

# Café Rakka

Mediterranean Grill

Where Fresh Food is Always in Style™



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## **Café Rakka Introduces Mediterranean Diet Lunch Box**

*Hendersonville, Tennessee, USA* – Café Rakka is introducing its new Green Lunch Box, available immediately for carry-out or delivery from the restaurant on New Shackle Island Road in Hendersonville. Not only are the lunch boxes designed to provide a natural and balanced healthy meal, they are also eco friendly; every component is produced from either recyclable and sustainable materials such as potato starch and corn or 100% post-consumer waste.

Café Rakka’s lunch box is based on the principles of a healthy and nutritious Mediterranean diet featuring fresh and heart-healthy ingredients such as olive oil, nuts, whole grains, vegetables and fruits. According to a Harvard study published by the *Journal of American Medical Association*, people who follow a Mediterranean diet can lower their heart disease, high cholesterol, high blood pressure, diabetes and cancer.

The Entrée Lunch Box is \$10.99, and features either Chicken on the Sajj (chicken marinated in fresh herbs, saffron and yogurt and grilled), Shawermah on the Sajj (sliced steak seasoned and marinated for 48 hours and grilled) or Chef’s Daily Special. Grilling takes place on a traditional Mediterranean wok called a “sajj”. All entrees come with bulgur wheat, salad, whole wheat pita bread and a side of hummus.

**--More--**

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The Salad Lunch Box is \$9.99, and comes with one of three signature Café Rakka salads: Santa Barbara Grilled Chicken (chicken breast served over organic greens with red onions and fresh herbs and topped with roasted nuts and dried fruit), Baby Spinach Salad (organic baby spinach with fresh herbs, red onions, dried fruit, homemade cheese tossed with cherry balsamic vinaigrette) or the Rakka Mediterranean Salad (organic mixed greens with red onions, fresh herbs, olives, dried fruit and toasted nuts, tossed with citrus vinaigrette and topped with homemade farmer cheese).

A variety of tea drinks are available, ranging from cold teas such as the pomegranate or red tea to hot drinks including hot chai tea (regular or soy).

Orders for lunch box deliveries will be taken daily for the coming week; standing delivery orders are also accepted. Orders for same day delivery should be placed by 9 am.

**About Café Rakka:** Café Rakka opened in March 2008 in Hendersonville, Tennessee. Café Rakka features a variety of dishes based on centuries-old family recipes, each prepared fresh to order. The restaurant is open for lunch Monday – Thursday and Saturday from 11 am – 3 pm (no lunch hours on Friday), and for dinner Monday – Saturday from 5 pm – 9 pm, and is closed on Sundays. Call 615-826-6264 for reservations or to order the Mediterranean Diet Lunch Box.

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