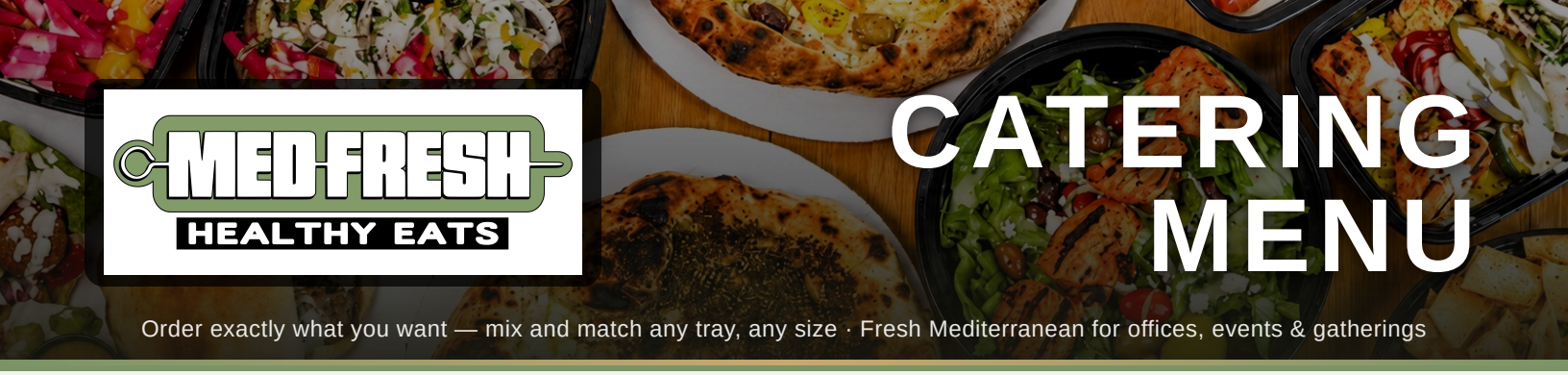


MED FRESH HEALTHY EATS

CATERING MENU

Order exactly what you want — mix and match any tray, any size · Fresh Mediterranean for offices, events & gatherings

TRAY SIZES — SM **Small** · feeds 8–10 — LG **Large** · feeds 18–20 — *Mix & match freely — order exactly what you need*

PROTEINS

	SM	LG
Chicken Shawarma — Slow-roasted chicken shawarma	$70	$110
Chicken Tawook — Grilled white meat chicken skewers	$70	$110
Beef Shawarma — Slow-roasted beef shawarma	$85	$140
Kafta — Seasoned ground lamb & beef, grilled	$85	$140
Falafel VEGAN — Golden, herb-packed crispy chickpea falafel	$50	$85

STARCH

	SM	LG
Yellow Rice — Yellow basmati rice	$40	$60
Seasoned Rice — 7 spice seasoning basmati rice	$40	$60
Beef Tallow Fries — Golden crispy fries fried in beef tallow	$50	$70

SALADS

	SM	LG
Fattoush — Romaine lettuce, tomato, cucumber, radish, red onion, carrot, red cabbage, parsley, mint & pita chips with house fattoush dressing	$55	$80
Greek Salad — Romaine lettuce, feta, tomato, cucumber, red onion, black & green olives, pepperoncini with greek dressing	$55	$80

GRILLED VEGGIES

	SM	LG
Grilled Veggie Tray VEGAN — Grilled onions, zucchini & carrots	$45	$60

BREAD & DIPS

Pita Bread — Freshly baked · ½ doz	$8
Pita Bread — Freshly baked · 1 dozen	$14
Hummus & Pita Tray — House-made hummus & warm pita · ~10 ppl	$60

SANDWICHES

Chicken Shawarma — Slow-roasted chicken shawarma, Mediterranean cabbage slaw, pickles, amba aioli & garlic sauce in a pita pocket	$13/ea
Beef Shawarma — Beef shawarma, sumac mix (tomato, onion, parsley), pickles, amba aioli & tahini in a pita pocket	$14/ea
Kafta — Ground lamb & beef kafta, sumac mix, pickles, pickled turnips, lettuce & tahini in a pita pocket	$14/ea
Falafel VEGAN — Herb-packed falafel, lettuce, tomato, pickles, pickled turnips, pickled eggplant & tahini in a pita pocket	$11/ea

FEEDING A LARGE GROUP? WE DO CUSTOM QUOTES.
Call or email us for large parties, corporate events & custom menus

(248) 934-2115
info@medfreshhealthyeats.com

LET'S CATER YOUR EVENT
3325 University Drive, Suite 105 · Auburn Hills, MI 48326

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medfreshhealthyeats.com · @medfreshhealthyeats



MANUSHI

Zaatar
Fragrant zaatar herb blend & olive oil on a house-made pizza dough. Served with pickled vegetables

$12

Cheese
Blended cheese on house-made pizza dough. Served with pickled vegetables

$14

Cheese & Zaatar
Melted cheese & fragrant zaatar herb blend baked together on house-made pizza dough. Served with pickled vegetables

$14

Sujok
A bold, flavor-forward Middle Eastern pizza with sujok made from ground beef and lamb, fresh tomatoes, red onion, and a three-cheese blend. A satisfying combination of savory, spicy, and fresh. Served with a side of pickled vegetables.

$15

Mediterranean
Feta, olive mix, onion, tomato, mozzarella, thyme, banana peppers & EVOO on house-made pizza dough. Served with pickled vegetables

$15

MANUSHI COMBO — ALL 5 PIZZAS
Zaatar · Cheese · Cheese & Zaatar · Sujok · Mediterranean · All served with pickled vegetables

$50
all 5 pizzas

SAUCES

Garlic — House-made garlic sauce	$7	
Garlic Ranch — Creamy garlic ranch	$5	
Tahini — Sesame sauce	$7	
Amba Aioli — Pickled mango aioli	$7	
Garlic Jalapeño — House-made garlic with fresh jalapeños	$7	
Chipotle Garlic Ranch — Creamy garlic ranch with chipotle peppers	$5	
Hummus — House-made hummus	$10	

8 oz containers

DELIVERY

0–5 miles	$10
6–10 miles	$20
10–15 miles	$35

From our Auburn Hills kitchen. Pickup is always free.
Gratuity is never required but always deeply appreciated by our team.
Large order? Delivery fees may be reduced — just ask when you call.

HOW TO ORDER

1. Call us to place your order
2. Share your headcount & selections
3. We confirm your quote & delivery window
4. We deliver fresh — ready to serve

Orders of 20+ require **48 hours advance notice**

KITCHEN HOURS
Mon–Fri **11:00 AM – 8:30 PM**
Saturday **11:00 AM – 5:00 PM**
Sunday Closed

FIND US
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Every tray goes fully **vegan or vegetarian** with falafel & grilled veggies · Allergies accommodated on request · Prices subject to change

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