

# mezeh

MEDITERRANEAN GRILL

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											
arugula	1.50 oz	43	11	0	0	0	11	2	1	1	1
basmati brown rice	5.00 oz	142	253	11	1	0	361	41	3	0	3
basmati white rice	5.00 oz	142	236	9	1	0	335	36	1	0	3
bulgar wheat pilaf	5.00 oz	142	105	5	1	0	240	14	3	6	2
flatbread wrap	1 wrap	58	220	11	1.5	0	280	26	1	1	4
kale	1.50 oz	43	21	0	0	0	18	4	1	0	1
pita bread	3.75 oz	106	265	3	1	0	426	47	2	1	8
seasonal mixed greens	2.50 oz	71	10	0	0	0	6	2	1	0	1
Proteins											
beef kefta	4.0 oz	113	257	18	7	90	319	7	1	1	15
chicken kebab	4.5 oz	128	156	7	1	59	363	2	1	1	20
chicken shawarma	4.0 oz	113	239	12	3	104	152	2	1	0	29
falafel	6.0 oz	170	295	8	1	0	743	47	12	6	14
lamb, shredded	4.0 oz	113	321	27	9	65	80	2	1	0	18
steak shawarma	4.0 oz	113	306	21	6	59	156	2	1	0	26
Toppings											
cacik dip	1.0 oz	28	29	2	1	5	79	1	0	1	1
caramelized eggplant	2.0 oz	57	41	3	0	0	1	3	2	1	1
carrots shredded	1.5 oz	43	17	0	0	0	29	4	1	2	0
cherry tomato	1.5 oz	43	8	0	0	3	2	0	0	0	0
chickpea salad	2.5 oz	71	83	1	0	0	18	14	4	3	4
cilantro hummus	1.0 oz	28	49	2	0	0	91	6	1	0	2
classic hummus	1.0 oz	28	59	3	0	0	105	6	1	0	2
couscous, pearl	2.5 oz	71	207	4	1	0	347	36	3	2	6
crumbled feta	.75 oz	21	56	6	3	19	237	1	0	1	3
diced cucumbers	1.0 oz	28	3	0	0	0	1	1	0	0	0
dried cranberries	1.0 oz	28	87	0	0	0	1	23	2	18	0
eggplant caponata	3.0 oz	85	38	2	0	0	186	5	2	2	1
Lebanese tabouleh	1.5 oz	43	19	1	0	0	71	3	1	1	1
marinated vegetables	2.0 oz	57	34	2	0	0	36	4	1	2	1
mediterranean olives	1.0 oz	28	47	4	0	0	316	2	1	0	0
mezeh ganoush	1.0 oz	28	28	1	0	0	112	4	1	0	1
mezeh spicy feta	1.0 oz	28	109	11	3	14	174	1	0	1	2
pickled onions	1.0 oz	28	10	0	0	0	1	2	0	0	0
pickled radish	.75 oz	21	4	0	0	0	8	1	0	1	0
pickled turnips	.75 oz	21	9	0	0	0	13	2	1	1	0
pita croutons	.75 oz	21	68	2	0	0	136	11	1	0	2
quinoa salad	2.5 oz	71	171	7	1	0	208	23	3	0	5
red cabbage slaw	1.5 oz	43	39	3	0	0	19	3	1	1	0
roasted corn	1.25 oz	35	31	1	0	0	145	7	1	1	1
romaine lettuce	1.0 oz	28	5	0	0	0	2	1	1	0	0

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spicy hummus	1.0 oz	28	44	2	0	1	92	5	1	0	2
steamed beets	1.0 oz	28	12	0	0	0	22	3	1	2	1
sunflower seeds	.50 oz	14	83	7	1	0	58	3	1	0	3
turkish salad	2.0 oz	57	12	0	0	0	68	3	1	2	1
walnuts	.5 oz	14	93	9	1	0	0	2	1	0	2
Sauces oz											
balsamic vinaigrette	1.0 oz	28	90	8	1	0	39	4	0	3	0
greek feta dressing	1.0 oz	28	149	16	3	4	71	2	1	1	1
harissa sauce (spicy)	1.0 oz	28	87	9	1	8	79	2	0	0	0
s'hug sauce (hot)	1.0 oz	28	62	6	1	0	63	2	1	1	0
tahini sauce	1.0 oz	28	83	7	1	0	45	4	1	0	3
tatziki sauce	1.0 oz	28	29	2	1	2	176	1	0	1	1
Desserts oz											
baklava	2.0 oz	57	220	11	5	0	135	29	1	15	3
maamoul - date	2.0 oz	57	210	9	5	0	76	29	1	13	2
maamoul - fig	2.0 oz	57	216	9	5	0	75	28	1	12	2
mezeh dessert chips	3.0 oz	85	268	6	1	0	220	20	1	11	3
chocolate chip cookie	1 cookie	85	330	12	5	0	600	52	2	32	4
Drinks oz											
beet kale and apple	12.0 oz	340	104	0	0	0	90	25	3	19	2
black current tea	12.0 oz	340	4	0	0	0	1	1	0	0	0
cucumber mint with cane sugar	12.0 oz	340	71	0	0	0	10	18	0	17	0
hibiscus dill tea	12.0 oz	340	85	0	0	0	6	23	0	20	1
lemon lime mint	12.0 oz	340	54	0	0	0	10	15	0	12	0
orange cranberry jalapeno	12.0 oz	340	117	1	0	0	5	27	1	22	2
orange passion fruit tea	12.0 oz	340	18	0	0	0	0	5	0	2	0
raspberry lemongrass tea	12.0 oz	340	8	0	0	0	0	2	0	0	0
Mezeh Sangria	12.0 oz	340	220	0	0	0	12	21	0	14	1
Sides oz											
pita chips	3.0 oz	85	211	4	0	0	154	40	1	0	7
pita bread	1 Pita	106	265	3	1	0	426	47	2	1	8

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