



Build Your Own

\$11.49

Bowl

\$10.49

Saj Wrap

\$9.49

Pita



PGH GREEN & GRAINS CO.

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)

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)

PLANT-BASED PROTEINS



CONTAINS SOY



CONTAINS EGGS



CONTAINS DAIRY



CONTAINS GLUTEN



\$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



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

BEANS SALAD \$8.99

A colorful mix of mixed beans, chickpeas, cucumber, tomato, red onion, parsley, and grilled corn, tossed in a tangy Greek dressing.

QUINOA SALAD \$9.99

Quinoa paired with beet, arugula, parsley, tomato, cucumber, red onion, and feta cheese, drizzled with a light dressing.

PASTA SALAD \$8.99

Pasta mixed with tomatoes, cucumber, mixed peppers, red onion, and parsley, topped with a creamy sour cream dressing.

GREEK SALAD \$9.99

A refreshing mix of tomato, cucumber, red onion, mixed peppers, feta cheese, and Kalamata olives, tossed in a tangy dressing.



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 FAVORIT
TOPPINGS, FRUIT, SEEDS,
SAUCES, AND MORE!



STARTING AT
\$9.49



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EVENT WITH DELICIOUS FOOD? ASK
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