

Nutrition and Allergen Disclaimer

1. This Nutrition and Allergen Chart is intended only to help guide menu selections, not as medical or nutritional advice. Each individual is responsible, in cooperation with his or her physician, dietitian or other health consultant, for making personal dietary decisions.
2. Allergen and Gluten Information: We understand the difficulties associated with eating out with food allergies, and we are committed to serving food safely. However, due to the many circumstances, we are unable to guarantee that any menu item is completely free from any particular allergen or animal product, and we assume no responsibility for guests with food allergies, food sensitivities or dietary restrictions.

The nutrition, allergen and/or gluten information presented is based on information provided to The Kebab Shop from food manufacturers and ingredient suppliers. The Kebab Shop's menu is diverse and contains a wide variety of foods, many of which contain one or more of the eight most common allergens, including but not limited to: Crustacean shellfish, eggs, fish, dairy, peanuts, soybeans, tree nuts and wheat. Ingredients or production and processing methods used by our suppliers may vary or change without notice and there may be product differences among regional suppliers. Additionally, normal kitchen operations involve shared cooking and preparation areas, and cross-contact with other foods may occur during production or we may occasionally need to substitute ingredients in menu items. Be sure to thoroughly read the allergen information presented and inform a manager or your wait staff of your particular needs.

3. Before placing your food order, explain to the restaurant manager and the person taking your order that your order must be specially prepared due to a food allergy or dietary restriction. After receiving your order, confirm with the restaurant personnel, once again, that your order was prepared according to your request. Remind them that this is due to a food allergen, intolerance or restricted eating style and it is very important that your meal was prepared as you directed. Confirm the restaurant personnel are confident that your meal was in fact prepared as you had directed.

Your use of this Nutrition and Allergen Chart implies that you understand this disclaimer and you will defend, indemnify, and hold harmless The Kebab Shop, their officers, directors, employees, agents, licensors, and suppliers, from and against any claims, actions or demands, liabilities and/or settlements including without limitation, reasonable legal fees resulting from, or alleged to result from, your violation of these Terms and Conditions.



NUTRITION INFORMATION

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
PROTEINS											
Protein: Carved Chicken (Wrap/Bowl)	260	110	12	3.5	0	185	180	0	0	0	35
Protein: Carved Chicken (Plate)	310	130	14	4	0	225	210	0	0	0	42
Protein: Carved Chicken (Extra)	260	110	12	3.5	0	185	180	0	0	0	35
Protein: Carved Chicken (Side - Includes Flatbread)	750	260	29	8	0	225	750	68	6	0	53
Protein: Carved Lamb & Beef	370	250	28	11	0	75	840	11	0	1	19
Protein: Carved Lamb & Beef (Plate)	560	380	42	16	0	110	1260	16	0	2	28
Protein: Carved Lamb & Beef (Extra)	370	250	28	11	0	75	840	11	0	1	19
Protein: Carved Lamb & Beef (Side - Includes Flatbread)	1010	510	57	20	0	110	1800	84	6	2	39
Protein: Mixed Carved (Wrap/Bowl)	340	190	21	7	0	150	530	5	0	<1	30
Protein: Mixed Carved (Plate)	430	250	28	10	0	165	740	8	0	1	35
Protein: Mixed Carved (Extra)	290	170	19	7	0	110	490	5	0	<1	23
Protein: Mixed Carved (Side)	430	250	28	10	0	165	740	8	0	1	35
Protein: Falafel (Wrap/Bowl)	330	100	11	1	0	0	950	41	9	0	17
Protein: Falafel (Plate)	400	120	13	1.5	0	0	1140	49	11	0	20
Protein: Falafel (Extra)	200	60	7	0.5	0	0	570	24	5	0	10
Protein: Grilled Saffron Chicken Kebab	280	120	14	2.5	0	135	540	1	0	0	39
Protein: Grilled Saffron Chicken Kebab (Side - Includes Flatbread)	730	260	29	7	0	135	1080	69	6	0	50
Protein: Grilled Steak Kebab	300	120	13	4	0	110	280	2	0	<1	40
Protein: Grilled Steak Kebab (Side - Includes Flatbread)	740	250	28	8	0	110	820	70	6	<1	51
Protein: Grilled Beef Kofta	300	130	14	6	0	35	800	9	1	1	30
Protein: Grilled Beef Kofta (Side - Includes Flatbread)	750	260	29	10	0	35	1340	77	7	1	41
SALADS & SIDES											
Salad: Greek Salad	220	170	19	6	0	30	640	8	2	4	5
Salad: Greek Salad (No Dressing)	120	90	10	3.5	0	15	470	6	1	2	4
Salad: Greek Salad, Large	650	510	57	18	0	85	1930	25	5	13	15
Salad: Greek Salad, Large (No Dressing)	370	270	30	11	0	50	1410	19	4	6	13
Salad: Kale and Quinoa	310	180	21	1.5	0	0	150	32	4	22	4
Salad: Kale and Quinoa, Large	940	550	62	5	0	0	450	95	12	65	12
Salad: Mediterranean Chickpea Salad	180	110	12	1.5	0	0	810	17	4	6	4
Salad: Mediterranean Chickpea Salad, Large	550	330	37	5	0	0	2430	51	12	19	11
Salad: Tabouli	360	200	23	3	0	0	740	34	3	2	6
Side: Hummus	220	120	14	2	0	0	500	18	5	3	7
Side: Hummus (Fire)	200	110	12	1.5	0	0	560	18	5	4	7
Side: Hummus and Pita	410	130	14	2	0	0	880	54	8	3	14
Side: Hummus (Fire) and Pita	390	110	13	1.5	0	0	940	54	8	4	14
Side: Hummus and Pita, Large	1220	380	43	5	0	0	2650	161	24	9	43
Side: Hummus (Fire) and Pita, Large	1180	340	38	4.5	0	0	2820	163	24	12	41
Side: Falafel (Includes Garlic Yogurt Sauce)	480	190	22	3.5	0	10	1190	50	11	<1	22
Side: Fries	660	290	33	3	0	0	1160	84	5	<1	7
Side: Saffron Rice	560	160	18	11	0.5	5	1230	90	1	0	9
Side: Pita Bread	190	5	1	0	0	0	380	36	3	0	7
Side: Flatbread	450	140	15	4.5	0	0	540	68	6	0	11
Side: Crave Fries	820	420	47	9	0	35	1530	87	5	3	12
Side: Doner Fries, Carved Chicken	1070	530	59	12	0	225	1710	87	5	3	47
Side: Doner Fries, Carved Lamb Beef	1190	670	75	20	0	110	2370	98	5	4	31
Side: Baklava, 1 piece	220	100	11	4	0	15	85	29	2	15	4
FILLINGS											
Filling: Red Onion, Pickled	0	0	0	0	0	0	10	0	0	0	0
Filling: Red Onion, Raw	0	0	0	0	0	0	0	<1	0	0	0
Filling: Romaine Lettuce	0	0	0	0	0	0	0	<1	<1	0	0
Filling: Tomato, Cucumber Mix	10	0	0	0	0	0	0	3	<1	2	<1
Filling, Extra: Fries	230	100	12	1	0	0	410	30	2	0	2
Filling, Extra: Feta Cheese	90	60	7	4.5	0	25	340	1	0	1	5
Filling, Extra: Hummus	110	60	7	1	0	0	250	9	2	2	4
Filling, Extra: Hummus, Fire	100	50	6	1	0	0	280	9	3	2	3
Filling, Extra: Kalamata Olives	90	90	9	1	0	0	400	4	0	0	0
Filling, Extra: Saffron Rice	140	40	4.5	2.5	0	0	310	22	0	0	2
SAUCES											
Sauce: Garlic Yogurt	90	70	8	2.5	0	10	55	1	0	<1	1
Sauce: Garlic Yogurt (8oz)	690	590	66	19	0	90	410	11	0	8	10
Sauce: Cilantro Jalapeno	90	80	10	0.5	0	0	55	2	0	0	0
Sauce: Cilantro Jalapeno (8 oz)	730	670	78	6	0	0	430	15	4	3	3
Sauce: Fire Chili	10	0	0	0	0	0	150	2	<1	2	0
Sauce: Fire Chili (8 oz)	90	10	1	0	0	0	1170	18	5	12	4
Sauce: Dill Yogurt	90	80	9	2.5	0	10	170	2	0	2	<1
Sauce: Dill Yogurt (8 oz)	730	640	71	18	0	90	1390	18	0	17	4
KEBAB KREATIONS											
Kebab Kreations: The Rice Rice Baby Wrap	1120	500	57	18	0	225	1470	99	9	4	55
Kebab Kreations: The San Diego Wrap	1240	630	70	23	0	110	2190	115	9	6	39
Kebab Kreations: The Fire Wrap	1090	430	48	13	0	145	1880	109	11	7	58
Kebab Kreations: The Super Duper Wrap	1320	650	73	16	0	160	1850	120	12	6	50
Kebab Kreations: The Fire Bowl	1040	400	44	17	1	205	1900	107	6	7	50
Kebab Kreations: The Keto Bowl	400	200	22	5	0	145	670	8	3	3	43
Kebab Kreations: The Protein Bowl	480	240	27	7	0	195	550	16	5	4	42
THE BOWL (nutrition information includes lettuce, tomatoes, cucumber, pickled onions, and garlic yogurt sauce)											
The Bowl, Greens, Carved Chicken	370	180	20	6	0	195	300	7	3	3	38
The Bowl, Greens, Carved Lamb Beef	490	330	37	13	0	85	970	18	3	4	22
The Bowl, Greens, Mixed Carved	460	270	30	10	0	160	650	12	3	3	34
The Bowl, Greens, Falafel	450	180	20	3.5	0	10	1070	48	12	3	20
The Bowl, Greens, Grilled Chicken	400	200	22	5	0	145	670	8	3	3	43
The Bowl, Greens, Grilled Steak	410	190	22	6	0	120	410	9	3	4	44
The Bowl, Greens, Grilled Beef Kofta	420	200	23	8	0	45	930	16	4	4	34



NUTRITION INFORMATION	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
The Bowl, Fries, Carved Chicken	1020	480	53	8	0	195	1400	90	6	4	44
The Bowl, Fries, Carved Lamb Beef	1130	620	69	16	0	85	2060	100	6	5	28
The Bowl, Fries, Mixed Carved	1100	560	62	12	0	160	1750	95	6	4	39
The Bowl, Fries, Falafel	1090	470	52	6	0	10	2170	130	15	4	26
The Bowl, Fries, Grilled Chicken	1040	490	55	8	0	145	1770	91	7	4	48
The Bowl, Fries, Grilled Steak	1060	490	54	9	0	120	1510	91	6	5	49
The Bowl, Fries, Grilled Beef Kofta	1060	490	55	11	0	45	2020	98	7	5	39
The Bowl, Rice, Carved Chicken	920	340	38	16	1	205	1470	95	3	3	46
The Bowl, Rice, Carved Lamb Beef	1040	490	54	24	0.5	90	2130	106	3	5	30
The Bowl, Rice, Mixed Carved	1010	420	48	20	0.5	165	1820	101	3	4	41
The Bowl, Rice, Falafel	1000	340	38	14	0.5	15	2240	136	12	3	28
The Bowl, Rice, Grilled Saffron Chicken	950	360	40	16	0.5	150	1840	96	3	3	50
The Bowl, Rice, Grilled Steak	960	350	40	17	0.5	125	1580	97	3	4	51
The Bowl, Rice, Grilled Beef Kofta	970	360	40	19	0.5	50	2090	104	4	4	41
THE WRAP (nutrition information includes lettuce, tomatoes, cucumber, pickled onions, and garlic yogurt sauce)											
The Wrap, Carved Chicken	810	320	35	10	0	195	780	74	8	3	48
The Wrap, Carved Lamb Beef	920	460	51	17	0	85	1440	84	7	4	32
The Wrap, Mixed Carved	890	400	45	14	0	160	1130	79	7	3	44
The Wrap, Falafel	880	310	35	8	0	10	1550	114	17	3	30
The Wrap, Grilled Chicken	830	330	37	9	0	145	1140	75	8	3	52
The Wrap, Grilled Steak	850	330	37	11	0	120	890	75	8	4	54
The Wrap, Grilled Beef Kofta	850	340	37	13	0	45	1400	83	8	4	43
KIDS											
Kids Protein: Carved Chicken	150	60	7	2	0	110	105	0	0	0	21
Kids Protein: Carved Lamb & Beef	190	130	14	5	0	35	420	5	0	<1	9
Kids Protein: Falafel	200	60	7	0.5	0	0	570	24	5	0	10
Kids Side: Fries	190	80	9	1	0	0	330	24	1	0	2
Kids Side: Greek Salad	60	45	5	2	0	10	230	3	<1	1	2
Kids Side: Saffron Rice	190	50	6	3.5	0	<5	410	30	0	0	3
FAMILY PACKS (nutrition information for entire menu item)											
Family Pack Protein: Carved Chicken, Large	1850	770	86	24	0	1350	1280	1	<1	0	251
Family Pack Protein: Carved Chicken, Small	1230	510	57	16	0	895	850	<1	0	0	167
Family Pack Protein: Carved Lamb & Beef, Large	2240	1510	168	64	0	440	5040	64	0	8	112
Family Pack Protein: Carved Lamb & Beef, Small	3360	2270	252	96	0	660	7560	96	0	12	168
Family Pack Protein: Falafel, Large	2380	720	81	8	0	0	6820	293	66	0	122
Family Pack Protein: Falafel, Small	1590	480	54	5	0	0	4550	195	44	0	81
Family Pack Protein: Grilled Saffron Chicken Kebab, Large	1700	740	84	16	0	795	3260	7	2	1	234
Family Pack Protein: Grilled Saffron Chicken Kebab, Small	1190	470	53	16	0	440	1140	7	<1	5	161
Family Pack Protein: Grilled Steak Kebab, Large	1780	710	79	24	0	660	1710	10	<1	5	242
Family Pack Protein: Grilled Steak Kebab, Small	1140	500	56	11	0	530	2170	5	2	<1	156
Family Pack Protein: Grilled Grilled Beef Kofta, Large	1800	760	84	36	0	210	4800	54	6	6	180
Family Pack Protein: Grilled Grilled Beef Kofta, Small	1200	500	56	24	0	140	3200	36	4	4	120
Family Pack, Large, Carved Chicken	9820	4690	526	166	5	1740	17010	850	39	57	393
Family Pack, Large, Carved Lamb Beef	11330	6180	692	239	4.5	1050	23300	944	39	69	309
Family Pack, Large, Grilled Saffron Chicken Kebab	9670	4660	524	158	4.5	1185	18990	855	41	58	375
Family Pack, Large, Grilled Steak Kebab	9750	4620	519	167	4.5	1050	17440	858	40	62	383
Family Pack, Large, Grilled Grilled Beef Kofta	9770	4670	524	179	4.5	600	20530	902	45	63	321
Family Pack: Small, Carved Chicken	6520	3120	351	107	3	1120	10690	564	28	30	262
Family Pack: Small, Carved Lamb Beef	7540	4120	462	155	3	670	14880	627	27	38	208
Family Pack: Small, Grilled Saffron Chicken Kebab	6430	3100	350	102	3	760	12010	567	29	31	252
Family Pack: Small, Grilled Steak Kebab	6480	3080	347	107	3	670	10980	569	28	34	257
Family Pack: Small, Grilled Grilled Beef Kofta	6490	3110	350	115	3	370	13040	599	31	34	216
CATERING (nutrition information for entire menu item)											
Catering Menu: The Trays, Protein: Carved Chicken, Large	7180	3000	334	93	1.5	5235	4980	5	2	<1	975
Catering Menu: The Trays, Protein: Carved Chicken, Small	3590	1500	167	46	1	2615	2490	3	<1	0	488
Catering Menu: The Trays, Protein: Carved Lamb Beef, Large	11210	7560	840	320	0	2200	25210	320	0	40	560
Catering Menu: The Trays, Protein: Carved Lamb Beef, Small	5600	3780	420	160	0	1100	12610	160	0	20	280
Catering Menu: The Trays, Protein: Falafel, Large	6620	2010	224	21	0.5	0	18950	813	182	0	338
Catering Menu: The Trays, Protein: Falafel, Small	3310	1010	112	11	0	0	9480	406	91	0	169
Catering Menu: The Trays, Protein: Grilled Saffron Chicken, Large	6810	2980	335	63	0	3180	13030	28	10	6	937
Catering Menu: The Trays, Protein: Grilled Saffron Chicken, Small	3410	1490	167	32	0	1590	6520	14	5	3	469
Catering Menu: The Trays, Protein: Grilled Steak, Large	3560	1410	158	49	0	1320	3420	20	2	11	484
Catering Menu: The Trays, Protein: Grilled Steak, Small	7120	2830	316	97	0	2640	6830	39	4	22	968
Catering Menu: The Trays, Protein: Grilled Beef Kofta, Large	7200	3020	336	144	0	840	19200	216	24	24	720
Catering Menu: The Trays, Protein: Grilled Beef Kofta, Small	3600	1510	168	72	0	420	9600	108	12	12	360
Catering Menu: The Trays, Salads: Greek Salad, Large	3930	3080	342	109	1	525	12170	159	30	76	96
Catering Menu: The Trays, Salads: Greek Salad, Small	1970	1540	171	54	0	265	6090	80	15	38	48
Catering Menu: The Trays, Salads: Kale & Quinoa, Large	6270	3640	414	34	0	0	2970	635	79	436	83
Catering Menu: The Trays, Salads: Kale & Quinoa, Small	3140	1820	207	17	0	0	1490	318	40	218	42
Catering Menu: The Trays, Salads: Mediterranean Chickpea Salad, Large	3680	2200	249	34	0	0	16170	342	78	125	70
Catering Menu: The Trays, Salads: Mediterranean Chickpea Salad, Small	1840	1100	124	17	0	0	8080	171	39	63	35
Catering Menu: The Trays, Salads: Tabouli, Large	7110	4030	456	64	0	0	14780	673	70	35	119
Catering Menu: The Trays, Salads: Tabouli, Small	3560	2010	228	32	0	0	7390	336	35	18	59
Catering Menu: The Trays, Sides: Fries, Large	13130	5870	652	56	1	0	23140	1679	96	19	137
Catering Menu: The Trays, Sides: Fries, Small	6570	2940	326	28	0.5	0	11570	839	48	10	68
Catering Menu: The Trays, Sides: Pita Bread, Large	3800	140	16	0	0	0	7600	720	60	0	140
Catering Menu: The Trays, Sides: Pita Bread, Small	1900	70	8	0	0	0	3800	360	30	0	70
Catering Menu: The Trays, Sides: Saffron Rice, Large	9020	2550	288	173	11	100	19620	1433	21	7	139
Catering Menu: The Trays, Sides: Saffron Rice, Small	4510	1270	144	87	5	50	9810	717	10	4	69
Catering Menu: The Trays, Sides: Hummus & Pita, Large	7700	2320	260	32	0	0	16630	1038	147	55	273
Catering Menu: The Trays, Sides: Hummus & Pita, Small	3850	1160	130	16	0	0	8320	519	74	27	137
Catering Menu: The Trays, Sides: Hummus (Spicy) & Pita, Large	7440	2050	230	28	0	0	17700	1052	151	73	262
Catering Menu: The Trays, Sides: Hummus (Spicy) & Pita, Small	3720	1030	115	14	0	0	8850	526	76	36	131
Catering Menu: Baklava	5350	2310	257	91	0	335	1980	696	36	348	89



ALLERGEN INFORMATION	Contains Egg	Contains Fish	Contains Dairy	Contains Peanut	Contains Shellfish	Contains Soy	Contains Tree Nuts	Contains Wheat	Contains Gluten
PROTEINS									
Protein: Carved Chicken (Wrap/Bowl)									
Protein: Carved Chicken (Plate)									
Protein: Carved Chicken (Extra)									
Protein: Carved Chicken (Side - Includes Flatbread)								X	X
Protein: Carved Lamb & Beef						X		X	X
Protein: Carved Lamb & Beef (Plate)						X		X	X
Protein: Carved Lamb & Beef (Extra)						X		X	X
Protein: Carved Lamb & Beef (Side - Includes Flatbread)						X		X	X
Protein: Mixed Carved (Wrap/Bowl)						X		X	X
Protein: Mixed Carved (Plate)						X		X	X
Protein: Mixed Carved (Extra)						X		X	X
Protein: Mixed Carved (Side)						X		X	X
Protein: Falafel (Wrap/Bowl)									
Protein: Falafel (Plate)									
Protein: Falafel (Extra)									
Protein: Grilled Saffron Chicken Kebab									
Protein: Grilled Saffron Chicken Kebab (Side - Includes Flatbread)								X	X
Protein: Grilled Steak Kebab									
Protein: Grilled Steak Kebab (Side - Includes Flatbread)								X	X
Protein: Grilled Beef Kofta						X		X	X
Protein: Grilled Beef Kofta (Side - Includes Flatbread)						X		X	X
SALADS & SIDES									
Salad: Greek Salad	X		X			X			
Salad: Greek Salad (No Dressing)			X						
Salad: Greek Salad, Large	X		X			X			
Salad: Greek Salad, Large (No Dressing)			X						
Salad: Kale and Quinoa							Walnuts		
Salad: Kale and Quinoa, Large							Walnuts		
Salad: Mediterranean Chickpea Salad									
Salad: Mediterranean Chickpea Salad, Large								X	X
Salad: Tabouli									
Side: Hummus									
Side: Hummus (Fire)									
Side: Hummus and Pita						X		X	X
Side: Hummus (Fire) and Pita						X		X	X
Side: Hummus and Pita, Large						X		X	X
Side: Hummus (Fire) and Pita, Large						X		X	X
Side: Falafel (Includes Garlic Yogurt Sauce)	X		X			X			
Side: Fries									
Side: Saffron Rice			X			X			
Side: Pita Bread						X		X	X
Side: Flatbread								X	X
Side: Crave Fries	X		X			X			
Side: Doner Fries, Carved Chicken	X		X			X			
Side: Doner Fries, Carved Lamb Beef	X		X			X		X	X
Side: Baklava, 1 piece			X			X	Pistachio, Walnuts	X	X
FILLINGS									
Filling: Red Onion, Pickled									
Filling: Red Onion, Raw									
Filling: Romaine Lettuce									
Filling: Tomato, Cucumber Mix									
Filling, Extra: Fries									
Filling, Extra: Feta Cheese			X						
Filling, Extra: Hummus									
Filling, Extra: Hummus, Fire									
Filling, Extra: Kalamata Olives									
Filling, Extra: Saffron Rice			X			X			
SAUCES									
Sauce: Garlic Yogurt	X		X			X			
Sauce: Garlic Yogurt (8oz)	X		X			X			
Sauce: Cilantro Jalapeno									
Sauce: Cilantro Jalapeno (8 oz)									
Sauce: Fire Chili									
Sauce: Fire Chili (8 oz)									
Sauce: Dill Yogurt	X		X			X			
Sauce: Dill Yogurt (8 oz)	X		X			X			
KEBAB KREATIONS									
Kebab Kreations: The Rice Rice Baby Wrap	X		X			X		X	X
Kebab Kreations: The San Diego Wrap	X		X			X		X	X
Kebab Kreations: The Fire Wrap	X		X			X		X	X
Kebab Kreations: The Super Duper Wrap	X		X			X		X	X
Kebab Kreations: The Fire Bowl	X		X			X			
Kebab Kreations: The Keto Bowl	X		X			X			
Kebab Kreations: The Protein Bowl	X		X			X			
THE BOWL (nutrition information includes lettuce, tomatoes, cucumber, pickled onions, and garlic yogurt sauce)									
The Bowl, Greens, Carved Chicken	X		X			X			
The Bowl, Greens, Carved Lamb Beef	X		X			X		X	X
The Bowl, Greens, Mixed Carved	X		X			X			
The Bowl, Greens, Falafel	X		X			X			
The Bowl, Greens, Grilled Chicken	X		X			X			



ALLERGEN INFORMATION	Contains Egg	Contains Fish	Contains Milk	Contains Peanut	Contains Shellfish	Contains Soy	Contains Tree Nuts	Contains Wheat	Contains Gluten
The Bowl, Greens, Grilled Steak	X		X			X			
The Bowl, Greens, Grilled Beef Kofta	X		X			X		X	X
The Bowl, Fries, Carved Chicken	X		X			X			
The Bowl, Fries, Carved Lamb Beef	X		X			X		X	X
The Bowl, Fries, Mixed Carved	X		X			X			
The Bowl, Fries, Falafel	X		X			X			
The Bowl, Fries, Grilled Chicken	X		X			X			
The Bowl, Fries, Grilled Steak	X		X			X			
The Bowl, Fries, Grilled Beef Kofta	X		X			X		X	X
The Bowl, Rice, Carved Chicken	X		X			X			
The Bowl, Rice, Carved Lamb Beef	X		X			X		X	X
The Bowl, Rice, Mixed Carved	X		X			X			
The Bowl, Rice, Falafel	X		X			X			
The Bowl, Rice, Grilled Saffron Chicken	X		X			X			
The Bowl, Rice, Grilled Steak	X		X			X			
The Bowl, Rice, Grilled Beef Kofta	X		X			X		X	X
THE WRAP (nutrition information includes lettuce, tomatoes, cucumber, pickled onions, and garlic yogurt sauce)									
The Wrap, Carved Chicken	X		X			X		X	X
The Wrap, Carved Lamb Beef	X		X			X		X	X
The Wrap, Mixed Carved	X		X			X		X	X
The Wrap, Falafel	X		X			X		X	X
The Wrap, Grilled Chicken	X		X			X		X	X
The Wrap, Grilled Steak	X		X			X		X	X
The Wrap, Grilled Beef Kofta	X		X			X		X	X
KIDS									
Kids Protein: Carved Chicken									
Kids Protein: Carved Lamb & Beef						X		X	X
Kids Protein: Falafel									
Kids Side: Fries									
Kids Side: Greek Salad			X						
Kids Side: Saffron Rice			X			X			
FAMILY PACKS (nutrition information for entire menu item)									
Family Pack Protein: Carved Chicken, Large									
Family Pack Protein: Carved Chicken, Small									
Family Pack Protein: Carved Lamb & Beef, Large						X		X	X
Family Pack Protein: Carved Lamb & Beef, Small						X		X	X
Family Pack Protein: Falafel, Large									
Family Pack Protein: Falafel, Small									
Family Pack Protein: Grilled Saffron Chicken Kebab, Large									
Family Pack Protein: Grilled Saffron Chicken Kebab, Small									
Family Pack Protein: Grilled Steak Kebab, Large									
Family Pack Protein: Grilled Steak Kebab, Small									
Family Pack Protein: Grilled Grilled Beef Kofta, Large						X		X	X
Family Pack Protein: Grilled Grilled Beef Kofta, Small						X		X	X
Family Pack, Large, Carved Chicken	X		X			X			
Family Pack, Large, Carved Lamb Beef	X		X			X			
Family Pack, Large, Grilled Saffron Chicken Kebab	X		X			X			
Family Pack, Large, Grilled Steak Kebab	X		X			X			
Family Pack, Large, Grilled Grilled Beef Kofta	X		X			X		X	X
Family Pack: Small, Carved Chicken	X		X			X			
Family Pack: Small, Carved Lamb Beef	X		X			X			
Family Pack: Small, Grilled Saffron Chicken Kebab	X		X			X			
Family Pack: Small, Grilled Steak Kebab	X		X			X			
Family Pack: Small, Grilled Grilled Beef Kofta	X		X			X		X	X
CATERING (nutrition information for entire menu item)									
Catering Menu: The Trays, Protein: Carved Chicken, Large									
Catering Menu: The Trays, Protein: Carved Chicken, Small									
Catering Menu: The Trays, Protein: Carved Lamb Beef, Large						X		X	X
Catering Menu: The Trays, Protein: Carved Lamb Beef, Small						X		X	X
Catering Menu: The Trays, Protein: Falafel, Large									
Catering Menu: The Trays, Protein: Falafel, Small									
Catering Menu: The Trays, Protein: Grilled Saffron Chicken, Large									
Catering Menu: The Trays, Protein: Grilled Saffron Chicken, Small									
Catering Menu: The Trays, Protein: Grilled Steak, Large									
Catering Menu: The Trays, Protein: Grilled Steak, Small									
Catering Menu: The Trays, Protein: Grilled Beef Kofta, Large						X		X	X
Catering Menu: The Trays, Protein: Grilled Beef Kofta, Small						X		X	X
Catering Menu: The Trays, Salads: Greek Salad, Large	X		X			X			
Catering Menu: The Trays, Salads: Greek Salad, Small	X		X			X			
Catering Menu: The Trays, Salads: Kale & Quinoa, Large							Walnuts		
Catering Menu: The Trays, Salads: Kale & Quinoa, Small							Walnuts		
Catering Menu: The Trays, Salads: Mediterranean Chickpea Salad, Large									
Catering Menu: The Trays, Salads: Mediterranean Chickpea Salad, Small									
Catering Menu: The Trays, Salads: Tabouli, Large								X	X
Catering Menu: The Trays, Salads: Tabouli, Small								X	X
Catering Menu: The Trays, Sides: Fries, Large									
Catering Menu: The Trays, Sides: Fries, Small									
Catering Menu: The Trays, Sides: Pita Bread, Large						X		X	X
Catering Menu: The Trays, Sides: Pita Bread, Small						X		X	X
Catering Menu: The Trays, Sides: Saffron Rice, Large			X			X			
Catering Menu: The Trays, Sides: Saffron Rice, Small			X			X			
Catering Menu: The Trays, Sides: Hummus & Pita, Large						X		X	X
Catering Menu: The Trays, Sides: Hummus & Pita, Small						X		X	X
Catering Menu: The Trays, Sides: Hummus (Spicy) & Pita, Large						X		X	X
Catering Menu: The Trays, Sides: Hummus (Spicy) & Pita, Small						X		X	X
Catering Menu: Baklava			X			X	Pistachio, Walnuts	X	X