

NUTRITIONAL INFORMATION	Portion	Grams	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bases											
basmati white rice	4 oz	113	203	10	1	0	241	26	1	0	2
basmati brown rice	4 oz	113	100	6.23	1	0	308	10	1	0	1
seasonal mixed greens	2.5 oz	71	10	0	0	0	6	2	1	0	1
arugula	1.9 oz	54	13	0	0	0	15	2	1	1	1
kale	2.5 oz	71	35	0	0	0	30	7	1	0	2
pita bread	3.25 oz	92	230	3	1	0	369	41	2	1	7
flatbread wrap	1 wrap	58	220	11	1.5	0	280	26	1	1	4
Protiens											
chicken shawarma	4oz	113	235	12	3	102	150	2	1	0	29
falafel	4oz	113	197	5	0	0	496	31	8	4	9
spicy lamb kefta	4oz	113	270	20	8	88	337	7	1	1	14
steak shawarma	4oz	113	306	21	6	59	156	2	1	0	26
chicken kebab	4oz	113	218	13	3	78	357	2	1	1	22
beef kefta	4oz	113	257	18	7	90	319	7	1	1	15
Toppings											
spicy hummus	1.2 oz	34	53	3	1	1	110	6	1	0	2
cilantro hummus	1.2 oz	34	62	3	0	0	108	6	1	0	2
israeli couscous	2.5 oz	71	207	4	1	0	553	36	3	2	6
classic hummus	1.2 oz	34	71	4	1	0	126	7	2	0	2
turkish salad	3 oz	85	15	0	0	0	83	3	1	2	1
mezeh spicy feta	1.2 oz	34	112	10	4	20	259	2	0	1	3
Lebanese tabouleh	2.5 oz	71	32	1	0	0	118	5	2	1	1
caramelized eggplant	1.5 oz	43	31	2	0	0	1	3	1	1	0
eggplant caponata	5 oz	142	64	3	0	0	316	9	3	4	1
chickpea salad	1.5 oz	43	50	1	0	0	11	8	2	2	3
marinated vegetables	3 oz	85	51	3	0	0	54	6	1	3	1
crumbled feta	1 oz	28	75	6	4	25	316	1	0	1	4
diced cucumbers	1 oz	28	3	0	0	0	1	1	0	0	0
steamed beets	1 oz	28	12	0	0	0	22	3	1	2	1
mediterranean olives	.7 oz	20	33	3	0	0	221	1	0	0	0
roasted corn	1 oz	28	25	1	0	0	116	5	1	1	1
pickled turnips	.7 oz	20	9	0	0	0	13	2	1	1	0
pickled onions	1 oz	28	108	7	2	0	97	10	0	0	1
pickled carrots	.7 oz	20	11	0	0	0	11	2	1	1	0
red cabbage slaw	1.5 oz	43	39	3	0	0	19	3	1	1	1
sunflower seeds	.5 oz	14	83	7	1	0	58	3	1	0	3
pita croutons	1 oz	28	70	1.5	0	0	55	13	0	0	2
walnuts	.7 oz	20	130	13	1	0	0	3	1	1	3
dried cranberries	1 oz	28	84	0	0	0	1	20	2	0	0
radish	1oz	28	5	0	0	0	11	1	0	1	0
cherry tomato	1.5 oz	43	80	0	0	0	3	2	0	0	0
romaine lettuce	1oz	28	5	0	0	0	2	1	1	0	0
Sauces oz											
tzatziki sauce	1oz	28	32	3	1	3	82	2	0	1	1
s'hug sauce (hot)	1oz	28	62	6	1	0	63	2	1	1	0
harissa sauce (spicy)	1oz	28	87	9	1	8	79	2	0	0	0
balsamic vinaigrette	1oz	28	91	8	1	0	39	4	0	4	0
tahini sauce	1oz	28	86	7	1	0	47	4	2	0	3
greek feta dressing	1oz	28	132	13	3	7	120	3	0	1	1
Desserts oz											
baklava	2 oz	57	220	11	5	0	135	29	1	15	3
chocolate chip cookie	1 cookie	85	330	12	5	0	600	52	2	32	4
Sides oz											
pita chips	3oz	85	211	4	0	0	154	40	1	0	7
pita bread	1 Pita	92	230	3	1	0	369	41	2	1	7

The nutrition information on this page is derived from published resources, or from information provided by our suppliers. The nutrition information is based on standard product formulations and average serving sizes. All nutrition information is based on values for ingredients from our suppliers. Variation in serving sizes, preparation techniques, and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. updated 8/29/16