

SIGNATURE BOWLS



grain bowls	calories (cal)	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
mezeh classic	870	44	8	0	105	1660	88	10	14	37
falafel classic	1170	66	11	0	15	1660	123	15	15	28
chicken chicken	980	53	10	0	200	1560	74	9	12	56
power steak	1180	75	18	0	150	1900	71	9	11	60
lemon garlic kebab	890	54	8	0	95	1400	76	11	8	32
yalla lamb	920	46	10	0	100	1540	83	7	6	43

salad bowls	calories (cal)	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
mezeh greek	590	39	9	0	120	1530	33	7	8	32
balsamic chicken	480	25	8	0	120	850	36	5	11	32
steak avocado caesar	520	35	10	0	85	650	22	7	4	32
spicy mango salad	520	31	5	0	95	680	36	12	5	29
low carb crunch	500	34	8	0	110	740	24	7	8	29
open sasame	700	37	5	0	0	660	76	18	17	24

mixed bowls	calories (cal)	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
avocado mango chicken	610	37	6	0	95	980	45	10	5	28
sultan's choice	1110	62	12	0	165	1540	84	11	11	59
california chicken	690	40	6	0	95	880	57	9	8	29
harissa chicken	650	35	8	0	110	920	58	10	11	33
spicy steak	890	49	10	0	70	1170	79	10	9	38
vibrant vegan	750	37	5	0	0	1170	88	15	13	21

SIGNATURE WRAPS



wraps	calories (cal)	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
classic shawarma	730	30	6	0	105	1280	79	8	10	37
lamb gyro	750	33	12	0	125	1320	67	5	9	45
avocado chicken caesar	780	38	10	0	130	1260	76	10	9	39
falafel kick	890	36	5	0	0	1430	121	17	17	27
juicy steak	710	33	10	0	85	1250	68	5	8	38
king chicken	830	30	6	0	105	1010	102	8	11	40

SNACKS & SWEETS



pita chips	250	2	0	0	0	190	46	0	0	7
pita chip seasoning	160	9	1	0	0	2360	20	1	16	0.5
cookie	370	18	9	0	30	210	52	2	31	4
chocolate baklava	200	15	4	1.5	0	50	15	1	8	3
mixed chocolate/plain baklava	200	15	3.5	1	0	50	13	1	7	3
plain baklava	200	16	3.5	0.5	0	55	12	1	5	3

BUILD YOUR OWN



bases	calories (cal)	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
mixed greens	10	0	0	0	0	20	2	1	1	1
arugula	5	0	0	0	0	0	1	0	0	0
romaine lettuce	10	0	0	0	0	5	2	1	1	1
power greens	25	0	0	0	0	20	5	2	2	2
white basmati rice	330	18	2.5	0	0	710	38	0	0	3
brown basmati rice	280	14	2	0	0	550	34	2	0	3
bulgur pilaf	340	16	2	0	0	570	47	8	0	8

proteins	calories (cal)	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
falafel	310	17	2.5	0	0	400	33	7	6	10
chicken shawarma	170	9	2	0	95	200	2	1	1	21
chicken kebab	200	12	2.5	0	90	240	3	1	0	19
steak shawarma	230	15	3.5	0	50	1010	5	1	1	21
shredded lamb	260	16	4.5	0	90	310	0	0	0	27

toppings	calories (cal)	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
seasonal veggie	30	2.5	0	0	0	55	2	1	1	1
turkish salad	20	1	0	0	0	140	3	1	2	1
classic hummus	120	8	1	0	0	140	9	3	1	3
lebanese tabbouleh	45	2	0	0	0	220	7	2	1	1
spicy hummus	90	5	1	0	0	140	9	3	2	3
pearl couscous	130	3	0	0	0	230	24	2	0	4
turkish olives	140	14	1.5	0	0	660	3	0	0	0
red cabbage slaw	60	3	0	0	0	105	7	1	3	2
tzatziki dip	45	2.5	1	0	5	105	2	0	1	3
corn salsa	60	2	0	0	0	100	10	1	3	2
spicy feta dip	130	13	4	0	15	160	1	0	1	3
sumac cucumbers	5	0	0	0	0	20	1	0	0	0
avocado	120	11	1.5	0	0	5	7	5	0	2
black lentils	45	1	0	0	0	50	6	1	0	2
caramelized eggplant	15	0	0	0	0	0	4	1	3	0
cherry tomatoes	5	0	0	0	0	0	1	0	1	0
pickled turnips	5	0	0	0	0	10	1	0	1	0
pickled onions	15	0	0	0	0	0	2	0	3	0
crunchy chickpeas	50	1	0	0	0	170	10	2	2	2
pickled beets	5	0	0	0	0	0	1	0	0	0
crumbled feta	70	6	4	0	25	260	1	0	1	4
sunflower seeds	80	7	1	0	0	0	3	2	0	3
dried cranberries	170	1	0	0	0	0	47	3	41	0
pita croutons	50	0	0	0	0	40	11	0	0	0

sauces	calories (cal)	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
tzatziki	40	2	1	0	5	70	2	0	1	3
harissa	110	11	2	0	5	135	2	0	1	0
tahini	90	7	1	0	0	55	5	1	0	3
lemon garlic	200	21	3	0	0	170	3	0	0	0
greek feta	230	25	4.5	0	5	75	1	0	0	1
spicy mango	60	6	1	0	0	90	3	0	2	0
s'hug	100	10	1.5	0	0	80	3	1	1	1
mezeh caesar	210	23	4.5	0	10	340	1	0	0	1
balsamic vinaigrette	360	38	5	0	0	85	3	0	3	0
cilantro vinaigrette	360	38	5	0	0	55	3	0	3	0

snacks	calories (cal)	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)
freshly baked pita	350	9	1.5	0	0	630	59	3	4	9
seasoned pita chips	260	2	0	0	0	200	50	0	1	7

GRAIN BOWLS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
mezeh classic		●		●		●				
falafel classic		●		●		●		●		
chicken chicken		●				●				●
power steak		●		●		●				
lemon garlic kebab				●		●				
yalla lamb		●		●		●				

SALAD BOWLS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
mezeh greek		●				●				●
balsamic chicken		●								●
steak avocado caesar		●		●	●					
spicy mango salad				●	●	●				
low carb crunch		●				●				●
open sesame						●		●	●	●

MIXED BOWLS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
avocado mango chicken		●				●				●
sultan's choice		●		●		●				
california chicken				●	●					
harissa chicken		●		●						
spicy steak		●		●		●				
vibrant vegan				●		●		●	●	

WRAPS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
classic shawarma		●	●	●		●				
lamb gyro		●	●	●		●				
avocado chicken caesar		●	●	●		●				
falafel kick		●	●	●		●		●		
juicy steak		●	●	●		●				
king chicken		●	●	●		●				

SNACKS & SWEETS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
freshly baked pita				●				●	●	
seasoned pita chips				●	●			●	●	
classic baklava	●	●	●	●	●			●		
chocolate baklava	●	●	●	●	●			●		
cookie		●	●	●	●			●		

[illegible]

TOPPINGS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
seasonal veggie								●	●	●
turkish salad								●	●	●
classic hummus						●		●	●	●
lebanese tabbouleh				●				●	●	
spicy hummus						●		●	●	●
pearl couscous				●				●	●	
turkish olives								●	●	●
red cabbage slaw								●	●	●
tzatziki dip		●						●		●
corn salsa								●	●	●
spicy feta dip		●						●		●
sumac cucumbers								●	●	●
avocado								●	●	●
black lentils								●	●	●
caramelized eggplant								●	●	●
cherry tomatoes								●	●	●
pickeld turnips								●	●	●
pickled onions								●	●	●
crunchy chickpeas								●	●	●
pickled beets								●	●	●
crumbled feta		●						●		●
sunflower seeds								●	●	●
dried cranberries								●	●	●
pita croutons				●	●			●	●	

[illegible]