



GLUTEN FREE
GF

This dietary lifestyle includes balanced amounts of fresh meats, beans, seeds, nuts, fruits and veggies with the exclusion of glutes found in grains. Zoës Kitchen offers many gluten free options when ordered without pita.

ENJOY THESE ZOËS KITCHEN DISHES ON OUR MENU

STARTERS

- Mediterranean Lamb Kafta
- French Baked Feta
- Classic Hummus
- Basil Pesto Hummus
- Harissa Red Pepper Hummus

SOUPS & SALADS

- Mediterranean Lentil Soup
- Tomato Bisque Soup
- Hummus & Salad Plate
- Chicken Salad and Fruit Plate
- Quinoa Salad
- Greek Salad

SNACK BOXES

- Hummus Duo & Veggies
- Modern Mediterranean

BOWLS & ENTRÉES

- Chicken Kabobs
- Shrimp Kabobs
- Salmon Kabobs
- Cauliflower Rice Bowl
- Mediterranean Chicken
- Moroccan Citrus Roasted Chicken
- Baked Falafel Family Dinner

FRESH SIDES

- Braised White Beans
- Roasted Vegetables
- Fresh Fruit
- Potato Salad
- Turmeric Rice
- Marinated Slaw
- Side Greek Salad
- Side Baked Falafel



Zoës Kitchen is the registered trademark of Zoës Kitchen, Inc. and its affiliates. References to Paleo and 30 above neither indicate nor imply any certification or approval by said programs and solely signify that our food offerings are compatible with the diets.