



Mediterranean Diet

At Chickpea we believe in the core values and principles of the Mediterranean Diet, a Heart Healthy diet that promotes a healthy life style and has several other benefits as well, including: promotes a reduced incidence for both Parkinson's and Alzheimer's disease and reduces High Blood Pressure and Cholesterol.

The Mediterranean Diet is a diet that also provides the use of healthy mono – unsaturated fats. Here at Chickpea we live our motto “always baked never fried.

We source local farms for our fruits, vegetables and legumes. We also use the finest herbs and spices from around the world for our Falafel, Hummus and Marinades

At Chickpea all of our cooking is done using **Pure Virgin Olive Oil** – which is unsaturated fat. And our Bulgur Wheat is trans fat free as well.

We use only selected suppliers for all of our meats, which are **Antibiotic and Hormone Free.**

Our Shawarma, Chicken Kebab, Mediterranean Spicy Chicken and Grilled Steak are high in protein and our cooking process eliminates all fat.

Healthy Never Tasted So Good