



## Vendor Spotlight: The Good Gyro

Wednesday, April 10th, 2019

*Where can you find a restaurant featuring an expansive menu, using family recipes, made with fresh ingredients? The Good Gyro! It's a family owned Mediterranean kitchen right here in New Hope. They specialize in Greek, Lebanese, Moroccan, and Syrian food. They're known for their homemade hummus, salads, and wraps. We spoke with the owners, Nedal and Etab Barouki for an exclusive look at this family business.*

### **How long have you been in the food business?**

Nedal has been in the food business since 1983, when he started cooking Moroccan food at a restaurant in Philadelphia. He has always loved to cook, it's a great hobby. We've been here at Ferry Market since December 15, 2018.

### **What made you want to open up your shop at the Ferry Market in New Hope?**

We've always liked this area and have been looking for a spot in Ferry Market for a long time. When we found the market, we knew it would be a good opportunity. When a spot opened, we took it. We're so happy to be here!

### **Where did you learn how to cook?**

We learned how to cook from our family. All the food we make is traditional, the way we would cook it back home. Everything on our menu is a family recipe.

### **You used to have another business, Taste in Mediterranean Food in San Francisco. Can you tell us about it?**

We lived in the San Francisco Bay area for 12 years and in 2005 we opened Taste in Mediterranean Food. It was a sit down, family friendly, casual style restaurant. We had a lot of specialty dishes and it became very successful, we were listed in the Michelin Guide. When the restaurant closed, it was in the news. People have been asking about our new restaurant, The Good Gyro, from California to Pennsylvania.

### **Why did you leave San Francisco?**

Although we loved California, we moved back to be closer to family. Nedal is originally from Philadelphia, and we wanted our kids to be able to grow up near their cousins. All of our family and friends are here.

### **What is the story behind your name, "The Good Gyro"?**

The kids chose it! A lot of names were already taken, so when we were looking for a name we asked the kids. They got the idea from that movie Good Burger, but came up with The Good Gyro instead. It was our kids' decision.

### **What is a Mediterranean kitchen?**

We serve Mediterranean and Middle Eastern inspired food. There is an emphasis on a healthy diet, we serve a lot of vegetables. We use special spices like cardamom, cloves, and nutmeg, that we grind ourselves. All the spices and ingredients are mixed here by hand every day.

### **Which Mediterranean dishes can be found on your menu?**

Hummus is popular, we make ours with fresh chickpeas. We soak the chickpeas for hours and slow cook them. Then we blend the chickpeas with imported tahini paste until smooth and creamy. Falafel is traditional too, it's made from chickpeas and vegetables which we grate, form into patties, then fry. Meat is a big part of the Mediterranean diet as well, in our gyros we use lamb or chicken. Finally, we have many dessert options, like baklava, homemade rice pudding, and the famous honey cake called namoura.

**Does your menu always stay the same, or does it vary based on the season?**

We try to squeeze in as many options as possible. For example, we have a lot of soups that are made from scratch, never frozen, using fresh vegetables. There is a different soup every time you come in. Our new menu is out with different wraps, salads, and desserts to try. In the summer, we plan to have refreshing beverage options like drinks made with mint and mango. We always have new items we're looking to add and try to offer as much as we can.

**Do you have options for special diets?**

We have a lot of gluten free and vegetarian options. In our falafel, we don't use any wheat or bread crumbs, so it's gluten free. Many of the dishes we serve are vegetable based, like our hummus platter, vegan falafel wrap, or baba ghanouj wrap, which is great for vegetarians. The white sauce we use is made from tahini, it's a nice dairy free option for our vegan friends.

**What is your most popular menu item?**

Our restaurant is named after the most popular item on our menu, the gyro! We serve our gyros with lamb or chicken as a wrap or plate. The wraps are served with yogurt cucumber sauce, cabbage, and tomato cucumber salad. The plate comes with rice, salad and hummus with tahini sauce, yogurt and pita bread. It's a must try!

**What sets The Good Gyro apart from other Mediterranean restaurants?**

Everything here is 100% homemade, one taste and you can tell the difference. It's all about family and homemade recipes. The way we cook here is the same way we cook for our kids, our family, and our friends!

*If you're looking for fresh food and menu variety, The Good Gyro is the place to go. This family owned restaurant is the perfect place to get an authentic taste of Mediterranean cuisine. Be sure to stop by often and see what new drinks, entrees, and desserts are on the menu!*