

SERVING FAIRFIELD COUNTY SINCE 2002



Fresh and Healthy Greek-Lebanese Specialities
Caterer and Deli

DELIVERY AND TAKE-OUT MENU BREAKFAST, LUNCH AND DINNER

FREE DELIVERY TO: Stamford, Darien, Rowayton, Greenwich and Surrounding Areas

CATERING MENU AVAILABLE ONLINE
BREAKFAST AND DELI SANDWICHES MENU AVAILABLE ONLINE

PHONE **203.348.1400**

ORDER ONLINE www.myrnaskitchen.com

MONDAY TO THURSDAY FROM 7AM TO 8PM FRIDAY FROM 7AM TO 8PM
SATURDAY FROM 8AM TO 8PM SUNDAY - CLOSED (open for catering only)

1234 EAST MAIN STREET (RTE 1), STAMFORD, CT 06902
I-95 exit 9 Toward Stamford – Darien Line
(Next to Beverage Barn and across from the WWE building)

FAX 203.348.1404

HEALTH ENERGY WELLNESS

MYRNA'S GOURMET SANDWICHES

Roll or Rye,
White or Whole
Wheat Toast **\$6.25**

Sub/Wedge,
Panini, White or
Wheat Wrap **\$7.75**

- 1 ITALIAN COMBO, Ham, Salami, Cappy, Pepperoni, Provolone
- 2 AMERICAN COMBO, Ham, Turkey, Roast Beef, Lettuce, Tomato and Mayo
- 3 CHICKEN PARMIGIANA
- 4 EGGPLANT, Fresh Mozzarella, Roasted Peppers, Fresh Balsamic
- 5 SWISS CHEESE, Cole Slow, Lettuce, Tomato, Pickles, Chipotle Mayo
- 6 HAM, Provolone Cheese, Lettuce, Tomato, Mayo
- 7 TURKEY, Pepper Jack Cheese, Avocado, Lettuce, Tomato, Chipotle Mayo
- 8 TURKEY SWISS CHEESE, Bacon, Lettuce, Tomato, Ranch Dressing
- 9 PASTRAMI, Cole Slaw, Lettuce, Tomato, Pickles, Russian Dressing
- 10 ROAST BEEF, Pepper Jack Cheese, Lettuce, Tomato, Hot Peppers, Italian Dressing
- 11 PROSCUITTO, Fresh Mozzarella, Tomato, Roasted Peppers, Fresh Basil Sauce
- 12 CORNED BEEF, Swiss Cheese, Sauerkraut, Russian Dressing or Spicy Mustard
- 13 STEAK, Roasted Peppers, Blue Cheese, House Balsamic
- 14 CHICKEN CUTLET, Bacon, Roasted Peppers, Lettuce, Italian Dressing
- 15 CHICKEN CUTLET, Cheddar Cheese, Lettuce, Pickles, BBQ Sauce
- 16 GRILLED CHICKEN, Fresh Beet, Gorgonzola Cheese, Lettuce, House Balsamic
- 17 GRILLED CHICKEN, Bacon, Avocado, Lettuce, Tomato, Chipotle Mayo
- 18 GRILLED CHICKEN, Fresh Mozzarella, Roasted Peppers, Pesto Sauce

PITA WRAPS (FAT FREE)

ALSO AVAILABE IN WHITE, WHOLE WHEAT OR GLUTEN FREE WRAPS

VEGGIE	5.95	MYRNA'S CHICKEN	Garlic, Pickels and French Fries	7.50	
FALAFEL	Hummus, Lettuce, Tomato and Tahini	5.95	GREEK CHICKEN	Lettuce, Tomato, Feta, Balsamic	7.95
FALAFEL DELUXE	Hummus and Taboulé Salad	6.95	CHICKEN/EGGPLANT	Hummus and Tzatziki	7.95
FALAFEL/EGGPLANT	Hummus and Taboulé Salad	6.95	CHICKEN/FALAFEL	Hummus and Taboulé Salad	8.50
CHICKEN CAESAR		6.95	BEEF KAFTA KEBAB		6.95
CHICKEN GYRO	Lettuce, Tomato, Tzatziki	7.50	KIBBÉ DELUXE	Hummus and Taboulé Salad	7.95
LAMB GYRO	Lettuce, Tomato, Tzatziki	7.50	LAMB KEBAB	Souvlaki	8.50
CHICKEN KEBAB SOUVLAKI	(Tzatziki)	7.50			

SOUP AND SALADS

SOUP OF THE DAY	3.95	
CAESAR SALAD	Romaine, Parmesan Cheese and Croutons	5.95
ORGANIC GREEN SALAD	with House Vinaigrette	5.95
MEDITERRANEAN SALAD (FATTOOSH)	Romaine, Diced Tomato, Cucumber, Pepper, Lemon Vinaigrette	7.95
GREEK SALAD	Romaine, Tomato, Cucumber, Pepper, Onion, Olives and Feta in Balsamic Vinaigrette	8.95
ISRAELI SALAD	Tomato, Diced Cucumber and Onion in a House-Made Garlic-Lemon Vinaigrette	7.95
FRENCH SALAD	Romaine, Tomato, Cucumber, Green Pepper, Bacon, Avocado, Balsamic Vinaigrette	8.95
BEET SALAD	Beet, Spinach, Corn, Gorgonzola Cheese in Balsamic Vinaigrette	8.95
JULIES' SALAD	Mix Greens, Tomato, Roasted Peppers, Fresh Mozzarella, Basil Vinaigrette	7.95
CABBAGE SALAD	Shredded Cabbage, Tomato and Parsley in a House-Made Garlic Lemon Vinaigrette	6.95

HOMEMADE DRESSINGS: HOUSE BALSAMIC, ITALIAN, RANCH, CAESAR AND LEMON VINAIGRETTE

ADD TO SALADS:	EGG SALAD 2	TUNA SALAD 3	CHICKEN SALAD 3	FETA CHEESE 2
GRAPE LEAVES 3	FALAFEL 3	GRILLED CHICKEN 3	CHICKEN KEBAB 3	CHICKEN GYRO 3
LAMB GYRO 3	KAFTA KEBAB 3	LAMB KEBAB 5	GRILLED SHRIMP 5	QUINOA 4

VEGETARIAN GLUTEN FREE ALL LUNCH BOXES (NOT SALADS) ARE AVAILABLE FOR DINNER FOR \$12.95

MYRNA'S HEALTHY LUNCH BOX

SERVED MONDAY TO SATURDAY FROM 11:00AM TO 3:00PM

\$9.95

VEGETARIAN LUNCH BOX

- 1 VEGETARIAN COMBO Hummus, Baba Ghannouj, Falafel, Moussaka and Taboulé Salad
- 2 AZUR COMBO Mediterranean Salad with Lentils and Falafel

COMBO LUNCH BOX

- 3 CHICKEN KEBAB (SOUVLAKI) COMBO Served over Rice with Hummus and Taboulé Salad
- 4 CHICKEN GYRO COMBO Served over Rice with Hummus and Taboulé Salad
- 5 LAMB GYRO COMBO Served over Rice with Hummus and Taboulé Salad
- 6 LAMB KEBAB (SOUVLAKI) COMBO Served over Rice with Hummus and Taboulé Salad
- 7 BEEF KAFTA KEBAB COMBO Served over Rice with Hummus and Taboulé Salad
- 8 SHRIMP COMBO Served over Rice with Hummus and Taboulé Salad
- 9 PASTA ARRABIATA (PENNE) with Grilled Chicken

SALAD LUNCH BOX (Gluten Free)

- 10 MEDITERRANEAN SALAD with Grilled Chicken or Lamb Gyro
- 11 GREEK SALAD with Grilled Chicken or Lamb Gyro
- 12 ISRAELI SALAD with Grilled Chicken or Lamb Gyro
- 13 FRENCH SALAD with Grilled Chicken (Lettuce, Tomato, Cucumber, Green Pepper, Bacon, Avocado)
- 14 GARDEN TUNA SALAD Romaine, Tomato, Cucumber, Green Pepper, Carrot, Scoop of Tuna
- 15 FRESH BEET AND SPINACH SALAD with Grilled Chicken or Lamb Gyro
- 16 JULIES' SALAD with Grilled Chicken (Mix Greens, Roasted Peppers, Fresh Mozzarella)
- 17 CABBAGE SALAD with Grilled Chicken or Lamb Gyro
- 18 QUINOA SALAD with Grilled Chicken or Lamb Gyro

ENTRÉES

PASTA ARRABIATA	Penne Rigate, Garlic, Basil, Homemade Tomato Sauce	W/CHICKEN 13.95	W/SHRIMP 16.95	9.95
VEGETARIAN COMBO PLATTER	Hummus, Baba Ghannouj, Falafel, Moussaka and Taboulé Salad			12.95
MYRNA'S COMBO PLATTER	Hummus, Baba Ghannouj, Falafel, Kibbé, Mediterranean Salad			13.95
BEEF KAFTA KEBAB PLATTER	Two Skewers of Kafta Kebab (Keftedes) with Grilled Vegetables over Rice			13.95
CHICKEN KEBAB (SOUVLAKI) PLATTER	Two Skewers of Chicken with Grilled Vegetables over Rice			13.95
CHICKEN GYRO PLATTER	Served over Rice with Hummus and Greek Salad			13.95
LAMB GYRO PLATTER	Served over Rice with Hummus and Greek Salad			13.95
LAMB KEBAB (SOUVLAKI) PLATTER	Two Skewers of Lamb with Grilled Vegetables over Rice			16.95
MIXED KEBAB PLATTER	Grilled Chicken, Beef Kafta and Lamb, Served with Grilled Vegetables over Rice			17.95
COUSCOUS WITH KEBAB	Two Skewers of Chicken, Kafta or Lamb over Pearl Couscous			15.95
COUSCOUS WITH LAMB GYRO	Served over Pearl Couscous			15.95
SHRIMP KEBAB	Served over Pearl Couscous			16.95
GRILLED SALMON	Over Vegetable Pearl Couscous and Sautéed Spinach			18.95

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

THOROUGHLY COOKING MEATS, POULTRY, SHELLFISH AND EGGS REDUCES THE RISK OF FOODBORNE ILLNESS

BREAKFAST

EGG ON HARD ROLL	2.25	THREE EGG OMELET	4.00
2 EGG WHITES ON HARD ROLL	2.75	ADD Ham, Bacon or Sausage	5.00
3 EGG WHITES ON HARD ROLL	3.75	WESTERN OMELET Ham, Onions and Peppers	5.00
EGG AND CHEESE ON HARD ROLL	2.75	VEGGIE Peppers, Onions, Tomato and Mushroom	5.50
BACON, EGG AND CHEESE ON HARD ROLL	3.25	BAGEL WITH CREAM CHEESE	2.00
HAM, EGG AND CHEESE ON HARD ROLL	3.25	BAGEL WITH HAM AND CHEESE	4.25
EGG, CHEESE AND CHILI ON HARD ROLL	3.25	BAGEL WITH BACON, EGG AND CHEESE	4.50
SAUSAGE, EGG AND CHEESE ON HARD ROLL	3.25	BAGEL WITH EGG, HAM AND CHEESE	4.50
BACON, EGG, CHEESE AND HOME FRIES	5.00	BAGEL WITH SAUSAGE, EGG AND CHEESE	4.50
		MUFFINS, FRESH FRUIT AND MUCH MORE	

**EXTRAS ON HARD ROLL: TOMATO .25 LETTUCE .25 ONION .25 PEPPERS .50 CHEESE .50 SAUSAGE 1.00
BACON 1.00 TURKEY 1.00 HAM 1.00 HOME FRIES 1.00**

APPETIZERS (MEZZE)

BEEF KIBBÉ (4 PCS) 7.95

VEGAN AND GLUTEN FREE

HUMMUS-PLAIN OR W/GARLIC 5.95

BABA GHANNOUJ-PLAIN OR W/GARLIC 6.95

FAVA BEANS (BROWN) 5.95

MOUSSAKA 6.95

VEGETARIAN

TABOULÉ SALAD 6.95

FALAFEL (4 PCS) 5.95

GRAPE LEAVES (6 PCS) 6.95

LENTIL WITH RICE 5.95

SPINACH PIE 2.95

ZA'ATAR (THYME) CRÊPE 4.95

FETA SHANKLEESH 6.95

YOGURT AND CUCUMBER 6.95

LABNEH CHEESE 6.95

CRÊPES

ADD ONE EGG 1.00

HAM AND CHEESE 6.95

ADD FIELD GREENS SALAD 2.95

VEGETARIAN

Grilled Vegetables and Olives over Field Greens Salad 11.95

MEDITERRANEAN 11.95

Fresh Mozzarella, Chicken, Tomato, Roasted Pepper and Fresh Basil over Field Greens Salad

PROSCIUTTO 11.95

With Fresh Mozzarella, Tomato and Fresh Basil over Field Greens Salad

KEBABS (BY THE SKEWER)

TAKE-OUT AND CATERING ONLY

CHICKEN KEBAB/SOUVLAKI 3.95

BEEF KAFTA KEBAB/KEFTEDES 3.95

LAMB KEBAB/SOUVLAKI 6.95

SHRIMP KEBAB 5.95

SIDES

GF GRILLED VEGETABLES 4.95

GF SAUTÉED SPINACH 4.95

GF ORGANIC QUINOA 4.95

COUSCOUS 4.95

WHITE RICE W/NOODLES 2.95

FRENCH FRIES 2.95

DESSERTS

BAKLAVA 5.00

SEASONAL FRESH FRUIT 5.00

SUGAR CRÊPE 5.00

SALTED BUTTER AND SUGAR CRÊPE 5.00

CARAMEL AND SALTED BUTTER CRÊPE 6.00

RED FRUITS JAM CRÊPE 7.00

NUTELLA CRÊPE 6.00

NUTELLA AND BANANA CRÊPE 7.00

MAKE YOUR OWN BOAR'S HEAD DELI SANDWICH



BREAD: Roll, Wedge, Rye, White or Whole Wheat Wrap

Ham	Salami	Fresh Tuna Salad
Oven gold Turkey	Pepperoni	Fresh Chicken Salad
Steak and Cheese	Roast Beef	Fresh Egg Salad