
Breakfast
\$9.99

Available Monday-Saturday 9am-11am, Sun 10am-12pm

All entrees are garnished with tomatoes, cucumbers, and sweet peppers. Served with a small coffee or tea, and your choice of banana, apple, bread, or soup

Omelet

Choose from the following options:

- Mushrooms and caramelized onions (VGT)
- Cheese (VGT)
- Spinach, Kalamata olives, caramelized onions, and feta (VGT)

House-made Basturma (seasoned, cured meat)

Your choice of beef basturma or chicken basturma served with eggs

Breakfast sandwich

Turkey bacon with eggs and caramelized onions on house-made French bread

Middle Eastern platter

Labna (Middle Eastern yogurt), hummus, and baba ghanouj, topped with olive oil, and served with falafel and bread (VGT)

Foule Platter

Foule (fava beans) on toast with egg, pickle, and onion (VGT)

Desserts

We always have something new in our pastry cases—the list below represents our tried-and-true standards.

House-made Vegan Desserts

Selection and prices vary

House-made French Macarons.....\$1.75

Selection varies

House-made Saffron Pudding

Rice pudding spiced with saffron, cardamom and cinnamon

Small.....\$1.49

Large.....\$2.79

Central Illinois Bakery Carrot Cake.....\$5.50

Carrot cake with cream cheese frosting

Central Illinois Bakery Chocolate Mousse.....\$5.50

Chocolate mousse tart encased in ganache

Muffins.....\$1.99

Choose from Strawberry Rhubarb or Blueberry Lemon

Gluten Free Cake Slices.....\$3.99

Choose from Cookies and Cream, Strawberry, or Chocolate

Baklava.....\$1.50

Traditional flaky pastry made with honey and nuts



Menu

306 W Springfield Ave
Urbana, Illinois
61801
217-328-1655

Sandwiches

Falafel Sandwich Wrap	\$2.99
Falafel, tahini, tomato, and cucumber served in flat bread (V)	
Falafel Sandwich	\$4.99
Falafel, hummus, and Jerusalem salad in warm pita bread (V)	
Hummus Sandwich	\$4.99
Hummus and Jerusalem salad in warm pita bread (V)	
Baba Ghanouj Sandwich	\$4.99
Fire-roasted eggplant blended with tahini, lemon juice, and parsley and Jerusalem salad in warm pita bread (V)	
Feta Cheese Sandwich	\$5.99
Feta cheese and Jerusalem salad in warm pita bread (VGT)	
Beef Shawarma Sandwich	\$6.99
Marinated beef and veggies wrapped in flatbread. Served hot.	
Turkey Sandwich	\$4.99
Turkey, cheese, lettuce, and tomato on house made bread.	
Roast Beef Sandwich	\$4.99
Roast beef, cheese, lettuce, and tomato on house made bread.	

Made-to-Order Sandwiches \$6.99

Available Monday-Saturday 9am-8pm, Sun 10am-6pm

Choose Bread

French Baguette
Seeded French Baguette
Whole Wheat
Flat Bread

Choose Protein

Chicken Basturami
Beef Basturami
Chicken Kebab
Beef Kebab
California Veggie Burger (V, contains nuts)
Quinoa Burger (V, GF)

Choose Toppings

Tomato	Onion
Lettuce	Avocado (+\$0.75)
Cucumber	Goat Cheese(+\$0.75)
Hummus	Spicy Tomato Spread(+\$0.75)

Salads

Small: \$3.99 Medium: \$6.49 Large: \$11.99

Moroccan Madness Salad	Couscous, cashews, golden raisins, olive oil, and spices (V)
Zippy Kale	A Strawberry Fields Favorite! Kale, BBQ tofu, carrots, and onions in a vegannaise-based dressing (V, GF)
Pad Thai	A Strawberry Fields Favorite! Rice noodles tossed with veggies in a spicy peanut dressing (V, GF)
Giant White Beans	Giant white beans in a tangy tomato sauce (V, GF)
Spicy Tomato Spread	A Strawberry Fields specialty! Tomatoes blended with tahini, herbs, and spices for a creamy dip or spread. Great with everything! (V, GF)
Tabouli	Finely chopped parsley, cucumbers, tomatoes, green onions, bulgar, extra virgin olive oil, and spices (V)
Greek Salad	Tomatoes, cucumbers, Kalamata olives, feta cheese, parsley, extra virgin olive oil, balsamic vinegar, and spices (VGT, GF)
Jerusalem Salad	Tomatoes, cucumber, parsley, and tahini sauce (V, GF)
Cucumber Yogurt Salad	Greek yogurt with mint, cucumbers, and garlic (VGT, GF)
Quinoa Salad	Quinoa, edamame, mangoes, red peppers and red onion in lime juice (V)

Salads and Spreads by the Pound \$8.99/pound

Hummus	Chickpeas with tahini, lemon juice, garlic, and olive oil (V)
Baba Ghanouj	Fire roasted eggplant with tahini, parsley, and spices (V)
Northern Iraqi Spicy Eggplant	Eggplants, tomatoes, herbs, and spices in a yogurt-based dressing (GF)
Tuna Salad	Tuna, veggies, herbs, and spices in a mayo-based dressing (GF)
Chicken Salad	Roast chicken breast, veggies, and spices in a mayo-based dressing (GF)

À la Cart

Middle Eastern Vegetarian Platter	\$8.99
Falafel, hummus, baba ghanouj, tabouli salad, dolmeh, and two pieces of warm pita bread (V)	
Hummus Platter	\$4.99
Hummus served with extra virgin olive oil and two pieces of warm pita bread (V)	
Baba Ghanouj Platter	\$4.99
Baba Ghanouj served with extra virgin olive oil and two pieces of warm pita bread (V)	
Dolmeh	5 pieces \$3.99
Spiced rice wrapped in grape leaves (V, GF)	
Falafel	4 pieces \$2.49
Ground chickpeas mixed with herbs and spices and lightly fried (V)	
Samosas	\$1.99
Choose from potato or spinach (VGT)	
Savory Pies	\$2.50
Choose from cheese, spinach, or meat	
Kibbi	\$2.99
Fried bulgur and potato dough stuffed with ground beef, onions, parsley, and spices	
Lahmajan	\$2.00
Flatbread covered in meat, tomatoes, onions, and spices	
BBQ Tofu (V)	\$.75 each

Hot Food

1 item	\$2.99
2 items	\$5.49
3 items	\$7.99
Small Soup	\$3.99
Large Soup	\$5.99