



Weekly Menu — July 20, 2020—

Mika serves fresh, nourishing, and vibrant modern Middle Eastern and Mediterranean cuisine that's made to satisfy and delight. We keep our food simple, and let the unique flavour combinations do the talking.

We require notice of one (1) business day for each order. Deliveries twice weekly (Wednesdays & Fridays)

Breakfast

Classic Waffles | \$5/Package (5 per package)

Our crispy golden waffles

Burekas - Baked | \$7.5 (Half Dozen) | \$14 (Dozen)

Homemade puff pastry filled with our different fillings

- Potato
- Cheese
- Mushroom/Onion
- Variety (2 of each, 4 of each)

Jerusalem Style Stuffed Pita | \$10.50/person

Our homemade pita slathered with flavorful matbucha, stuffed with boiled eggs, cheese, and then grilled

Three Cheese Ziva | \$9/serving

Malawach stuffed and rolled with Spinach, Egg and mix of mozzarella, smoked cheddar and feta

Meat Mains

Beef Roulade | \$10/Serving | \$25 (whole roulade)

Flakey dough stuffed with a mix of ground beef and spices

Lemon Chicken \$7.50/serving

Chicken pieces baked with lemons, red onions, cinnamon, allspice, sumac, and za'atar

Chicken Marbella (sweet) \$7.50/serving

Chicken baked in white wine, prunes, capers, green olives and a brown sugar. This one's a fan favourite

Mediterranean Pie | \$8.50/serving

Our take on the Shepherd's Pie; we bake a layer of bulgur and a layer of spiced ground beef, topped with tahini, parsley, olive oil, and sumac

Vegan Mains

Stuffed Eggplant | \$7.5 / serving

Eggplant stuffed with quinoa, green olives cilantro, mint, and almonds. This dish is served cold or at room temperature

Pescatarian Mains

Fish Patties | \$4/per patty

Spiced haddock patties breaded, baked, then slow cooked in a cherry tomato sauce.

Sides

Small (serves 1-2) \$6 | Medium (serves 3-4) \$10 | Large (serves 5-6) \$14

Baby Potatoes Roasted

Tri-color baby potatoes roasted with rosemary, thyme, cherry tomatoes, garlic and kale

Mediterranean Baked Sweet Potato (vegan)

Baked sweet potato topped with spiced chickpeas, salad and drizzled with tahini sauce.

Mejadra

Basmati rice and green lentils simmered in a cumin, turmeric and paprika based broth topped with crisp fried onions

Roasted Butternut Squash

Roasted butternut squash and red onion sprinkled with parsley and za'atar

Roasted Turkish Vegetables

Squash, potatoes, zucchini, eggplant, onion and red bell peppers roasted in a tomato-based sauce

Wild and Brown Rice

Our wild and brown rice goes well with any one of our mains

Yellow Split Pea Daal (vegan)

Soups

Vegan Small \$5.5 (serves 1-2) | Medium \$8 (serves 2-3) | Large \$10 (serves 3-4)

Chickpea with fresh thyme Soup

Meat Small \$6 (serves 1-2) | Medium \$9 (serves 2-3) | Large \$12 (serves 3-4)

Green Lentil and Beef Soup

Salads

Small \$7 (serves 1-2) | Medium \$10 (serves 2-3) | Large \$14 (serves 3-4)

Lemon Cabbage Salad

Fresh shredded cabbage, dill, and crunchy pumpkin and sunflower seeds served with a lemon dressing

Greek Style Salad

Chopped lettuce, tomatoes, cucumbers, red onions, feta cheese, finished with a tangy za'atar and olive oil dressing

Cook/Bake at Homes

Bolognese Sauce | \$3.5 / Bag (Serves 1-2)

Slowly cooked beef and tomato sauce

Shakshuka Sauce | \$3 / Bag (Serves 1)

Malawach | \$5 / (Pack Of 4)

Jachnun | \$5 / (Pack Of 5)

Burekas - Unbaked | \$6.5 (Half Dozen) | \$12 (Dozen)

Homemade puff pastry filled with our different fillings

- Potato
- Cheese
- Mushroom/Onion
- Variety (2 of each, 4 of each)

Homemade Gnocchi | 200 g \$2.5

Homemade Butternut Stuffed Tortellini | 200g \$5

Homemade Pappardelle (Ribbon pasta) | 200g \$3

Cherry Tomato Pasta Sauce | \$3.5 / Bag (Serves 1-2)

Mushroom and Cream Pasta Sauce | \$3.5 / Bag (Serves 1-2)

Beef Pierogi | \$6/ Package of 5

Our dumplings stuffed with our beef and spices mixture

Potato Pierogi | \$6/ Package of 5

Our dumplings stuffed with our potato and spices mixture

Sweet Treats

Baked Cheesecake | \$5 (Square)

Chocolate Cheese Brownie | \$5 (Square)

Orange Jam Square | \$3.5

Vegan Brownie | \$4

Gluten Free Brownie | \$4

Rugelach (apricot-raisin-walnut) | \$0.60

Rugelach (chocolate, cinnamon) | \$0.50

Mini Babka Roll | \$1.50

Mini Apple & Almond Rose | \$1.75

Cinnamon Danish | \$1.75

Sticky Danish | \$2

Palmiers (Elephant Ears) | \$0.75

Loaves

Loaf (Banana, Orange, Carrot) | \$9

Loaf (Banana Chocolate, Orange Chocolate, Carrot Cranberry Walnut) | \$9.5

Bread

Challah \$5

Raisin Challah | \$6

Stuffed Challah (Chocolate, Cinnamon, Apple) \$8

Sourdough \$6

Black Olive Sourdough | \$6.5

Pita \$5 (Pack of 5)

Dips

\$6 – 8 oz | \$9 – 12 oz | \$12 – 16 oz

Babaganoush

Green Tahini - Our Tahini mixed parsley and spices

Hummus

Matbucha

Tahini

Egg Salad

Tuna Salad

Hot Sauce | \$10 – 8 oz

Please let us know which day (Wednesday or Friday) you'd like your order delivered. Thank you!