thyme.

### Zucchini Noodles with Avocado Pesto

Zoodles tossed in a creamy avocado pesto sauce, topped with cherry tomatoes.

### Cauliflower Steak with Chimichurri

Thick-cut cauliflower steak grilled and drizzled with fresh chimichurri sauce.

### Tofu and Vegetable Stir-Fry

Crisp tofu stir-fried with colorful vegetables in a garlic-ginger sauce.





## Sides

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### Salads & Greens

#### Mediterranean Quinoa Salad

Quinoa, cherry tomatoes, cucumbers, red onions, parsley, and lemon vinaigrette

#### Greek Salad

Romaine, cucumbers, cherry tomatoes, red onions, feta cheese, Kalamata olives, and oregano dressing

#### Kale & Pomegranate Salad

Kale, pomegranate seeds, walnuts, and honey-lemon dressing

#### Cabbage Slaw

Shredded red and green cabbage, carrots, and apple cider vinaigrette

### Roasted & Grilled Vegetables

#### Grilled Asparagus & Lemon Zest

Char-grilled asparagus with olive oil and lemon zest

#### Roasted Sweet Potatoes

Lightly spiced with paprika and rosemary

#### Turmeric Cauliflower

Roasted cauliflower with turmeric and black pepper

#### Zucchini & Eggplant Medley

Grilled zucchini, eggplant, and bell peppers with balsamic glaze

### Grain & Legume-Based Sides

#### Lentil & Carrot Pilaf

Cooked lentils with shredded carrots, cumin, and garlic

#### Chickpea & Spinach Stir-Fry

Sautéed chickpeas with garlic, spinach, and cherry tomatoes

#### Brown Rice & Almond Pilaf

Brown rice cooked with almonds and herbs



## Dips & Spreads

### Hummus Trio

Classic, beetroot, and roasted red pepper hummus

### Tzatziki

Yogurt, cucumber, garlic, and fresh dill

### Baba Ganoush

Smoked eggplant dip with tahini and lemon

## Low-Carb & Keto-Friendly Sides

### Shirazi Salad (Persian Cucumber & Tomato Salad)

No grains, just fresh cucumbers, tomatoes, red onion, parsley, lemon, and olive oil

### Fennel & Orange Salad (Paleo-Friendly)

Fresh fennel, orange slices, and pomegranate with a light vinaigrette (moderate carb for paleo)

### Turkish Shepherd's Salad

Fresh tomatoes, cucumbers, bell peppers, and mint with sumac and olive oil (low-carb, keto-friendly)

Avocado & Chickpea Salad (Keto Option: Replace Chickpeas with Hemp Seeds or Nuts)

Mashed avocado, lime, olive oil, and herbs

## Grilled & Roasted Vegetables (Keto, Paleo, & Low-Carb)

### Za'atar Roasted Carrots (Paleo-Friendly, Not Strict Keto)

Roasted with za'atar and tahini drizzle (for keto, use roasted zucchini instead of carrots)

### Turmeric & Cumin Spiced Cauliflower

Roasted cauliflower with turmeric, garlic, and cumin (keto-friendly alternative to rice or grains)

### Harissa-Spiced Grilled Eggplant

A smoky and spicy grilled eggplant dish, perfect for keto and paleo

## Miso & Ginger Roasted Brussels Sprouts (Low-Carb, Paleo Option: Coconut Aminos Instead of Soy Sauce)

Grilled Zucchini & Halloumi Skewers  
(Keto & Low-Carb)

Lightly charred zucchini with halloumi  
cheese and fresh herbs

Cauliflower Rice with Lemon & Herbs

A great substitute for bulgur or quinoa

Broccoli & Almond Pilaf

Chopped broccoli with toasted almonds  
and olive oil as a grain-free side

Legume & Grain Substitutes for  
Keto/Paleo

(Since grains and legumes are not keto-  
friendly, these options replace them with  
low-carb alternatives)

Garlic & Lemon Roasted Mushrooms  
Sautéed with olive oil, garlic, and fresh  
parsley

Roasted Spaghetti Squash with Pesto

A keto and paleo alternative to grain-  
based sides

## Keto, Paleo & Low-Carb Dips & Spreads

Muhammara (Red Pepper & Walnut Dip,  
Keto Version: No Breadcrumbs)

Made with roasted red peppers, walnuts,  
and pomegranate molasses

Classic Baba Ganoush

Roasted eggplant blended with tahini,  
olive oil, and garlic (keto & paleo)

Beet & Yogurt Dip (Keto: Use Full-Fat  
Greek Yogurt, Paleo: Use Coconut  
Yogurt)

Persian-style beet dip with garlic

Cucumber & Mint Yogurt Dip (Keto:  
Full-Fat Yogurt, Paleo: Coconut Yogurt)

Cooling, fresh, and perfect with grilled  
meats



## Dessert

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### Fruit-Based Desserts

#### Berry Chia Pudding

Chia seeds soaked in almond milk, topped with fresh berries and coconut flakes.

#### Grilled Peaches with Honey & Pistachios

Caramelized peaches drizzled with honey and sprinkled with crushed pistachios.

#### Baked Cinnamon Apples

Stuffed with walnuts, raisins, and a touch of maple syrup.

#### Tropical Mango Coconut Sorbet

A dairy-free, sugar-free refreshing sorbet made with mango and coconut milk.

#### Poached Pears in Red Wine & Spices

A classic elegant dessert with warm spices and a hint of citrus.

### Chocolate & Nut Desserts

#### Flourless Chocolate Almond Cake

Made with almond flour, dark chocolate, and coconut sugar.

#### Hazelnut & Dark Chocolate Bark

Topped with sea salt and dried cranberries.

#### Avocado Chocolate Mousse

Blended with raw cacao, maple syrup, and vanilla.

#### Tahini Chocolate Energy Balls

Made with dates, cacao, and sesame tahini for a rich, nutty flavor.

#### Chocolate-Dipped Almond Butter Dates

Stuffed Medjool dates coated in dark chocolate.

### Nut-Based Desserts

#### Coconut Macaroons

Naturally gluten-free coconut bites, lightly sweetened with honey.

#### Pumpkin Spice Energy Balls

A blend of pumpkin purée, nuts, and warm spices.



### Almond Butter Fudge

A creamy dairy-free fudge made with almond butter and maple syrup.

### No-Bake Matcha Coconut Bars

A delicious mix of shredded coconut, matcha, and honey.

### Cashew Vanilla Cheesecake Bites

Mini raw cheesecakes with a cashew-coconut filling and a date-almond crust.

## Low-Carb & Keto-Friendly Desserts

### Keto Chocolate Mousse

A rich, creamy mousse made with coconut cream and stevia.

### Keto Almond Flour Brownies

Dense, fudgy brownies with no gluten or refined sugar.

### Lemon Coconut Fat Bombs

Made with coconut oil, lemon zest, and shredded coconut.

### Chocolate Peanut Butter Cups

Homemade peanut butter cups with a sugar-free chocolate coating.

### Avocado & Lime Tarts

A nut-based crust filled with creamy avocado-lime mousse.

## Protein-Rich Desserts

### Chocolate Protein Chia Pudding

Chia seeds mixed with almond milk, raw cacao, and plant-based protein powder.

### Coconut Protein Bites

A mix of shredded coconut, chia seeds, and vanilla protein.

### Peanut Butter Protein Balls

A mix of peanut butter, oats, flaxseeds, and protein powder.

### Chocolate Chickpea Protein Cookies

Made with chickpeas, cocoa powder, and honey for a high-protein snack.

### Almond Butter Protein Brownies

Flourless brownies made with almond butter and chocolate protein.

### Hazelnut Mocha Protein Fudge

A creamy, dairy-free fudge infused with coffee and hazelnuts.



### Greek Yogurt Berry Parfait

High-protein yogurt layered with berries and gluten-free granola. (Can be made dairy-free with coconut yogurt.)

### Matcha Protein Energy Bars

Made with matcha, almonds, and plant-based protein powder.

### Toasted Quinoa Chocolate Clusters

Crunchy quinoa mixed with dark chocolate and nuts for a protein boost.

### Pumpkin Spice Protein Muffins

Soft muffins with almond flour, pumpkin purée, and vanilla protein.

## Dairy-Free Desserts

### Coconut Milk Panna Cotta

A creamy, dairy-free version of the classic dessert with vanilla and fresh berries.

### Vegan Lemon Tart

A nut-based crust with a creamy lemon-coconut filling.

### Cashew Chocolate Mousse

Blended cashews, cacao, and maple syrup for a silky mousse.

### Dairy-Free Chocolate Chip Cookies

Made with almond flour, coconut oil, and maple syrup.

### Dairy-Free Raspberry Cheesecake Bites

A no-bake cheesecake made with a cashew-coconut filling.

### Strawberry Coconut Popsicles

Blended strawberries and coconut milk for a refreshing treat.

### Banana "Ice Cream"

Frozen bananas blended with almond butter and cocoa powder.

### Chocolate Avocado Pudding

A rich, creamy pudding with no dairy or refined sugar.

### Coconut Almond Bliss Bars

No-bake bars with shredded coconut, almonds, and dates.

### Chia Coconut Bars

A chewy, nutrient-dense bar with chia seeds, coconut, and honey.

