

Wraps & Sandwiches

	REGULAR	SUPER
CHICKEN SHAWARMA 540/870 Cals	6.79	9.79
BEEF SHAWARMA 550/880 Cals	8.29	11.29
VEGGIE SHAWARMA 300/470 Cals	7.49	10.49
OSMOW'S SPECIAL 530/820 Cals	8.49	11.49
SHISH TAOUK 510/790 Cals	8.19	11.19
CHICKEN KEBAB 520/820 Cals	8.19	11.19
PHILLY CHEESESTEAK 680/1090 Cals	8.99	11.99
PHILLY CHICKEN 670/1090 Cals	7.49	10.49
PHILLY VEGGIE 620/990 Cals	7.49	10.49
FALAFEL 470/740 Cals	6.29	9.29

MAKE ANY WRAP A COMBO!

RICE & POP +250-430 Cals +2.99

FRIES & POP +260-440 Cals +2.99

GARDEN SALAD & POP +140-280 Cals +3.99

GRILLED VEGGIES & POP +80-230 Cals +4.99

Sides

FRIES 260/310/440 Cals	2.79	5.09	7.09
RICE 250/270/300 Cals	2.69	4.39	6.49
VEGGIES 80/150/240 Cals	5.49	7.49	8.49
FALAFEL 140/280 Cals	4.99		9.99
BAKLAVA 260 Cals	2.49		



Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Combo for Two

21.99

- 1 CHICKEN SHAWARMA WRAP (REGULAR) 540 Cals
- 1 CHICKEN SHAWARMA PLATTER 1180-1290 Cals
- 2 POP CANS OR 2 WATER BOTTLES 0-140 Cals ea.

Veggie Combo for Two

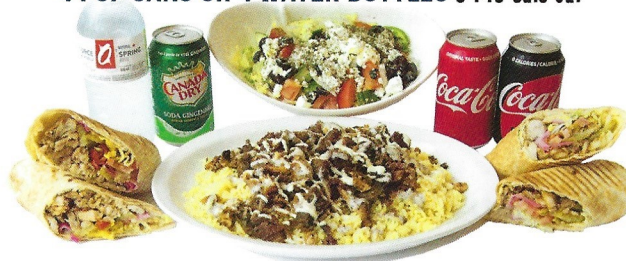
22.99

- 1 FALAFEL OR VEGGIE WRAP (REGULAR) 470/490 Cals
- 1 FALAFEL ON THE ROX (MEDIUM) 590 Cals
- 1 HUMMUS 280 Cals OR SALAD (MEDIUM) 140-290 Cals
- 2 POP CANS OR 2 WATER BOTTLES 0-140 Cals ea.

Family Combo for Four

37.99

- 2 CHICKEN SHAWARMA WRAPS (REGULAR) 540 Cals ea.
- 1 CHICKEN ON THE ROX (LARGE) 1040 Cals
- 1 SALAD (LARGE) 240-490 Cals
- 4 POP CANS OR 4 WATER BOTTLES 0-140 Cals ea.



We have specials everyday!

WASAGA
705.422.2098
 25 STONERIDGE BLVD. #3
 WASAGA, ON



OSMOWS.COM



2017 PLATINUM READERS' CHOICE AWARDS Guardian.

2018 PLATINUM READERS' CHOICE AWARDS TheNews.

Osmow's
 MODERN MEDITERRANEAN CUISINE

DINE-IN | TAKE-OUT
 CATERING | FOOD TRUCK | DELIVERY

OVER 60 LOCATIONS
 TO SERVE YOU EVERYWHERE!



We're makin' what you're cravin'

Appetizers & Salads

- TABOULE** 100 Cals **VG LF** 6.79
Finely chopped fresh parsley, tomato, onion, crushed whole wheat, lemon juice and olive oil.
- HUMMUS** 280 Cals **VG LF** 6.59
Ground chickpeas, tahini and lemon juice.
- BABA GANOUSH** 200 Cals **VG LF** 6.79
Barbecued eggplant, tahini sauce and olive oil.
- GREEK SALAD** 250/420 Cals **GF V LF** 7.99/10.99
Lettuce, tomatoes, onions, feta cheese, black olives and cucumbers topped with our famous Osmow's dressing.
- GARDEN SALAD** 140/240 Cals **VG GF LF** 6.99/9.99
Lettuce, tomatoes, onions, cucumbers and green peppers topped with our famous Osmow's dressing.
- CAESAR SALAD** 290/490 Cals **LF V** 6.99/9.99
Crisp iceberg lettuce mixed with crunchy pita croutons, topped with Osmow's famous garlic sauce and parmesan cheese.
- FATTOUSH SALAD** 170/290 Cals **VG LF** 6.99/9.99
Lettuce, tomatoes, cucumbers, onions, pita croutons sumac and mint topped with our famous Osmow's dressing.
- CHICKEN SALAD** 480/820 Cals **GF LF** 10.79/13.79
Finely carved chicken shawarma from a rotating spit and grilled to perfection served on a bed of lettuce, tomatoes, onions, cucumbers and green peppers and topped with our famous Osmow's sauces.
- BEEF SALAD** 560/950 Cals **GF** 11.99/14.99
Finely carved beef shawarma, sautéed with tomatoes and onions served on a bed of lettuce, tomatoes, onions, cucumbers, green peppers and sauced to perfection with our famous Osmow's sauces.

V = VEGETARIAN
GF = GLUTEN FREE
LF = LACTOSE FREE
VG = VEGAN

Applicable sales tax apply, prices are subject to change.

Platters

All dishes are served with rice (+250 Cals) or french fries (+260 Cals) and your choice of salad (+140-290 Cals)
Replace with grilled Veggies (+100 Cals) for 2.00

OUR FAMOUS SHAWARMA PLATTERS

Slow rotisserie, grilled to perfection.
(Beef sautéed with tomatoes and onions)

CHICKEN 790 Cals **GF LF** 14.99 | **BEEF** 800 Cals **GF** 16.99

OSMOW'S SPECIAL PLATTER 390 Cals **GF** 15.79

Osmow's seasoned chicken breasts grilled with onions, green peppers and pineapples.

SHISH TAOUK PLATTER 340 Cals **GF** 15.29

Boneless chicken breasts marinated with mild curry and Mediterranean spices, cooked with onions and green peppers.

CHICKEN KEBAB PLATTER 370 Cals **GF** 15.29

Chicken breasts seasoned with Greek spices, grilled with onions and green peppers.

BEEF KOFTA PLATTER 410 Cals 15.29

Marinated minced beef grilled with onions and green peppers.

OSMOW'S MIXED GRILL 850 Cals 18.99

A combination of shawarma, beef kofta, chicken kebab and Osmow's special grilled with pineapples, onions and green peppers.

PHILLY PLATTERS

Your choice of item sautéed with green peppers and onions, melted cheese and Osmow's famous Philly sauce.

STEAK 760 Cals 16.89

CHICKEN 760 Cals 15.39

VEGGIE 660 Cals 15.39 **V**

On the Veggies

On a bed of grilled veggies topped with Osmow's famous sauces.

CHICKEN 510/770 Cals **GF** MEDIUM 11.69 LARGE 13.69

BEEF 520/790 Cals **GF** 13.69 15.69

FALAFEL 440/615 Cals **V GF** 11.69 13.69

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On the Rice

On a bed of rice topped with Osmow's famous sauces.

		MEDIUM	LARGE
CHICKEN 660/1040 Cals	GF LF	8.99	10.99
BEEF 670/1060 Cals	GF	10.99	12.99
MIXED 670/1050 Cals	GF	11.49	13.49
FALAFEL 590/890 Cals	V GF LF	8.79	10.79

On the Stix

On a bed of fries topped with Osmow's famous sauces.

CHICKEN 790/1230 Cals	GF LF	10.69	12.69
BEEF 790/1240 Cals	GF	12.69	14.69
MIXED 790/1240 Cals	GF	12.99	14.99
FALAFEL 710/1070 Cals	V GF LF	10.69	12.69

Specialty Dishes

HALF & HALF

Your choice of item served on a bed of half rice, half fries and topped with our Osmow's famous sauces.

(Beef with sautéed tomatoes and onions)

		MEDIUM	LARGE
CHICKEN 730/1140 Cals	GF LF	10.79	12.79
BEEF 730/1150 Cals	GF	12.79	14.79
FALAFEL 650/980 Cals	V GF LF	10.79	12.79

EGGPLANT PLATTER 600 Cals **V** 13.89

Fattouch, hummus, baba ganoush and barbecued eggplant.

FALAFEL PLATTER 630 Cals **V** 12.89

5 falafel balls golden fried and served with hummus, baba ganoush, fattouch salad and pita bread, served with our Osmow's signature tahini sauce on the side.

SHAWARMA POUTINE 800/1170 Cals 11.99 13.99

Finely carved chicken shawarma from a rotating spit, roasted to perfection, served on an all Canadian poutine and topped with Osmow's famous sauce

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