

HEALTHY CHOICES
ALWAYS GLUTEN FREE



4336 George Washington Mem. Hwy.
Yorktown, VA 23693

At the Intersection of Lakeside Drive and Rt. 17

www.MedMeals4You.com

 /Med Meals 4 You LLC

 @MedMeals4You



Cash, Credit, Checks, Tips & Positive Comments
Always Accepted

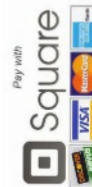


Mediterranean Style Cuisine for Your Healthy Lifestyle

Heritage Square Shopping Center
4336 Geo. Washington Mem. Hwy.
Yorktown, VA 23693



Come By & Give Us a Try



Mediterranean Style Cuisine for Your Healthy Lifestyle

Healthy Eating, Healthy Living

Our mission is to offer quality meal replacements focused on unique dietary restrictions.

Healthy, gluten free selection of foods of the Mediterranean Region, making our menu interesting and delicious.

Heritage Square Shopping Center
4336 Geo. Washington Mem. Hwy
Yorktown, VA 23693
Facing Lakeside Drive



757-988-0900

Enjoy Tastes of the Mediterranean

We offer quality meal replacement services focused on unique dietary restrictions, including low salt, gluten-free meals. A healthy selection of foods of the Mediterranean Region makes our menu interesting and delicious!

We offer an "everyday" menu, PLUS, we take a flavor trip around the Mediterranean, visiting each country for two weeks of delicious foods featuring some of the freshest, healthiest and best tasting meals you will find in Virginia.

Seasonally, we will offer fruits, vegetables and market fresh fish on our menu.

All of our dine-in meal menu items are a complete meal, including the main dish, fruit, vegetable and your beverage.



Open Monday - Friday
11:00 am - 2:00 pm
For Dine-In Lunch

Come By & Give Us a Try
Office Hours
9:00 am - 6:00 pm

Healthy Eating, Healthy Living

Take Out Menu Available

(All items on the Daily & Weekly Menu are Available for Take-out)

Order Ahead

Call by 4:00 pm, pick-up by 6:00 pm

- Weekly Mediterranean Menu
- Everyday Menu
- Children's Menu
- Vegan Choices on Every Menu
- Special Dietary Accommodations
- Catering
- Breads

For Your Healthy Lifestyle

- Gluten Free
- Tree Nut & Peanut Free
- Low Sodium
- Vegan Choices
- Organic whenever possible

Fresh Baked Gluten Free Breads

Baked fresh daily, from our kitchen to your home! Please call ahead to place your order. 757-988-0900

Fresh French Bread

Fresh Sandwich Bread

Fresh Pita Bread



Need Meeting Space ?

Our facilities are available for your meetings. We can accommodate seating up to 36 people.

Whether you are planning an office meeting, network luncheon or after hours social, we have room for your function.

We will be glad to cater your events also when you're meeting at our facility,

Please give us a call to discuss availability and menu options for your function.

Daily Menu

Large House Salad

Meatloaf with Gravy & Potatoes

Curry Chicken Salad with Fruit

Eggplant Lasagna

Fish of the Day

Beverages:

Coffee, Regular or Decaf

Tea, Hot or Iced

Lemonade

Please let us know if you have additional dietary needs or restrictions



CERTIFIED
SWaM Small,
Women and
Minority-Owned
Supplier University Serves the Commonwealth
By the Virginia Department of Minority Business Enterprise