

MENU



PITAS

COPIA PITA V **WITHOUT CHEESE** \$9

Oven Roasted Veggies (Zucchini, Eggplant, Bell Peppers, Onion, Leek), Olive-Basil Sauce, Hummus, Parmesan, Basil

CENA PITA V \$9

Quinoa Patties, Hearty Mushrooms, Asparagus, Dijonnaise, Parsley

ASIA PITA V N \$9

Sesame-Crusted Tofu, Asian Slaw, Mama Gaia Sauce, Cilantro

PETITZZAS

COPIA PETITZZA V **WITH VEGAN CHEESE** \$7.50

Oven Roasted Veggies (Zucchini, Eggplant, Bell Peppers, Onion, Leek), Olive-Basil Sauce, Cheese, Basil

CENA PETITZZA V **WITH VEGAN CHEESE** \$7.50

Hearty Mushrooms, Tomato Sauce, Arugula, Cheese

MOZZA PETITZZA V **WITH VEGAN CHEESE** \$4

Cheese on Pita

FROMA PETITZZA V **WITH VEGAN CHEESE** \$5

Tomato Sauce, Cheese

BOWLS

CENA BOWL GF V \$12

Quinoa, Hearty Mushrooms, Asparagus, Parsley

COPIA BOWL GF V **WITHOUT CHEESE** \$11

Quinoa, Oven Roasted Veggies (Zucchini, Eggplant, Bell Peppers, Onion, Leek), Olive-Basil Sauce, Parmesan, Basil

ASIA BOWL GF V N \$11

Quinoa, Sesame-Crusted Tofu, Toasted Slaw, Red Peppers, Mama Gaia Sauce, Cilantro

SOUP

VEGGIE SOUP GF V Cup \$4 / Bowl \$7

DESSERTS

SWEET TREATS AND SIGNATURE HOMEMADE DESSERTS GF V N \$3-7

BEVERAGES

GREEN TEA LEMONADE Homemade GF V \$2.99

ORGANIC AGAVE SODA GF V \$2.99

CHAI TEA LATTE Homemade GF V \$3.50

COFFEE (Regular, Decaf, or Iced) GF V \$2

SPECIALTY COFFEE BEVERAGES GF V \$2.99 - \$5.99

BOTTLED COLD PRESSED JUICES GF V \$2.50 - \$5.99

SALADS

COPIA SALAD GF V **WITHOUT CHEESE** \$12

Chilled Oven Roasted Veggies (Zucchini, Eggplant, Bell Peppers, Onion, Leek), Quinoa, Balsamic Dressing, Parmesan, Basil

GARDEN SALAD GF V \$10

Assorted Greens and Veggies, Balsamic Dressing, Basil

ASIA SALAD V N GF \$9

Romaine, Sesame-Crusted Tofu, Asian Slaw, Mama Gaia Sauce, Red Bell Peppers, Cilantro

A LA CARTE

SIDE SALAD GF V \$3.50

PITA WEDGES W/ HUMMUS V \$4.50

PITA WEDGES W/ TZATZIKI \$3

GARDEN VEGGIES W/ TZATZIKI GF \$4

GARDEN VEGGIES W/ HUMMUS GF V \$5.50

WHOLE PITA V \$1

QUINOA PATTY DIPPERS W/ RED SAUCE GF V \$4

GRAB N' GO SALADS \$4-8
vegan options available

GRAB N' GO PITAS \$5
vegan options available

SMOOTHIES GF V N \$7

BERRY PARFAIT GF GF Sm \$4 / Lg \$7
vegan options available

APPLE-CINNAMON OATMEAL GF V \$5

V VEGAN

GF GLUTEN FREE

N CONTAINS NUTS

Mama Gaia at Ballet Memphis 2144 Madison Ave Memphis, TN 38104 Call 901.214.2449