



# NUTRITIONAL & ALLERGEN INFORMATION GUIDE

Categories	Made Without Gluten	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Contains Milk	Contains Peanuts	Contains Tree Nuts	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soy	Contains Eggs	Vegan	Vegetarian	Halal Certified Meats
<b>Base:</b>																						
Kale & Spinach Mix	<input checked="" type="checkbox"/>	45	1.5	0	0	0	100	6	5	1	4									<input checked="" type="checkbox"/>		
Basmati Rice	<input checked="" type="checkbox"/>	140	0	0	0	0	0	30	1	0	3									<input checked="" type="checkbox"/>		
Golden Turmeric Cauliflower Rice	<input checked="" type="checkbox"/>	60	4.5	0.5	0	0	115	5	2	2	2									<input checked="" type="checkbox"/>		
Naan		300	7	2	0	10	900	50	2	2	10	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
<b>Protein:</b>																						
Chicken Shawarma	<input checked="" type="checkbox"/>	130	6	1	0	80	360	1	<1	0	17											<input checked="" type="checkbox"/>
Falafel	<input checked="" type="checkbox"/>	190	3	0	0	0	550	31	1	5	10									<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Gyro Meat		280	23	9	0	50	730	9	<1	0	10				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>
Lamb Meatballs		210	13	5	0	75	210	7	<1	<1	16											<input checked="" type="checkbox"/>
<b>Spread</b>																						
Hummus	<input checked="" type="checkbox"/>	110	8	1.5	0	0	210	7	2	<1	3						<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Harissa Hummus	<input checked="" type="checkbox"/>	140	11	2	0	0	330	8	3	1	4						<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Baba Ghanoush	<input checked="" type="checkbox"/>	80	5	0.5	0	0	280	9	4	4	2						<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
<b>Toppings</b>																						
Cucumber & Tomato Salad	<input checked="" type="checkbox"/>	40	2.5	0	0	0	240	4	<1	2	<1									<input checked="" type="checkbox"/>		
Kalamata Olives	<input checked="" type="checkbox"/>	50	5	0.5	0	0	480	1	<1	0	0									<input checked="" type="checkbox"/>		
Pickled Red Onion	<input checked="" type="checkbox"/>	25	0	0	0	0	35	5	<1	3	0									<input checked="" type="checkbox"/>		
Feta Crumbles	<input checked="" type="checkbox"/>	80	6	4	0	20	180	1	0	0	6	<input checked="" type="checkbox"/>										<input checked="" type="checkbox"/>
Roasted Shawarma Chickpeas	<input checked="" type="checkbox"/>	80	2.5	0	0	0	340	13	4	2	4									<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Naan Croutons		70	2	0.5	0	0	230	13	<1	<1	2	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Tzatziki	<input checked="" type="checkbox"/>	60	4.5	0	0	0	160	3	0	0	1	<input checked="" type="checkbox"/>										<input checked="" type="checkbox"/>
Lemon Tahini Beets	<input checked="" type="checkbox"/>	110	8	1	0	0	210	8	3	6	3						<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Banana Peppers	<input checked="" type="checkbox"/>	15	0	0	0	0	670	2	0	0	0									<input checked="" type="checkbox"/>		
Sunflower Seeds	<input checked="" type="checkbox"/>	170	15	1.5	0	0	0	5	2	0	6									<input checked="" type="checkbox"/>		
<b>Dressings</b>																						
Lemon Curry Dressing	<input checked="" type="checkbox"/>	20	0	0	0	0	45	3	0	2	2	<input checked="" type="checkbox"/>										<input checked="" type="checkbox"/>
Spicy Hummus Vinaigrette	<input checked="" type="checkbox"/>	100	9	1	0	0	200	4	1	0	1						<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Lemon Tahini Dressing	<input checked="" type="checkbox"/>	60	5	0.5	0	0	50	3	1	0	2						<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Greek Dressing	<input checked="" type="checkbox"/>	170	19	2	0	0	75	1	0	<1	0	<input checked="" type="checkbox"/>										<input checked="" type="checkbox"/>

If you have any food allergies or dietary restrictions, please speak with a member of our team. We are happy to assist and ensure your dining experience is safe and enjoyable.

Please note: Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen.

Nutritional information does not include additional condiments or ingredients.

\*Made without gluten means the menu item is made with ingredients that do not contain gluten.

**IMPORTANT:** Foods prepared without gluten containing ingredients may not be 'gluten-free' since recipes are prepared in open kitchens where cross-contact is possible.