





## in-House

Iced Mint Tea \$3 Iced Chai Tea \$3 Iced Coffee \$3 Fresh Juice \$8



#### **MILK CHOICES**

Oat Milk, Almond Milk, Organic Soy Milk



## **Bottled**

Iced	Tea	Bottle	\$3

Iced Coffee Bottle \$3

Bai Bottle \$3

Kombucha \$7

Sparkling Water \$3

Water \$3

Juice or Shot Bottle \$6

#### **ALLERGEN STATEMENT**

AT ICREATE CAFE, WE ARE COMMITTED TO PROVIDING A SAFE AND ENJOYABLE DINING EXPERIENCE FOR ALL OF OUR GUESTS. WE UNDERSTAND THAT FOOD ALLERGIES AND INTOLERANCES ARE A SERIOUS CONCERN, AND WE TAKE THEM VERY SERIOUSLY. TO ENSURE YOUR SAFETY AND SATISFACTION, PLEASE INFORM US OF ANY ALLERGIES OR DIETARY RESTRICTIONS YOU MAY HAVE BEFORE PLACING YOUR ORDER. OUR KITCHEN STAFF IS TRAINED TO HANDLE FOOD ALLERGIES AND INTOLERANCES WITH THE UTMOST CARE, BUT PLEASE BE AWARE THAT CROSS-CONTAMINATION CAN OCCUR. WE CANNOT GUARANTEE THAT ANY MENU ITEM IS ENTIRELY FREE FROM ALLERGENS, AND WE RECOMMEND THOSE WITH SEVERE ALLERGIES EXERCISE CAUTION WHEN DINING

PEANUTS

WE HAVE INCLUDED THE FOLLOWING COMMON ALLERGENS AS REFERENCES FOR YOUR CONVENIENCE:



\$8

SOY

SESAME



#### **DIPS**

Add 2 Pita Bread :\$2 🔰 &/or Add Veggies: \$3

Chickpeas, Tehini Paste, Lemon Juice, Garlic \$6/10

Roosted Eggplants, Tehini Paste, Lemon Juice, garlic \$6/10

**VEGIE BABA GHANNOJ (8/16 OZ)** \$6/10 Roasted Eggplants, Diced Tomatoes, Parsley, Lemon Juice, agrlic

BEET DIP (8/16 OZ) \$6/10

Blended Cooked Beets, Tehini Paste, Lemon Juice, garlic

**HUMU-GHANNOOJ (8/16 OZ)** \$6/10 Blended mix of Hummus and Baba Ghannooj Topped with Parslev. Tomatoes

#### <u>MAZA</u>

STUFFED GRAPE LEAVES \$8

8 Grape Leaves Stuffed with Rice and Spice, topped with Lemon Juice and Parsley, comes with Tehini Sauce

FALAFEL SIDE \$5

6oz Side of Baked Falafel Topped with Tahini Dressing and Parsley

SMALL SYRIAN SALAD

Mix of Romaine Lettuce, some Mixed Greens, Tomatoes,
Cucumbers, Parsley with our Traditional Dressing

#### SOUP

comes with 1 pita bread (ask for no pita for GF)

**LENTIL SOUP (S/L)** \$6/9 Red Lentil with sweet potato

TOMATO SOUP (S/L)

Tomatoes with carrots, celery and hot pepper

\$6/9

#### **SALADS**

\$11

#### **SYRIAN SALAD**

Romaine Lettuce, Mixed Greens, Tomatoes, Cucumbers, Parsley, choose Dressing & Toppings

0000	WITH FALAFEL 😘	\$13
	WITH FAVA BEANS	\$13
	WITH CHICKPEAS	\$13
	WITH WILD RICE	\$13
	WITH LENTILS	\$13
	WITH SUPER GREENS	\$13
	WITH A BURGER PATTY 🖁	
	BLACK BEAN	\$13
	LENTIL SWEET POTATO	\$13
	MUSHROOM QUINOA	\$13



#### **FATTOOSH SALAD**

**IMPOSSIBLE** 

**BEYOND MEAT** 

\$13

\$15

\$15

\$14

Syrian Salad topped with Crunchy Toasted Pita Bread

#### **BEET SALAD**

\$14

Cooked Beets, Shredded Carrots, Romaine Lettuce, Mixed Greens, Parsley, Pomegranate Molasses & Traditional dressing



#### TABBOLEH SALAD

\$14

Fine Parsley, Fine diced Tomatoes, Crushed Wheat Bulgur, Lemon Juice and Olive Oil



# ADD ANY OF THOSE TOPPINGS

for \$1

GrilledRed 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, Fava Beans, Garlic, Lemon Juice and water



**3- Za'atar Dressing:** Thyme, Extra Virgin Olive Oil, Sesame, Somak, and Lemon Juice









in a Whole Wheat Pita Bread [ Or Gluten Free Wrap +\$2] and pressed in our Panini Press and served with a side of Tehini Dressing

To any Panini: Add Grilled Mushroom for \$1 Add Grilled Red Peppers for \$1 Add Grilled Onion \$1 Add Vegan Cheese \$2

**Add Extra Burger Patty \$3** 

TOSHKA PANINI

\$14 A layer of spicy pepper on the bread, then one of our smashed burgers patties, with slices of tomatoes, pickles and green,

VECCIE PANINI

Grilled Mushrooms, Grilled Red Peppers and Roasted Eggplants

**VEGGIE SEJOK** 

Roasted Roots and Veggies and Sejok Spices

CHEESE STAKE®

\$14

Grilled Onion and Vegan Cheese with one of the burgers patties "Black Bean, Mushroom Quinoa, Falafel, Lentil Sweet Potatoes, Wild Rice" if you choose Beyond Meat or Impossible Br. add+\$2"

RADITIONAL HABB DISH

Topped with Tehini Dressing, Tomatoes, Parsley and Olive Oil

**FOOL HABB** 

\$13

\$14

\$14

Warm Fava Beans mixed with our daily hummus and Tehini Dressing, Cumin, Cayenne and garlic

**MSABAHA** 

\$13

Warm Chickpeas mixed with our daily hummus and Tehini Dressing, Cumin, Cayenne and garlic

#### COMBOS AND SAMPLERS

All combos comes with Pita or Veggies

COMBO 1

\$10

Combo of 4 oz of Hummus of the day, and 4 Oz of Baba Ghannoj and 2 Pita Bread or Veggies

SAMPLER 1

\$18

Combo 1 + Mana'eesh Za'atar & Olives

SAMPLER 2

\$20

Combo 1 + Half order of Syrian Salad & 6 Stuffed Grape Leaves

MEAL 1

\$30

Combo 1 + a Burger & a Syrian Salad

MEAL 2

\$32

Combo 1 + a Panini & a Syrian Salad





FOR FALAFEL LOVERS ONLY	
FALAFEL MENU SON DE	
Falafel Side	
Falafel Combo-2	
Falafel Pocket	
Falafel Burger	
Falafel Wrap  Baked Falafel in whole wheat wrap with Layer of Hummus, Lettuce, Mixed Greens, Diced Tomatoes, Pickles, Parsley, Tehini Dressing	
Falafel Salad  Baked Falafel on Syrian Salad, which contains Romaine Lettuce, Mixed Greens, Tomatoes, Cucumbers, Parsley, choose Dressing from Salad page	
Falafel Bowl  Layer of Super greens, topped with portions of Tomatoes, Cucumbers, Pickles, Baked Falafel w/ Spoons of Hummus & Baba, Parsley & Tehini dressing	
Falafel Meal 3 \$29 Falafel Burger, Syrian Salad, 8 oz Hummus with 2 Pita Bread	
Sampler-3	
Falafel CheeseStake in a Whole Wheat Pita Bread [Falafel, Onion, Vegan Cheese, you can add grilled Mushroom +\$1, Grilled Peppers +\$1 ] and pressed in our Panini Press and served with a side of Tehini Dressing	



# SMOOTHIES, SHAKES & BOWLS MENU

all made with Plant Based Milks; Choose: Oat Milk, Almond Milk. Organic Soy Milk, Cashew Milk

<b>Strawberry Bana</b> Banana, Strawberries	ına Smoothie	\$9	Coffee Banana Freeze Banana, Coffee, Cinnamon, Cardamom	\$9
Strawberry Choc Banana, Strawberries, D		\$9	Cookie Shake Banana, Vanilla Extract, Almond Butter, Cinn	\$10 amon
	Peanut Butter Chocolate Smoothie Banana, Peanut Butter & Dark Chocolate  Peanut Butter Dreams Banana, Peanut Butter, Salt, Cinnamon		Cashew–Hemp Energy Shake Banana, hemp seeds, oats, Cinnamon, salt	\$10
			<b>Chia-Cinna Shake</b> Banana, Chia Seeds, Cinnamon, Almond But	\$10 ter
Peanut Butter & J Banana, Peanut Butter,	<b>elly Shake</b> Strawberries or Blueberrie	\$9 es	Walnut Carrot Cake Banana, Carrots, Walnut, Cinnamon , Nutme	\$10 g
	<b>Green Mint Shake</b> Banana, Mint, Spinach	\$9	<b>Mocha Motivation</b> Banana, Coffee, Cacao, Cinnamon, Almond E	\$10 Butter
	<b>Green Smoothie</b> Spinach, Kale, Lettuce,	\$9	Chocolate Shake Banana, Cacao, Dates, Sea Salt & Dark Choco	\$10 plate
	Parsley, Cucumber  Ginger your Day	\$9	Super Blue Recharge Banana, Blueberries, Hemp seeds, Acai	\$11
	Banana, Apple, Spinach, Ginger		<b>Gym-Ready Power Shake</b> Banana, Mango, kale, Chia seeds, hemp seed	\$11 Is
	Green Zen-ergy Matcha Shake	\$9	Chocolate Tahini Temptation Banana, Organic Cocoa, Tahini	\$11
	Banana, Matcha Tea, Spinach		Spicy Mango Zing Shake Banana, Mango, Cayenne Peppers, ginger	\$11
	Lemongreen Shake Spinach, Greens,	\$9	Energy Boost Shake Banana, Chia seeds, Pumpkin Seeds, Dates, Tehini	\$11
	Cucumber, Lemon		<b>Dragon Fruit Smoothie</b> Dragon fruit, Banana, Oats, Chia seeds	\$11

For \$1 add One Spoon of Any of those Options: Peanut Butter, Almond Butter, Maca Powder, Acai Powder, Goji Berry Powder, Cacao Powder, Coconut Shreds.

For \$2 add a Spoon of Plant Based Protein Powder

For Extra \$3

Make any shake a BOWL,

Topped with Granola, Nuts,

Pumpkin seeds, Coconut

Shreds.

#### iCreateCafe.com



#### Q Why do people become vegan?

Going vegan has become increasingly popular over the past few years. More and more people are becoming aware of the negative impact that animal agriculture has on the environment, their health, and the lives of animals. In this article, we will explore



## **HEALTHY BENEFITS**

One of the main reasons why people go vegan is for the health benefits. Studies have shown that a plant-based diet can lower the risk of heart disease, type 2 diabetes, and some types of cancer. A vegan diet can also improve overall health by reducing inflammation, lowering cholesterol levels, and providing the body with essential nutrients.



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### **ANIMAL WELFARE**

Perhaps the most obvious reason to go vegan is to protect the lives and welfare of animals. The meat, dairy, and egg industries are responsible for the suffering and death of billions of animals each year. By choosing to go vegan, individuals can help reduce the demand for these products and encourage a more compassionate society

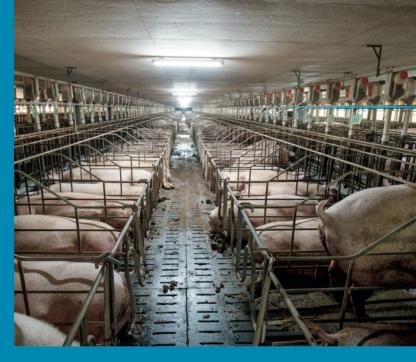
## ENVIRONMENTAL IMPACT

Animal agriculture is a leading cause of deforestation, water pollution, and greenhouse gas emissions. By going vegan, individuals can significantly reduce their carbon footprint and help combat climate change. A plant-based diet requires less land, water, and resources than a diet that includes animal products, making it a more sustainable choice.



# ETHICAL CONCERNS

Many people choose to go vegan for ethical reasons. Knowing that it is wrong to exploit and kill animals for human consumption. By going vegan, individuals can align their actions with their values and make a positive impact on the world.





# INCREASED VARIETY

Contrary to popular belief, a vegan diet is not limiting. In fact, it can open up a whole new world of food options and culinary experiences. With so many plant-based alternatives available, it has never been easier to enjoy a delicious and varied vegan diet.

# In conclusion.

There are many compelling reasons to go vegan. Whether it's for your health, the environment, animal welfare, ethics, or variety, making the switch to a plant-based diet can have a positive impact on your life and the world around you.

So why not give it a try?





# CLASSY AND MODERN STYLE

**APARTMENT** 

Discover a modern and spacious apartment for rent, boasting elegant interiors and convenient amenities in a prime location.

We offer the perfect urban retreat above our cozy cafe! Stay in our charming Airbnb apartment and enjoy a 50% discount on your first order then 20% on remaining orders at our cafe during your stay. Savor mouthwatering treats and artisanal coffee just steps away from your door. Scan the QR code to learn more and book your delicious getaway today!



