

Appetizers

Hummus (VG) (GF) 5.99

chickpeas pureed with tahini and lemon juice

Baba (VG) (GF) 5.99

roasted eggplant pureed with garlic, tahini, and lemon juice

Falafel (VG) (GF) (N) 5.99

mildly spiced vegetarian patties fried in peanut oil and served with tahini lemon dressing

Tabouli (VG) 5.99

chopped parsley, diced tomatoes, onions, and bulgur, tossed with lemon juice, extra virgin olive oil, and herbs

Grape Leaves (VG) (GF) 5.99

rolled grape leaves stuffed with rice, chickpeas, tomato, herbs, and spices

French Fries (VG) (GF) (N) 4.49

fried in peanut oil and seasoned with za'atar (an ancient Mid-East herb)

Spicy Cauliflower (VG) (GF) (N) 5.49

florets fried in peanut oil, sprinkled with herbs and spices, topped with tahini lemon dressing and hot sauce

Veggie Sticks (VG) (GF) 3.99

carrots, celery, cucumbers, pickled cucumbers and turnips great for dipping; good alternative to pita

Kibbie (N) 6.99

handcrafted croquettes of seasoned ground lean beef and bulgur filled with seasoned beef, onions, pine nuts, and fried in peanut oil

Soup

Lentil (VG) (N) 3.99 add chicken (GF) +0.85

organic red lentils seasoned with herbs and spices, topped with fried pita chips



Fresh Pressed Juices



To preserve nutrients & health bene its, we don't strain our juice

6.99

Mean & Green

kale, spinach, cucumber, celery, ginger

Energize

carrot, apple, celery, lemon, cucumber

Detox

ginger, apple, beet, carrot

Immune Booster

kale, spinach, cucumber, lemon, apple

Edgy Veggie

celery, carrot, apple

Anti-Inflammatory

orange, ginger, beet, carrot

Natural Energy

celery, celery, celery, more celery

Slim Trim

celery, ginger, apple

Empower

lemon, orange, kale, spinach, ginger, apple, cucumber

Smoothies

6.49



All Green

apple, cucumber, banana, kale, spinach

Tropical Storm

mango, guava, banana, pineapple

Rejuvenate

orange, mango, banana, pineapple

Youthful Glow

carrot, mango, banana, pineapple

Strawberry Blast

strawberry, pineapple, banana

Boost It! .50/ea

chia seeds | wheat germ | flax seeds

Beverages

Coffee 1.99

camilla blend / decaf

Pomegranate-Green / Black Tea 2.49

all iced tea is unsweetened

All-Natural Cane Sugar Soda 2.49

black cherry / lemon lime cola / diet

BOAZ

FRESH LEBANESE

20630 John Carroll Blvd
University Heights, OH 44118

Mon-Sat 11am-10:30pm
Sun 11am-10pm

216.417.7765

boazfresh.com



Build Your Own Bowl

All bowls 8.99 · Customize your bowl

Choose a Base

Greens	V	VG	GF
Lentils & Brown Rice	V	VG	GF
Brown Rice	V	VG	

Choose a Protein (CHOOSE ONE)

Beef Shawarma			GF
Grilled Chicken			GF

Top it Off

Hummus	N	V	VG	GF
Baba		V	VG	GF

Add Some Color

Purple Cabbage	V	VG	GF
Fresh Bean Mix	V	VG	GF
Za'atar Pita Chips	V	VG	
Shredded Carrots	V	VG	GF
Tabouli	V	VG	
Salata	V	VG	GF
Pickled Cucumbers	V	VG	GF
Pickled Turnips	V	VG	GF
Quinoa	V	VG	GF
Banana Peppers	V	VG	GF
Tomatoes	V	VG	GF
Sumac Onions	V	VG	GF

Dress it Up

Tahini Lemon Dressing	V	VG	GF
Boaz Dressing	V	VG	GF
Mango Cilantro Dressing	V		GF
Hot Sauce	V	VG	GF
Garlic Sauce	V		GF

Entrées

Hummus Chicken (GF) 8.99

hummus topped with chopped grilled chicken, diced tomatoes, parsley

Hummus Shawarma (GF) 8.99

hummus topped with beef shawarma, diced tomatoes, parsley

Hummus Falafel (VG) (GF) (N) 8.99

hummus topped with falafel, diced tomatoes, parsley

Vegan Combo (VG) (N) 8.99

hummus, tabouli, baba, falafel, grape leaves

Boaz Combo (N) 8.99

hummus, baba, falafel, kibbie, salata

Rolled Pitas

Boaz Falafel (VG) (N) 6.49

falafel, tomatoes, pickled cucumbers and turnips, tahini lemon dressing

Hummus Falafel (VG) (N) 6.49

hummus, falafel, tomatoes, pickled cucumbers and turnips

Tawook 6.99

grilled marinated chicken, tomatoes, pickled cucumbers and turnips, garlic sauce

Chicken Shawarma 6.99

grilled marinated chicken, tomatoes, onions, sumac, pickled cucumbers and turnips, tahini lemon dressing

Beef Shawarma 6.99

grilled seasoned beef sirloin, tomatoes, onions, sumac, pickled cucumbers and turnips, tahini lemon dressing

Lamb 6.99

grilled seasoned lamb, tomatoes, onions, sumac, pickled cucumbers and turnips, tahini lemon dressing

Chicken Curry 6.99

curried chicken, tomatoes, peas, onions, banana peppers, mango cilantro dressing

Salads

Fattoush (VG) 7.99

chopped romaine, spinach, salata, and pita chips seasoned with za'atar (an ancient Mid-East herb), tossed with lemon juice, fresh garlic, sumac, extra virgin olive oil

Tabouli (VG) 7.99

chopped parsley, diced tomatoes, onions, and bulgur, tossed with lemon juice, extra virgin olive oil, and herbs

Falafel Salad (VG) (GF) (N) 7.99

mixed greens, falafel, salata, tahini lemon dressing

Shawarma Salad (GF) 8.99

grilled seasoned beef sirloin, mixed greens, salata, parsley, boaz dressing

Dressing & Sauces

Boaz Dressing (VG) (GF)

fresh garlic, olive oil, lemon juice, herbs and spices

Tahini Lemon Dressing (VG) (GF)

sesame seed paste mixed with lemon juice

Mango Cilantro (V) (GF)

Garlic Sauce (GF)

Homemade Hot Sauce (VG) (GF)

Kids Menu

Grilled Chicken and Fries 4.99

Grilled Chicken and Rice 4.99

Build Your Own Kids' Bowl 4.99

DIETARY RESTRICTIONS?

VEGAN (VG)	VEGETARIAN (V)
GLUTEN (GF)	CONTAIN NUTS (N)