

# MENU

## PITAS

- DIVA PITA** \$9  
Antipasti (Zucchini, Eggplant, Bell Peppers), Arugula, Mozzarella, Parmesan, Pesto, Basil  
V WITHOUT CHEESE
- COPIA PITA** \$9  
Oven Roasted Veggies (Zucchini, Eggplant, Bell Peppers, Onion, Leek), Olive-Basil Sauce, Hummus, Parmesan, Basil  
V WITHOUT CHEESE
- CENA PITA** \$9  
Quinoa Patties, Hearty Mushrooms, Asparagus, Dijon Mustard  
V
- GAIA PITA** \$9  
Falafel, Red Pepper Hummus, Feta, Romaine, Tzatziki Sauce, Cilantro V WITHOUT SAUCE AND CHEESE
- ASIA PITA** \$9  
Sesame-Crusted Tofu, Asian Slaw, Mama Gaia Sauce, Cilantro V N

## PETITZZAS

- DIVA PETITZZA** \$7.50  
Antipasti (Zucchini, Eggplant, Bell Peppers), Tomato Sauce, Cheese
- CENA PETITZZA** \$7.50  
Hearty Mushrooms, Tomato Sauce, Cheese

## BOWLS

- CENA BOWL** \$12  
Quinoa, Hearty Mushrooms, Asparagus, Parsley GF V
- COPIA BOWL** \$11  
Quinoa, Oven Roasted Veggies (Zucchini, Eggplant, Bell Peppers, Onion, Leek), Olive-Basil Sauce, Parmesan, Basil GF V WITHOUT CHEESE

## SALADS

- DIVA SALAD** \$12  
Arugula, Antipasti (Zucchini, Eggplant, Red Bell Peppers), Balsamic Vinaigrette, Mozzarella, Parmesan, Basil GF V WITHOUT CHEESE
- GAIA SALAD** \$10  
Romaine, Falafel, Cucumbers, Feta, Tzatziki Sauce, Cilantro, Lemon Vinaigrette GF
- ASIA SALAD** \$9  
Romaine, Sesame-Crusted Tofu, Asian Slaw, Mama Gaia Sauce, Red Bell Peppers, Cilantro V N

## SIDES

- HAND-CUT BAKED FRIES** GF V Small \$3 / Large \$5
- SIDE SALAD** GF V \$3.50
- TOASTED PITA CHIPS WITH HUMMUS** V \$4.50
- GARDEN VEGGIES WITH HUMMUS** GF V \$5.50

## SOUP

- VEGGIE SOUP** GF V Cup \$4 / Bowl \$7

## KIDS

- GRILLED CHEESE PITA** \$4
- KID'S CHEESE PETITZZA** \$5

## BREAKFAST

- FIRESTARTER SMOOTHIE** GF V N \$7
- BERRY PARFAIT** GF \$7 + \$1 Deposit for Mason Jar
- APPLE-CINNAMON OATMEAL** GF V \$5

## DESSERT

- VARIOUS HOMEMADE SWEETS** \$3 ea / \$4 ea  
GF V N

## BEVERAGES

- ORGANIC AGAVE SODA** \$2.95  
COLA MEXICANA MANZANA (APPLE)  
LIMONE (LEMONADE) JAMAICA (HIBISCUS FLOWER)  
ROOT BEER Strawberry Rhubarb
- GREEN TEA LEMONADE** Homemade GF V \$2.95
- CHAI TEA LATTE** Homemade GF V \$4
- COFFEE** GF V \$2
- DECAF COFFEE** GF V \$2
- BOTTLED COLD-PRESSED JUICES** GF V \$7
- BOTTLED WATER** GF V 1.75 / \$2.50 / \$4.50

Please enjoy **ONE** refill on us!

V VEGAN GF GLUTEN FREE N CONTAINS NUTS

**Address** 1350 Concourse Ave, Suite 137 Memphis, TN 38104 **Call** 901.203.3838