

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 nine most common food allergens, including but not limited to: Crustacean shellfish, eggs, fish, dairy, peanuts, sesame, 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. **Please be aware that Falafel, French Fries and Pita Chips are prepared in a shared deep fryer, which may contain any of the major food allergens and gluten.** 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



Name

THE WRAP (nutrition information includes lettuce, tomatoes, cucumber, pickled onions, red cabbage slaw, and garlic yogurt sauce)												
Name	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 Wrap, Carved Chicken	790	320	36	10	0	160	750	75	8	3	41	
The Wrap, Carved Lamb Beef	950	490	54	18	0	85	1450	86	8	5	32	
The Wrap, Mixed Carved	920	430	48	14	0	160	1130	80	8	4	44	
The Wrap, Falafel	910	340	38	8	0	10	1550	115	17	3	30	
The Wrap, Grilled Chicken	870	360	40	10	0	145	1150	76	8	4	53	
The Wrap, Grilled Steak	880	350	40	11	0	120	890	77	8	4	54	
The Wrap, Grilled Beef Kofta	880	360	40	13	0	45	1410	84	9	4	44	
The Wrap, Fire (does not include choice of protein)	840	330	37	11	0	15	1340	109	11	8	20	
The Wrap, Fries (does not include choice of protein)	820	340	38	8	0	10	1020	105	9	4	16	
The Wrap, Hummus (does not include choice of protein)	690	300	33	8	0	10	860	84	10	5	17	
The Wrap, Rice Rice Baby (does not include choice of protein)	880	410	46	15	0	35	1290	100	9	5	21	
The Wrap, San Diego (does not include choice of protein)	900	410	45	12	0	35	1360	106	10	5	21	
The Wrap, Super Duper (does not include choice of protein)	1000	470	53	9	0	10	1310	115	12	6	20	

THE BOWL (nutrition information includes lettuce, tomatoes, cucumber, pickled onions, red cabbage slaw, and garlic yogurt sauce)												
Name	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)	
Base: Greens	15	0	0	0	0	0	50	2	1	0	1	
Base: Fries	660	290	33	3	0	0	1160	84	5	<1	7	
Base: Saffron Rice	420	120	14	8	0.5	<5	920	67	<1	0	7	
Base: Truffle Brown Rice	390	150	16	8	0	<5	750	56	4	0	6	
The Bowl, Greens, Carved Chicken	350	190	21	5	0	160	260	8	3	3	31	
The Bowl, Greens, Carved Lamb Beef	520	350	39	13	0	85	960	19	3	5	22	
The Bowl, Greens, Mixed Carved	490	290	33	10	0	160	650	13	3	4	34	
The Bowl, Greens, Falafel	480	200	23	4	0	10	1070	49	12	3	20	
The Bowl, Greens, Grilled Chicken	430	230	25	5	0	145	660	9	3	3	43	
The Bowl, Greens, Grilled Steak	440	220	25	7	0	120	400	10	3	4	44	
The Bowl, Greens, Grilled Beef Kofta	450	230	25	9	0	45	920	17	4	4	33	
The Bowl, Fries, Carved Chicken	1000	480	54	8	0	160	1370	91	7	4	37	
The Bowl, Fries, Carved Lamb Beef	1170	650	72	16	0	85	2070	101	7	6	28	
The Bowl, Fries, Mixed Carved	1130	590	65	13	0	160	1760	96	7	5	40	
The Bowl, Fries, Falafel	1120	500	55	7	0	10	2180	131	16	4	26	
The Bowl, Fries, Grilled Chicken	1080	520	58	8	0	145	1770	92	7	5	48	
The Bowl, Fries, Grilled Steak	1090	510	57	10	0	120	1510	92	7	5	50	
The Bowl, Fries, Grilled Beef Kofta	1090	520	58	11	0	45	2030	100	8	5	39	
The Bowl, Rice, Carved Chicken	820	330	37	14	0.5	200	1170	74	3	4	44	
The Bowl, Rice, Carved Lamb Beef	930	470	53	21	0.5	90	1830	85	3	5	28	
The Bowl, Rice, Mixed Carved	900	410	46	18	0.5	165	1520	80	3	4	39	
The Bowl, Rice, Falafel	890	320	36	12	0.5	15	1940	115	12	4	26	
The Bowl, Rice, Grilled Saffron Chicken	840	340	39	13	0.5	150	1530	75	3	4	48	
The Bowl, Rice, Grilled Steak	860	340	38	15	0.5	125	1280	76	3	5	49	
The Bowl, Rice, Grilled Beef Kofta	860	350	39	17	0.5	50	1790	83	4	5	39	
The Bowl, Fire (does not include choice of protein)	670	270	31	12	0.5	15	1420	86	6	7	13	
The Bowl, Hella Greens (does not include choice of protein)	320	260	29	6	0	20	440	12	3	6	5	
The Bowl, Keto (does not include choice of protein)	150	100	11	2.5	0	10	120	8	3	3	3	
The Bowl, Protein (does not include choice of protein)	250	160	18	3.5	0	10	370	17	5	5	7	
The Bowl, Truffle Harvest (does not include choice of protein)	640	350	39	12	0.5	15	930	66	7	5	9	

THE PLATE (nutrition information includes protein choice only; refer to SALADS & SIDES for other options)												
Name	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 Plate, Carved Chicken	310	130	14	4	0	225	210	0	0	0	42	
The Plate, Carved Lamb & Beef	560	380	42	16	0	110	1260	16	0	2	28	
The Plate, Mixed Carved	430	250	28	10	0	165	740	8	0	1	35	
The Plate, Falafel	400	120	13	1.5	0	0	1140	49	11	0	20	
The Plate, Grilled Saffron Chicken Kebab	280	120	14	2.5	0	135	540	1	0	0	39	
The Plate, Grilled Steak Kebab	300	120	13	4	0	110	280	2	0	<1	40	
The Plate, Grilled Beef Kofta	300	130	14	6	0	35	800	9	1	1	30	

SALADS & SIDES												
Name	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)	
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: Cranberry Kale	310	180	21	1.5	0	0	150	32	4	22	4	
Salad: Cranberry Kale, Large	940	550	62	5	0	0	450	95	12	65	12	
Salad: Citrus Chickpeas	180	110	12	1.5	0	0	810	17	4	6	4	
Salad: Citrus Chickpeas, Large	550	330	37	5	0	0	2430	51	12	19	11	
Salad: Couscous 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 (Cilantro Jalapeno)	170	150	17	2	0	0	300	3	<1	0	2	
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 (Cilantro Jalapeno) and Pita	360	160	18	2	0	0	680	39	<1	0	9	
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: Hummus (Cilantro Jalapeno) and Pita, Large	1080	480	55	6	0	0	2030	117	11	1	27	
Side: Grilled Veggies	90	70	8	1	0	0	125	4	1	3	1	
Side: Falafel (Includes Garlic Yogurt Sauce)	480	190	22	3.5	0	10	1190	50	11	<1	22	

Nutrition



Name	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)
Side: Fries	660	290	33	3	0	0	1160	84	5	<1	7
Side: Saffron Rice	420	120	14	8	0.5	<5	920	67	<1	0	7
Side: Pita Bread	190	5	1	0	0	0	380	36	3	0	7
Side: Pita Chips	280	100	11	1	0	0	380	36	3	0	7
Side: Flatbread	450	140	15	4.5	0	0	540	68	6	0	11
Side: Truffle Brown Rice	390	150	16	8	0	<5	750	56	4	0	6
Side: Crave Fries	820	420	47	9	0	35	1530	87	5	3	12
Side: Kebab Fries, Carved Chicken	1070	530	59	12	0	225	1710	87	5	3	47
Side: Kebab Fries, Carved Lamb Beef	1190	670	75	20	0	110	2370	98	5	4	31

PROTEINS											
Protein: Carved Chicken (Wrap/Bowl)	200	90	10	2.5	0	150	140	0	0	0	28
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

FILLINGS											
Filling: Red Cabbage Slaw	35	25	3	0	0	0	5	2	0	<1	0
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: Salad, Cranberry Kale	80	45	5	0	0	0	35	8	<1	5	1
Filling: Salad, Mediterranean Chickpea	45	30	3	0	0	0	200	4	<1	2	<1
Filling: Salad, Couscous Tabouli	90	50	6	1	0	0	180	8	<1	0	1
Filling: Sliced Jalapenos	0	0	0	0	0	0	0	<1	0	0	0
Filling: Tomato, Cucumber Mix	10	0	0	0	0	0	0	2	<1	1	0
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: Grilled Veggies	45	35	4	0.5	0	0	65	2	<1	1	<1
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: Hummus, Cilantro Jalapeno	90	80	9	1	0	0	150	1	0	0	1
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
Filling, Extra: Truffle Brown Rice	200	70	8	4	0	<5	380	28	2	0	3

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	70	70	8	0.5	0	0	45	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
Sauce: Citrus Vinaigrette	90	80	9	1.5	0	0	310	<1	0	0	0
Sauce: Citrus Vinaigrette (8 oz)	980	960	108	15	0	0	3490	9	0	3	0

MISC											
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
Misc: Baklava, 1 piece	220	100	11	4	0	15	85	29	2	15	4

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

Nutrition



Name

	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)
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	4	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: Cranberry Kale, Large	6270	3640	414	34	0	0	2970	635	79	436	83
Catering Menu: The Trays, Salads: Cranberry Kale, Small	3140	1820	207	17	0	0	1490	318	40	218	42
Catering Menu: The Trays, Salads: Citrus Chickpeas, Large	3680	2200	249	34	0	0	16170	342	78	125	70
Catering Menu: The Trays, Salads: Citrus Chickpeas, Small	1840	1100	124	17	0	0	8080	171	39	63	35
Catering Menu: The Trays, Salads: Couscous Tabouli, Large	7110	4030	456	64	0	0	14780	673	70	35	119
Catering Menu: The Trays, Salads: Couscous 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 Bowl	5350	2310	257	91	0	335	1980	696	36	348	89
Catering Menu: The Lunchbox: Carved Chicken (per serving)	1050	450	51	18	1	205	1530	99	4	5	47
Catering Menu: The Lunchbox: Carved Lamb Beef (per serving)	1170	600	67	25	0.5	90	2190	110	4	6	30
Catering Menu: The Lunchbox: Falafel (per serving)	1120	440	50	15	0.5	15	2300	140	13	5	29
Catering Menu: The Lunchbox: Grilled Saffron Chicken (per serving)	1080	470	53	17	0.5	150	1900	100	4	5	51
Catering Menu: The Wrap, Carved Chicken (per serving)	930	430	48	11	0	195	840	78	8	4	49
Catering Menu: The Wrap, Carved Lamb Beef (per serving)	1050	570	64	18	0	85	1500	88	8	5	33
Catering Menu: The Wrap, Falafel (per serving)	1010	420	47	9	0	10	1610	118	18	4	31
Catering Menu: The Wrap, Grilled Chicken (per serving)	960	440	50	10	0	145	1200	79	9	4	53

X = Contains Allergen.

* = Potential Cross Contact with Allergen (cooked in shared deep fryer)

Allergen



Name	Egg	Fish	Milk	Peanut	Shellfish	Sesame	Soy	Tree Nuts	Wheat	Gluten
THE WRAP (nutrition information includes lettuce, tomatoes, cucumber, pickled onions, red cabbage slaw, 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	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
The Wrap, Fire (does not include choice of protein)	X		X			X	X		X	X
The Wrap, Fries (does not include choice of protein)	X	*	X	*	*	*	X	*	X	X
The Wrap, Hummus (does not include choice of protein)	X		X			X	X		X	X
The Wrap, Rice Rice Baby (does not include choice of protein)	X		X				X		X	X
The Wrap, San Diego (does not include choice of protein)	X	*	X	*	*	*	X	*	X	X
The Wrap, Super Duper (does not include choice of protein)	X	*	X	*	*	X	X	*	X	X

THE BOWL (nutrition information includes lettuce, tomatoes, cucumber, pickled onions, red cabbage slaw, and garlic yogurt sauce)										
Base: Greens										
Base: Fries	*	*	*	*	*	*	*	*	*	*
Base: Saffron Rice			X				X			
Base: Truffle Brown Rice			X				X			
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	X	*	*	*
The Bowl, Greens, Grilled Chicken	X		X				X			
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	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	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 Bowl, Fire (does not include choice of protein)	X		X			X	X			
The Bowl, Hella Greens (does not include choice of protein)	X		X			X	X			
The Bowl, Keto (does not include choice of protein)	X		X				X			
The Bowl, Protein (does not include choice of protein)	X		X			X	X			
The Bowl, Truffle Harvest (does not include choice of protein)	X		X				X			

THE PLATE (nutrition information includes protein choice only; refer to SALADS & SIDES for other options)										
The Plate, Carved Chicken										
The Plate, Carved Lamb & Beef							X		X	X
The Plate, Mixed Carved							X		X	X
The Plate, Falafel	*	*	*	*	*	X	*	*	*	*
The Plate, Grilled Saffron Chicken Kebab										
The Plate, Grilled Steak Kebab										
The Plate, Grilled Beef Kofta							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: Cranberry Kale								Walnuts		
Salad: Cranberry Kale, Large								Walnuts		
Salad: Citrus Chickpeas										
Salad: Citrus Chickpeas, Large										
Salad: Couscous Tabouli									X	X
Side: Hummus						X				
Side: Hummus (Fire)						X				
Side: Hummus (Cilantro Jalapeno)						X				
Side: Hummus and Pita						X	X		X	X
Side: Hummus (Fire) and Pita						X	X		X	X
Side: Hummus (Cilantro Jalapeno) and Pita						X	X		X	X
Side: Hummus and Pita, Large						X	X		X	X
Side: Hummus (Fire) and Pita, Large						X	X		X	X
Side: Hummus (Cilantro Jalapeno) and Pita, Large						X	X		X	X
Side: Grilled Veggies										
Side: Falafel (Includes Garlic Yogurt Sauce)	X	*	X	*	*	X	X	*	*	*
Side: Fries	*	*	*	*	*	*	*	*	*	*
Side: Saffron Rice			X				X			
Side: Pita Bread							X		X	X

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TKS
NEW SCHOOL MEDITERRANEAN

[illegible]

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Allergen



Name	Egg	Fish	Milk	Peanut	Shellfish	Sesame	Soy	Tree Nuts	Wheat	Gluten
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	*	*	*	*	*	X	*	*	*	*
Catering Menu: The Trays, Protein: Falafel, Small	*	*	*	*	*	X	*	*	*	*
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: Cranberry Kale, Large								Walnuts		
Catering Menu: The Trays, Salads: Cranberry Kale, Small								Walnuts		
Catering Menu: The Trays, Salads: Citrus Chickpeas, Large										
Catering Menu: The Trays, Salads: Citrus Chickpeas, Small										
Catering Menu: The Trays, Salads: Couscous Tabouli, Large									X	X
Catering Menu: The Trays, Salads: Couscous 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	X
Catering Menu: The Trays, Sides: Hummus & Pita, Small						X	X		X	X
Catering Menu: The Trays, Sides: Hummus (Spicy) & Pita, Large						X	X		X	X
Catering Menu: The Trays, Sides: Hummus (Spicy) & Pita, Small						X	X		X	X
Catering Menu: Baklava Bowl			X				X	Pistachio, Walnuts	X	X
Catering Menu: The Lunchbox: Carved Chicken (per serving)	X		X				X			
Catering Menu: The Lunchbox: Carved Lamb Beef (per serving)	X		X				X		X	X
Catering Menu: The Lunchbox: Falafel (per serving)	X	*	X	*	*	X	X	*	*	*
Catering Menu: The Lunchbox: Grilled Saffron Chicken (per serving)	X		X				X			
Catering Menu: The Wrap, Carved Chicken (per serving)	X		X				X		X	X
Catering Menu: The Wrap, Carved Lamb Beef (per serving)	X		X				X		X	X
Catering Menu: The Wrap, Falafel (per serving)	X	*	X	*	*	X	X	*	X	X
Catering Menu: The Wrap, Grilled Chicken (per serving)	X		X				X		X	X