



PGH GREEN & GRAINS CO.

Build Your Own

Base

2 Choices

Basmati rice

Brown rice

Quinoa

Pasta

Green Lentil

Green Grain Salad

Kale

Spinach

Arugula

Spring Mix

Lettuce

Mediterranean mix



Toppings

4 Choices

Cherry tomatoes

Carrot

Red Onion

Mixed pepper

Purple Cabbage

Broccoli

Radish

Beets

Mushroom

Mixed Olive

Kalamata Olive

Grilled corn

Kidney beans

Black beans

Edamame

Chickpeas

Banana pepper

Jalapeno pepper

Avocado (+\$1.99)

Fruit & Dips

1 Choice

Green Apple

Pineapples

Strawberry

Blueberry

Mango

Sweet Potatoes

2 Choices

Classic hummus

Red pepper hummus

Baba Ghanoush

Mutabel

Tzatzik

Stuffed Grapes Leaves

Sour cream



Seeds & More

2 Choices

Almonds

Walnut

Pecan

Sunflower seeds

Pumpkin seeds

Chia seeds

Flax seeds

Sesame seeds

Raisins

Figs

Dried cranberries

Dried Blueberries

Dried cherries

Dried Peaches

Pita chips

Tortilla Strips

Croutons

Mexican blend cheese

Feta cheese

Parmesan cheese

Cheddar cheese

Mozzarella cheese

Vegan cheese (+\$0.99)

Dressings & Sauces

1 Choice

House dressing

Fattoush dressing

Tahini dressing

Avocado dressing

Italian dressing

Honey Dijon mustard

Greek dressing

Ranch dressing

Cesar dressing

Chipotle dressing

Balsamic vinaigrette

Sesame dressing

Tahini sauce

Spicy tahini sauce

Garlic sauce

Spicy garlic sauce

Hot sauce (Harissa)

PLANT-BASED PROTEINS

Add-On

Steak fajita (+\$4.99)

Ground beef (+\$4.99)

Meatball (+\$4.99)

Grilled chicken (+\$4.49)

BBQ chicken (+\$4.49)

Buffalo chicken (+\$4.49)

Chicken fajita (+\$4.49)

Chicken tender (+\$4.49)

Falafel (+\$3.49)

Grilled veggie (+\$4.25)

Crispy tofu (+\$4.49)

Paneer (+\$4.49)

Halloumi (+\$4.49)

Hard-boiled egg (+\$0.99)



\$0.50 EXTRA BASE, TOPPINGS, FRUIT, SEED, DRESSING AND SAUCE

HEALTHY-VEGAN-VEGETARIAN-PLANT-BASED FOOD

4318 BUTLER ST PITTSBURGH PA 15201

WWW.GREENGRAINSPGH.COM



PGH GREEN & GRAINS CO.

Green Bowls

CUSTOMIZE IT WITH YOUR FAVORITE PROTEIN

HALLOUMI SALAD \$11.99

Lettuce, lentils, roasted sweet potato, chickpeas, Mediterranean mix and grilled halloumi, tossed in a tangy Mediterranean dressing.

MEXICAN SALAD \$9.99

Lettuce, tomato, grilled corn, avocado, mixed peppers, and jalapeños, topped with tortilla strips, cilantro, and a creamy avocado dressing

FATTOUSH SALAD \$8.99

A fresh mix of lettuce, cucumber, tomato, red onion, parsley, mixed peppers, and purple cabbage, topped with crispy pita chips and house dressing

CESAR SALAD \$8.99

Crisp romaine lettuce, crunchy croutons, and freshly grated Parmesan, tossed in a rich and creamy Caesar dressing

4318 BUTLER ST.
PITTSBURGH, PA 15201
412-932-2138

Grain Bowls

MEATBALL BOWL \$13.49

Tender plant-based meatballs served over a bed of fluffy rice, topped with tomato sauce

QUZI BOWL \$13.49

Fluffy rice tossed with seasoned ground plant-based beef, a hint of cinnamon, peas, and carrots

STEAK FAJITA BOWL \$13.49

Grilled plant-based steak with sautéed peppers and onions, served over fluffy rice

CHICKEN FAJITA BOWL \$12.99

Grilled plant-based chicken with sautéed peppers and onions, served over fluffy rice

MAKLOBA \$11.49

Fluffy rice layered with tender potatoes, eggplant, zucchini, mixed peppers, and carrots,



KOSHARY \$9.99

A hearty, flavorful Egyptian dish made with layers of rice, lentils, and macaroni, topped with crispy fried onions and drizzled with a tangy tomato sauce.

Add chicken for \$2.99

Green & Grains Bowls

FALAFEL BOWL \$12.99

Rice topped with Mediterranean salad, hummus, vegan baba ganoush crispy falafel, and drizzled with tahini sauce.

BUFFALO CHICKEN BOWL \$13.99

Buffalo chicken served over rice and lettuce, with Mediterranean salad and a sprinkle of fresh parsley.

BBQ CHICKEN BOWL \$13.99

Tender BBQ chicken served over rice and lettuce, with Mediterranean salad and a touch of fresh parsley.

TEX-MEX BOWL \$10.99

Rice topped with grilled corn, mixed peppers, jalapeño, cabbage, avocado, parsley, cilantro, drizzled with house dressing.

BAJA BOWL \$12.49

Rice topped with black beans, grilled corn, avocado, cilantro, parsley, and tomato, drizzled with chipotle dressing.

MEDITERRANEAN BOWL \$11.49

Quinoa with hummus, cucumber, tomato, red onion, chickpeas, Kalamata olives, pita chips, parsley, and sesame, topped with tahini sauce.

LENTIL TABOULI BOWL \$10.99

Lentils mixed with red onion, cucumber, parsley, and tomato, tossed in a light house dressing.

ASK OUR MEAL PREP PLANS STARTING AT \$10.99 PER MEAL

HEALTHY FRESH WHOLESOME



FRESH GREENS

PLANT-BASED MEAT

TASTY TOPPINGS,

ENDLESS OPTIONS



PLANT-BASED PROTEINS

Green & Grains Wraps

SUBSTITUTE CHEESE WITH VEGAN CHEESE FOR \$1.49

STEAK FAJITA WRAP \$12.49

Plant-based steak fajita with mixed peppers, lettuce, tomato, grilled corn and cheese.

CHICKEN FAJITA WRAP \$11.49

Plant-based chicken fajita with mixed peppers, lettuce, tomato, grilled corn and cheese.

CHICKEN TENDER WRAP \$11.49

Crispy chicken tenders with lettuce, tomato, and cheese.

CHICKEN CESAR WRAP \$12.99

Plant-based grilled chicken, lettuce, parmesan cheese, and creamy Caesar dressing.

PREMIUM FALAFEL WRAP \$12.99

Crispy falafel, grilled eggplant, hard-boiled eggs, Mediterranean salad, hummus, and tahini sauce.

FALAFEL PITA WRAP \$9.99

Mediterranean salad, crispy falafel, and creamy tahini sauce wrapped in fresh pita bread

MEDITERRANEAN PITA WRAP \$9.99

Mediterranean salad with feta, Kalamata olives, and hummus wrapped in fresh pita bread



PLANT-BASED PROTEINS

Quesadillas

SUBSTITUTE CHEESE WITH VEGAN CHEESE FOR \$1.49

VEGGIE QUESADILLA \$10.99

A warm, cheesy quesadilla filled with spinach, feta, tomato, mixed peppers, and olives for a savory, veggie-packed delight.

FALAFEL QUESADILLA \$10.99

A warm, cheesy quesadilla filled with crispy falafel.

BEEF QUESADILLA \$11.99

A warm, cheesy quesadilla filled with flavorful plant-based beef.

CHICKEN QUESADILLA \$11.49

A warm, cheesy quesadilla filled with fajita chicken.

Soups

ADD TO ANY BOWL OR WRAP(8 OZ) FOR \$2.49

8 OZ 12 OZ

LENTIL SOUP \$4.99 \$6.99

BROCCOLI CHEDDAR \$4.99 \$6.99

VEGETABLE SOUP \$4.99 \$6.99



**CREATE YOUR PERFECT BOWL
OR WRAP WITH A BASE OF GRAIN
OR GREENS. ADD YOUR FAVORITE
TOPPINGS, FRUIT, SEEDS,
SAUCES, AND MORE!**



**STARTING AT
\$9.49**



**LOOKING TO ELEVATE YOUR NEXT
EVENT WITH DELICIOUS FOOD? ASK
ABOUT OUR CATERING SERVICES!**

