



MEDITERRANEAN
VEGAN KITCHEN



EST. 2012

TURN YOUR

Health

AROUND

ALL VEGAN MENU

GF: GLUTEN FREE

Cold Drinks

1	In-House Iced Mint Tea	\$3
2	In-House Iced Chai Tea	\$3
3	In-House Iced Coffee	\$3
4	Iced Tea Bottle	\$3
5	BAI Bottle Drinks	\$3
6	Kombucha	\$7
7	In-House Fresh Juice	\$8
8	Water Bottle 1 liter	\$3
9	Sparkling Water	\$3

Hot Drinks

1	FP	Syrian Chai (French press)	\$5
2	FP	Syrian Zhorat	\$5
Mixed Herbs of Verbena, roses, thyme, chamomile			
3		Yerba Mate	\$5
4		Variety of Herbal Tea	\$3
5		Hot Chocolate	\$3

Ask for any Plant-Based Milk:
Almond, Cashew, Oat or Organic Soy.

Hot Coffee Drinks

1	Organic Coffee 16 Oz in French Press	\$3
2	Syrian Coffee(Turkish Style) 2 Cups	\$5
3	Espresso (one or 2 shots)	\$3/4
4	Latte	\$6
5	Cappuccino	\$6

We have over 25
different Organic
and non-organic
tea bags.
Pick one and we
will bring you
the hot water.



Allergy Statement from iCreate Café

Menu Items may contain or come into contact with wheat/gluten, peanut, Tree-nut, soy.
Please let us know for any allergy you may have.

PRIME MEAL

For \$3 you can add to your order a Small side of Hummus, or Baba with one Pita Bread, or add 4 Stuffed Grape Leaves, or 4 Pieces of Baked Falafel

SALADS

1	GF	Syrian Salad	Mix of Romaine Lettuce, some Mixed Greens, Tomatoes, Cucumbers, Parsley with our Traditional Dressing	\$10
2		Fattoosh	Syrian Salad with Crunchy Toasted Pita Bread	\$11
3		Tabboleh	Traditional Mix of Mainly Fine Parsley, Fine diced Tomatoes, Crushed Wheat Bulgur, Lemon Juice and Olive Oil	\$12
4	GF	Falafel Salad	Syrian salad with Baked Falafel (Baked crushed Chickpeas with spices) Usually with Tehini Dressing unless you like it with Traditional dressing	\$11
5	GF	Bean Salad	Syrian Salad with Cooked Fava Beans and Traditional dressing.	\$11
6	GF	Chickpea Salad	Syrian Salad with Cooked Chickpea and Traditional Dressing	\$11
7	GF	Burger Salad	Syrian Salad topped with any of our Burgers Patties and any Dressing	\$11
8	GF	Beet Salad	Cooked Beets, Cabbages, Carrots, Romaine lettuce, parsley , lemon juice, pomegranate, Garlic and Olive oil	\$12
9	GF	Super Green Salad	Super Green mix of Spinach, or Kale, or both with Tomatoes, Cucumbers, Parsley and Traditional Dressing	\$12

Add a Topping: any for \$1

Slices of Red Peppers, Black Olive, Green Olives, Grilled Mushrooms, Cucumbers
Spoon of Hemp Seeds or Chia Seeds, or 2 OZ. of Pumpkin seeds or Walnuts

iCreate Fresh Dressings

- 1– iCreate Traditional Dressing : Fresh diced garlic, Zesty Somak, Organic Apple Cider Vinegar, Lemon Juice and Extra Virgin Olive Oil (made to order)
- 2– Tehini Dressing: Tehini Paste, garlic, lemon juice and water





Soup: (GF)

10	Lentil Sweet Potato Soup 10/16 OZ	\$5/8
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Grain:

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| 11 | Side of Wild Rice | \$5 |
| 12 | Wild Rice with Roasted Veggies and Roots | \$11 |
| 13 | Wild Rice with Stew: always different Vegan Stew | \$11 |
| 14 | Stuffed Grape Leaves: (GF) 8 Grape Leaves Stuffed with Rice and Spice, topped with Lemon Juice and Parsley, comes with Tehini Sauce | \$6 |
| 15 | Rice and Bean Burrito : Wild Rice, bean with greens, diced tomatoes, and Tehini sauce in whole wheat pita wrap | \$11 |
| 16 | Buddha Bowl: a Bed of Greens topped with portions of our super nutritious Wild Rice, your Protein Choice, Diced tomatoes, Shredded Carrots, Avocado, and topped with Ta-hini dressing | \$15 |

Dips: (ask for our daily fresh hummus of the day)	8	16
Not <i>Topped with Extra Virgin Olive Oil</i> (<i>ask for OIL</i>)	Oz	Oz
Add 2 Pita Bread for 1\$ or Fresh Veggies for \$2		

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| 17 | GF | Hummus of The day | Blended Cooked Chickpeas, Tehini Paste, Lemon Juice, Garlic. Variety: Lemon Hummus, Olives Hummus, Roasted Garlic Hummus, Red Peppers Hummus, Spinach Hummus. | \$5 | \$8 |
| 18 | GF | Baba Ghannooj | Blended Roasted Eggplants, Tehini Paste, Lemon Juice, garlic. | \$5 | \$9 |
| 19 | GF | Veggie Baba Ghannooj | Traditional Chunky baba with NO Tehini Paste, made with Roasted Eggplants, Tomatoes, Peppers, Parsley, garlic | \$5 | \$9 |
| 20 | GF | Beet Dip | Blended Cooked Beets, Tehini Paste, Lemon Juice, garlic | \$5 | \$9 |
| 21 | GF | Humu-Ghannooj | Blended mix of Hummus and Baba Ghannooj Topped with Parsley, Tomatoes | — | \$9 |

Bagels: (slightly toasted either whole wheat or sesame Bagel)

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| 22 | Savory: Topped with Hummus, or Baba Ghannoj, or Vegan Cream Cheese With slice of Tomato and Greens, Za’atar Dressing on the side or top. | \$7 |
| 23 | Sweet: Topped with any Peanut or Almond Butter with Debes (Date Molasses and Tehini) | \$7 |





Mana’eesh (on a Flat Bread like a personal pizza or our own dough)			
Comes with 3 sides of those five: 1– Hummus 2– Baba 3– Olives 4– Cucumbers 5– Tomatoes			
24	Za’atar	Traditional Syrian Mix for Thyme, Sesame Seeds and Zesty Somak with EV Olive Oil	\$10
25	Zaytoon	Chunky Mix of Black and Green Olives with Peppers, Walnuts and EV olive oil	\$11
26	Jebni	A layer of Red Pepper Paste topped with Vegan Cheese, slices of Tomatoes, Olives	\$12
Any Mana’eesh on Gluten free Flat Bread +\$3			

Burgers: On a Multi Grain rolls with Lettuce, Spinach, Mixed Greens, Slice of Tomato, parsley and Tehini Dressing and/or *vegan Mayo* . With Pickle on the side.
OR you can order the burger as a Wrap in Whole Wheat Pita.

27	Falafel Br.	Made with Ground Chickpeas, onions, garlic, spices on our Grill	\$11
28	Black Bean Br.	Made with Cooked Black Beans, Mushrooms, Peppers, Greens, Spices on our Grill	\$11
29	Lentil Sweet Potato Br.	Made with Cooked Red Lentil, Sweet Potato, Carrots, Greens, Onion, Garlic, Spices on our Grill	\$11
30	Mushroom Quinoa Br.	Made with , Mushroom, Cooked Quinoa, Greens, Onion, Garlic and spices on our grill	\$11
31	Wild Rice Potato Br.	Made with Wild Rice, Potatoes, Greens, Onions and Garlic	
32	Cheeseburger	Made with “Beyond Meat/ or Impossible” patty, Slice of Cheese, Mayo and ketchup on our grill	\$13





Wraps: all wraps are made with a whole wheat pita with Lettuce, Mixed Greens, Tomatoes, Parsley <u>AND</u>		
33	Hummus Wrap	Any of the Daily Hummus, slices of cucumbers \$8
34	Falafel Wrap	Baked Falafels (Ground Mix of Chickpeas), diced Pickles Topped with Tehini Dressing \$11
35	Roasted Veggies Wrap	Roasted Cauliflower, Zucchini, Celery, Broccoli and other veggies, Topped with Pomegranate Molasses, Baba and Tehini Dressing \$11
36	Roasted Roots Wrap	Roasted Roots (Potatoes, Sweet Potatoes, Beet, Carrots ,topped with <i>Just Mayo</i> , Baba Ghannoj \$11
37	Burger in a Wrap	Any Patti with either Tehini Dressing or <i>Just Mayo</i> (w/ <i>Beyond Meat</i> :\$12) \$11
38	Grilled “Tshiken” Wrap with Oyster and Blue Mushroom	Grilled variety of Oyster and King Blue Mushrooms from Fungified Farm. with greens, tomatoes, pickles, in a whole wheat pita wrap \$11

Panini: in a Whole Wheat Pita Bread and pressed in our Panini Press and served with a side of Tehini Dressing		
39	Veggie Panini	iCreate first panini, Grilled Mushrooms, Grilled Red Peppers and Roasted Egg-plants \$12
40	Veggie Sejk	Baked Potatoes, Sweet Potatoes, Cauliflower, Zucchini and Sejk Spices \$12
41	Cheese STAKE®	Choose one of the burgers patties “Black Bean, Mushroom Quinoa, Falafel, Lentil Sweet Potatoes, Wild Rice Or Beyond Meat “ with Grilled Onion and Vegan Cheese \$12
To any Panini		ADD Grilled Mushroom for \$1 Add Grilled Red Peppers for \$1

Traditional Habb Dish: Topped with Tehini Dressing, Tomatoes, Parsley and E.V. Olive Oil		
42	GF Foul Habb	Cooked Fava Beans then mixed with our daily hummus \$10

Combos and Samplers: (ask for Veggies instead of Pita Bread)		
43	Combo 1	Combo of 4oz Hummus and 4oz Baba Ghannooj with 3 Pita Bread or Veggies (GF) \$8
44	Combo 2	Combo of 4oz Hummus OR Baba with 1 Pita Bread and One Falafel Br. Patty \$8
45	Sampler 1	Combo of 4oz Hummus, 4oz Baba, Mana’eesh Za’atar , Olives + 2 Pita Brea \$16
46	Sampler 2	Combo of 4oz Hummus, 4oz Baba, Half order Syrian Salad, 6 Stuffed Grape Leaves +2 Pita bread \$17
47	Lg. Meal 1	Combo of 4oz Hummus, 4oz Baba, a Burger and a Syrian Salad +2 Pita bread \$25
48	Lg. Meal 2	Combo of 4oz Hummus, 4oz Baba, a Panini and a Syrian Salad +2 Pita bread \$26

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21 Smoothies and Shakes

all made with Plant Based Milks

Mostly AM: Almond Milk ; CM : Cashew Milk; SM: Organic Soy Milk

Made with any Available Plant Milk

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| 1 | Strawberry Banana Smoothie | \$7 |
| | Banana, Strawberries & AM | |
| 2 | Strawberry Chocolate Shake | \$7 |
| | Banana, Strawberries, Dark Chocolate AM | |
| 3 | Peanut Butter Chocolate Smoothie | \$7 |
| | Banana, Peanut Butter & Dark Chocolate AM | |
| 4 | Peanut Butter Dreams | \$7 |
| | Banana, Peanut Butter, Salt, Cinnamon & AM | |
| 5 | Peanut Butter & Jelly Shake | \$7 |
| | Banana, Peanut Butter, Strawberries or Blueberries & AM | |
| 6 | Coffee Banana Freeze | \$7 |
| | Banana, Coffee, Cinnamon, Cardamom & AM | |
| 7 | Green Zen-ergy Matcha Shake | \$7 |
| | Banana, Matcha Tea, Spinach & AM | |
| 8 | Green Mint Shake | \$7 |
| | Banana, Mint, Spinach & AM | |
| 9 | Green Smoothie | \$7 |
| | Spinach, Kale, Lettuce, Parsley, Cucumber & AM | |
| 10 | Ginger your Day | \$7 |
| | Banana, Apple, Spinach, Ginger and AM | |

Made with any Available Plant Milk

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| 11 | Cookie Shake | \$8 |
| | Banana, Vanilla Extract, Almond Butter, Cinnamon & CM | |
| 12 | Cashew –Hemp Energy Shake | \$8 |
| | Banana, hemp seeds, oats, Cinnamon, salt & CM | |
| 14 | Chia-Cinna Shake | \$8 |
| | Banana, Chia Seeds, Cinnamon, Almond Butter & CM | |
| 15 | Walnut Carrot Cake | \$8 |
| | Banana, Carrots, Walnut, Cinnamon , Nutmeg & CM | |
| 16 | Mocha Motivation | \$8 |
| | Banana, Coffee, Cacao, Cinnamon, Almond Butter & AM | |
| 17 | Chocolate Shake | \$8 |
| | Banana, Cacao, Dates, Sea Salt & Dark Chocolate AM | |
| 18 | Super Blue Recharge | \$9 |
| | Banana, Blueberries, Hemp seeds, Acai & SM | |
| 19 | Pre-Workout Pink Shake | \$9 |
| | Banana, Spinach, Beet, Strawberries, Oats & SM | |
| 20 | “Seed” you at the Gym! | \$9 |
| | Banana, Mango, kale, Chia seeds, hemp seeds & SM | |

21-Dragon Fruit Smoothie Bowl

Made with dragon fruit, banana, oat milk, topped with Granola, Nuts, Pumpkin seeds, Coconut Shreds in Biodegradable Cups, Inserts and Lids

Add extra: \$1

Spoon of Peanut Butter, Almond Butter,
Spoon of Maca Powder, Acai Powder, Goji Berry Powder, Cacao Powder, Coconut

Dessert: *We encourage you to minimize your added-sugar intake as possible !*

Vegan Ice Cream \$5

In-House Frozen Banana Ice Cream \$5

Vegan Cupcakes from Beverly's 2 for 9 , 4 for 16

We still serve some Plant Based Butter on Flat Bread with Halawa and Debs \$10

iCreate Café
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