

FALA @ BAR

FALAFEL & SALAD BAR

always VEGAN. always FRESH. always ORGANIC.

Our menu is 100% vegan and does not contain any dairy, egg or nuts. Everything is gluten free with the exception of our pita, which can be substituted with a cabbage leaf wrap. Our garbanzo beans & quinoa are pre-soaked to maximize their nutritional value and digestibility, and our falafel is made to order (please allow 5 -10 minutes for preparation). Our produce is all organic and locally sourced assuring only the highest quality ingredients. All of our food is prepared fresh daily using traditional middle-eastern recipes with a healthy twist. Oh, and everything is kosher except for our hours.

MADE TO ORDER



FALAFEL FLAVORS

Baked original or sweet potato falafel available upon request (add \$2.00).

Original: *garbanzo beans, cilantro, parsley, garlic, cumin, onion, jalapeños*

Sweet Potato: *garbanzo beans, cilantro, parsley, garlic, cumin, onion, sweet potato*

Spicy: *garbanzo beans, cilantro, parsley, garlic, cumin, onion, red peppers, jalapeños*

Crunchy: *garbanzo beans, garlic, cumin, onion*

SANDWICHES

On whole warm pita or cabbage leaf (add extra .50 for cabbage leaf).

Fala Sandwich \$8
choice of falafel, hummus, Israeli salad, cabbage, tahini

Hummus Sandwich \$7
hummus, Israeli salad, cabbage, tahini

TOPPINGS

These items can be added to sandwiches & plates

Baba Ghanoush, Harisa, Purple Cabbage, Spicy Carrots, Sriracha, S'rug, & White Cabbage FREE

Avocado \$2

PLATES

Served with warm pita.

Fala Plate \$10.50
choice of 4 falafel balls (choose one flavor), hummus, tahini, choice of 2 salads, seasonal garnish

Hummus Plate \$8.50
hummus, tahini, choice of 2 salads, seasonal garnish

Eggplant Plate \$8.50
choice of 3 falafel balls (choose one flavor), eggplant, cabbage, tahini

SALADS

Fala Me To Heaven \$12.50
choice of 4 falafel balls (choose one flavor), white cabbage, purple cabbage, israeli salad, hummus, lemon, mixed greens

Fala Me To KALEifornia \$13.50
lemony kale, garbanzo beans, quinoa, purple cabbage, shredded carrots, avocado, sunflower sprouts, micro greens, lemon wedge, hummus

Fala Me To Runyon \$13.50
mixed greens, quinoa tabouli, brussels sprouts, Israeli salad, white cabbage, tahini

Fala Me To Brussels \$8
brussels sprouts, quinoa, garbanzo beans, green onions, avocado, lemon

SIDES

Gigi's Snack Cup \$5
hummus, quinoa tabouli, israeli salad, brussels sprouts, tahini, falafel ball

Falafel Balls \$5
choice of 5 falafel balls (choose one flavor), hummus

GRAB N' GO



SALADS

Fala Me To Brussels \$8
brussels sprouts, quinoa, garbanzo beans, green onions, avocado, lemon

Quinoa Tabouli \$6
tomato, parsley, quinoa, green onion, lemon

Israeli Salad \$6
tomato, cucumber, onion

Arabic Salad \$6
tomato, cucumber, parsley, red onion, lemon

Purple Cabbage Salad \$5
purple cabbage, vinegar

White Cabbage Salad \$5
white cabbage, vinegar

SIDES

Crudités Assorted \$7
carrots, cucumber, celery, hummus

Crudités Carrots \$7
carrots, hummus

Hummus \$6

Tahini \$6

Kale Chips \$7

Spicy Carrots \$5
carrots, cayenne pepper, paprika, garlic

Matbucha \$6
tomato, jalapeno, garlic

Baba Ghanoush \$6
eggplant, tahini, lemon, garlic, kumin

