

NUTRITIONAL INFORMATION

		Portion (oz)	Calories (kcal)	Fat Calories	Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol	Sodium (mg)	Carbohydrates	Fiber (g)	Sugar (g)	Protein (g)
BASE	Baba Ghanoush	5.0	150	100	10	0	0	0	600	15	5	5	5
	Basmati Rice	6.4	290	95	10	0	0	0	545	45	0	0	7
	Couscous	5.0	225	25	5	0	0	0	600	40	5	0	5
	Hummus	5.0	400	300	35	5	0	0	500	20	5	5	5
	Pita Bread (1)	3.7	260	20	2	0	0	0	630	49	4	4	8
	Salad	3.0	15	0	1	0	0	0	5	3	2	1	1
PROTEIN	Chicken Shawarma	4.0	200	80	10	2	0	140	600	0	0	0	28
	Falafel (in a Pita)	3.2	290	145	16	2	0	0	830	32	10	7	10
	Falafel (Bowl)	4.0	360	180	20	2	0	0	1040	40	12	8	12
	Steak	4.0	280	160	18	6	0	100	520	0	0	0	28
	Crispy Chicken	3.0	240	126	14	2.5	0	36	527	13	2	1	15
	Crispy Chicken Tenders	3.0	240	126	14	2.5	0	36	527	13	2	1	15
TOPPING	Chopped Salad	3.2	15	0	0	0	0	0	0	3	0	3	0
	Garlic Sauce	1.0	154	151	17	3	0	8	120	1	0	0	0
	Harissa	1.0	13	6	1	0	0	0	241	2	1	0	0
	Pickles	1.0	5	0	0	0	0	0	230	1	0	0	0
	Purple Cabbage	2.4	50	25	4	0	0	0	385	5	3	3	0
	S'khug	1.0	22	15	2	0	0	0	203	2	1	1	0
	Sumac Onions	0.8	10	0	0	0	0	0	10	2	1	1	1
	Tahini Sauce	1.0	71	57	6	1	0	0	145	3	1	0	2
KID'S MEALS	Kid's Meal Chicken	1.0	488	189	21	4	0	90	656	54	3	26	23
	Kid's Meal Steak	1.0	481	188	21	4	0	43	677	55	3	26	21
	Kid's Meal Falafel	1.0	478	189	21	3	0	0	604	67	6	27	8
SIDES & BEVERAGES	Baba Ghanoush (Swipe in a Pita)	0.5	15	10	1	0	0	0	60	2	1	1	1
	Baba Ghanoush (Add Bowl)	3.0	90	60	6	0	0	0	360	12	3	3	3
	Baba Ghanoush (Small)	4.0	120	80	8	0	0	0	480	12	4	4	4
	Baba Ghanoush (Large)	8.0	240	160	16	0	0	0	960	24	8	8	8
	Basmati Rice (Side)	4.0	180	60	6	0	0	0	340	28	0	0	4
	Falafel (Individual)	0.8	70	35	4	1	0	0	210	8	3	2	3
	Fries	4.0	360	160	16	2	0	0	460	48	4	0	4
	Hummus (Swipe in a Pita)	0.5	40	30	4	1	0	0	50	2	1	1	1
	Hummus (Add Bowl)	3.0	240	180	21	3	0	0	300	12	3	3	3
	Hummus (Small)	4.0	320	240	28	4	0	0	400	16	4	4	4
	Hummus (Large)	8.0	640	480	56	8	0	0	800	32	8	8	8
	Lentil Soup	8.0	200	40	4	0	0	0	880	32	8	0	8