

## 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 INFORMATION

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)
<b>MENU ITEMS</b>											
<b>GRILLED WRAPS (nutrition information includes romaine, tomatoes, cucumber, pickled onions, red cabbage slaw, and OG Yogurt sauce)</b>											
Grilled Wrap, Chicken Shawarma	790	320	36	10	0	160	750	75	8	3	41
Grilled Wrap, Carved Lamb Beef	950	490	54	18	0	85	1450	86	8	5	32
Grilled Wrap, Shawarma & Lamb Beef	920	430	48	14	0	160	1130	80	8	4	44
Grilled Wrap, Chickpea Falafel	910	340	38	8	0	10	1550	115	17	3	30
Grilled Wrap, Grilled Chicken	870	360	40	10	0	145	1150	76	8	4	53
Grilled Wrap, Grilled Sirloin Steak	880	350	40	11	0	120	890	77	8	4	54
Grilled Wrap, Grilled Beef Kofta	880	360	40	13	0	45	1410	84	9	4	44
Grilled Wrap, Grilled Shrimp	750	290	32	8	0	230	1850	79	8	5	37
Grilled Wrap, Caesar Crunch (does not include choice of protein)	820	400	45	12	0	35	1300	85	8	4	22
Grilled Wrap, Saffron Grilled Veggies (does not include choice of protein)	950	450	51	11	0	20	1260	109	10	7	17
Grilled Wrap, San Diego (does not include choice of protein)	920	400	45	11	0	30	1330	111	10	5	21
Grilled Wrap, Super Duper (does not include choice of protein)	930	430	48	9	0	10	1160	110	11	5	18
<b>GRAINS BOWLS (nutrition information includes romaine, tomatoes, cucumber, pickled onions, red cabbage slaw, and OG Yogurt sauce)</b>											
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
Base: Fries	660	290	33	3	0	0	1160	84	5	<1	7
Grains Bowl, Saffron Rice, Chicken Shawarma	820	330	37	14	0.5	200	1170	74	3	4	44
Grains Bowl, Saffron Rice, Carved Lamb Beef	930	470	53	21	0.5	90	1830	85	3	5	28
Grains Bowl, Saffron Rice, Mixed Carved	900	410	46	18	0.5	165	1520	80	3	4	39
Grains Bowl, Saffron Rice, Chickpea Falafel	890	320	36	12	0.5	15	1940	115	12	4	26
Grains Bowl, Saffron Rice, Grilled Saffron Chicken	840	340	39	13	0.5	150	1530	75	3	4	48
Grains Bowl, Saffron Rice, Grilled Sirloin Steak	860	340	38	15	0.5	125	1280	76	3	5	49
Grains Bowl, Saffron Rice, Grilled Beef Kofta	860	350	39	17	0.5	50	1790	83	4	5	39
Grains Bowl, Saffron Rice, Grilled Shrimp	730	270	31	12	0.5	235	2230	78	3	5	33
Grains Bowl, Truffle Brown Rice, Chicken Shawarma	790	350	40	14	0.5	200	1000	63	6	4	43
Grains Bowl, Truffle Brown Rice, Carved Lamb Beef	900	500	56	22	0.5	90	1660	74	6	5	27
Grains Bowl, Truffle Brown Rice, Mixed Carved	870	440	49	18	0.5	165	1350	68	6	4	38
Grains Bowl, Truffle Brown Rice, Chickpea Falafel	860	350	39	12	0.5	15	1770	103	15	4	25
Grains Bowl, Truffle Brown Rice, Grilled Saffron Chicken	810	370	42	14	0.5	150	1370	64	6	4	47
Grains Bowl, Truffle Brown Rice, Grilled Sirloin Steak	830	360	41	15	0.5	125	1110	64	6	5	48
Grains Bowl, Truffle Brown Rice, Grilled Beef Kofta	830	370	42	17	0.5	50	1620	72	7	5	38
Grains Bowl, Truffle Brown Rice, Grilled Shrimp	700	300	34	12	0.5	235	2060	67	6	5	32
Bowl, Fries, Chicken Shawarma	1000	480	54	8	0	160	1370	91	7	4	37
Bowl, Fries, Carved Lamb Beef	1170	650	72	16	0	85	2070	101	7	6	28
Bowl, Fries, Mixed Carved	1130	590	65	13	0	160	1760	96	7	5	40
Bowl, Fries, Chickpea Falafel	1120	500	55	7	0	10	2180	131	16	4	26
Bowl, Fries, Grilled Chicken	1080	520	58	8	0	145	1770	92	7	5	48
Bowl, Fries, Grilled Sirloin Steak	1090	510	57	10	0	120	1510	92	7	5	50
Bowl, Fries, Grilled Beef Kofta	1090	520	58	11	0	45	2030	100	8	5	39
Bowl, Fries, Grilled Shrimp	960	450	50	7	0	230	2470	95	7	6	33
Bowl, Get Greeky (does not include choice of protein)	590	350	39	15	0	55	1330	51	4	7	12
Bowl, Hummus Crunch (does not include choice of protein)	700	360	41	13	0.5	15	1280	72	7	5	11
<b>GREENS BOWLS (nutrition information includes lettuce, tomatoes, cucumber, pickled onions, red cabbage slaw, and OG Yogurt sauce)</b>											
Base: Super Greens or Romaine	15	0	0	0	0	0	25	2	1	0	1
Greens Bowl, Chicken Shawarma	410	210	23	6	0	195	280	9	3	4	38
Greens Bowl, Carved Lamb Beef	520	360	40	13	0	85	940	20	3	5	22
Greens Bowl, Mixed Carved	490	290	33	10	0	160	650	13	3	4	34
Greens Bowl, Chickpea Falafel	480	200	23	4	0	10	1050	50	12	4	20
Greens Bowl, Grilled Chicken	430	230	26	5	0	145	640	10	4	4	43
Greens Bowl, Grilled Sirloin Steak	450	220	25	7	0	120	380	11	3	5	44
Greens Bowl, Grilled Beef Kofta	450	230	26	9	0	45	900	18	4	5	34
Greens Bowl, Grilled Shrimp	320	160	17	4	0	230	1340	13	4	5	27
Bowl, Mediterranean Greens (does not include choice of protein)	260	190	21	7	0	30	330	13	4	7	5
Bowl, Protein (does not include choice of protein)	300	210	23	7	0	30	530	15	5	6	9
<b>WRAP &amp; BOWL PROTEINS</b>											
Protein: Chicken Shawarma	200	90	10	2.5	0	150	140	0	0	0	28
Protein: Carved Lamb & Beef	370	250	28	11	0	75	840	11	0	1	19
Protein: Mixed Carved	340	190	21	7	0	150	530	5	0	<1	30
Protein: Chickpea Falafel	330	100	11	1	0	0	950	41	9	0	17
Protein: Grilled Saffron Chicken Kebab	280	120	14	2.5	0	135	540	1	0	0	39
Protein: Grilled Sirloin Steak Kebab	300	120	13	4	0	110	280	2	0	<1	40
Protein: Grilled Beef Kofta	300	130	14	6	0	35	800	9	1	1	30
Protein: Grilled Shrimp	170	50	6	1	0	220	1240	4	0	2	24
<b>CLASSIC TOPPINGS</b>											
Topping: Red Cabbage Slaw	35	25	3	0	0	0	5	2	0	<1	0
Topping: Red Onion, Pickled	0	0	0	0	0	0	10	0	0	0	0
Topping: Red Onion, Raw	0	0	0	0	0	0	0	<1	0	0	0
Topping: Romaine Lettuce	0	0	0	0	0	0	0	<1	0	0	0
Topping: Salad, Cranberry Kale	80	45	5	0	0	0	35	8	<1	5	1
Topping: Salad, Mediterranean Chickpea	45	30	3	0	0	0	200	4	<1	2	<1
Topping: Salad, Couscous Tabouli	90	50	6	1	0	0	180	8	<1	0	1
Topping: Tomato, Cucumber Mix	10	0	0	0	0	0	0	2	<1	1	0
<b>MORE TOPPINGS</b>											
Topping: Fries	190	80	9	1	0	0	330	24	1	0	2
Topping: Feta Cheese	70	50	5	3.5	0	20	250	<1	0	<1	4
Topping: Grilled Veggies	45	35	4	0.5	0	0	65	2	<1	1	<1
Topping: Hummus	40	25	2.5	0	0	0	95	3	<1	<1	1
Topping: Hummus, Fire	40	20	2	0	0	0	105	3	<1	<1	1
Topping: Hummus, Cilantro Jalapeno	30	30	3.5	0	0	0	55	<1	0	0	0
Topping: Kalamata Olives	60	60	7	0.5	0	0	300	3	0	0	0
Topping: Pita Crumbles	40	10	1.5	0	0	0	60	5	0	0	1
Topping: Sliced Jalapenos	0	0	0	0	0	0	0	<1	0	0	0
Topping: Saffron Rice	120	35	4	2.5	0	0	260	19	0	0	2
Topping: Truffle Brown Rice	90	30	3.5	2	0	0	170	12	<1	0	1
Topping: Tzatziki	70	50	6	3.5	0	20	140	2	0	2	<1

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<b>SIGNATURE PLATES (nutrition information includes protein choice only; refer to SALADS &amp; SIDES for other options)</b>											
Plate, Chicken Shawarma	310	130	14	4	0	225	210	0	0	0	42
Plate, Carved Lamb & Beef	560	380	42	16	0	110	1260	16	0	2	28
Plate, Mixed Carved	430	250	28	10	0	165	740	8	0	1	35
Plate, Chickpea Falafel	400	120	13	1.5	0	0	1140	49	11	0	20
Plate, Grilled Saffron Chicken Kebab	280	120	14	2.5	0	135	540	1	0	0	39
Plate, Grilled Sirloin Steak Kebab	300	120	13	4	0	110	280	2	0	<1	40
Plate, Grilled Beef Kofta	300	130	14	6	0	35	800	9	1	1	30
Plate, Grilled Shrimp	170	50	6	1	0	220	1240	4	0	2	24
<b>SIDES</b>											
Side: Chickpea Falafel (Includes OG 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	420	120	14	8	0.5	<5	920	67	<1	0	7
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, Chicken Shawarma	1070	530	59	12	0	225	1710	87	5	3	no
Side: Kebab Fries, Carved Lamb Beef	1190	670	75	20	0	110	2370	98	5	4	31
Side: Grilled Veggies	90	70	8	1	0	0	125	4	1	3	1
Side: Pita Bread (1 Each)	190	5	1	0	0	0	380	36	3	0	7
Side: Pita Bread (1/2 Each)	100	0	0	0	0	0	190	18	2	0	4
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
<b>SALADS</b>											
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: Cranberry Kale	310	180	21	1.5	0	0	150	32	4	22	4
Salad: Citrus Chickpeas	180	110	12	1.5	0	0	810	17	4	6	4
Salad: Tabouli	360	200	23	3	0	0	740	34	3	2	6
Salad: Caesar Crunch Salad	260	170	19	5	0	25	700	14	3	3	10
Salad: Caesar Crunch Salad (No Dressing)	150	70	8	3.5	0	20	450	13	2	2	8
<b>DIPS</b>											
Side: Tzatziki	370	280	32	19	0	115	760	12	<1	10	5
Side: Tzatziki and Pita	560	290	32	19	0	115	1140	48	4	10	12
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
<b>MODIFIERS</b>											
<b>SAUCES</b>											
Sauce: O.G. Yogurt	90	70	8	2.5	0	10	55	1	0	<1	1
Sauce: O.G. 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
Sauce: Caesar Dressing	110	100	11	2	0	5	250	1	0	0	1
Sauce: Caesar Dressing (8 oz)	900	810	90	17	0	50	1990	10	0	1	11
<b>PROTEINS (EXTRA SIDES)</b>											
Protein: Chicken Shawarma (Side - Includes Flatbread)	750	260	29	8	0	225	750	68	6	0	53
Protein: Carved Lamb & Beef (Side - Includes Flatbread)	1010	510	57	20	0	110	1800	84	6	2	39
Protein: Grilled Saffron Chicken Kebab (Side - Includes Flatbread)	730	260	29	7	0	135	1080	69	6	0	50
Protein: Grilled Shrimp Kebab (Side - Includes Flatbread)	90	50	6	3.5	0	20	380	3	0	0	6
Protein: Grilled Sirloin Steak Kebab (Side - Includes Flatbread)	740	250	28	8	0	110	820	70	6	<1	51
Protein: Grilled Beef Kofta (Side - Includes Flatbread)	750	260	29	10	0	35	1340	77	7	1	41
<b>FAMILY PACKS &amp; CATERING</b>											
<b>Kids &amp; Desserts</b>											
Kids Protein: Chicken Shawarma	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: Chickpea 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
<b>Treats</b>											
Treats: Baklava	220	100	11	4	0	15	85	29	2	15	4
Treats: Killer Brownie Brookie	420	180	20	10	0	45	280	60	0	35	0
Treats: Killer Brownie Kitchen Sink	190	80	10	0	0	15	150	25	0	20	0
<b>Drinks</b>											
Bottled Drink: Mexican Coke, Glass Bottle 12 fl oz	140	0	0	0	0	0	45	40	0	40	0
Bottled Drink: Coca Cola, Plastic Bottle, 20 fl oz	240	0	0	0	0	0	80	70	0	70	0
Bottled Drink: Diet Coke, Plastic Bottle, 20 fl oz	0	0	0	0	0	0	70	0	0	0	0
Fountain Drink: Fanta Orange, 20 fl oz (does not include ice)	250	0	0	0	0	0	70	70	0	70	0
Fountain Drink: Diet Coke, 20 fl oz (does not include ice)	0	0	0	0	0	0	80	0	0	0	0
Fountain Drink: Coke Zero, 20 fl oz (does not include ice)	0	0	0	0	0	0	70	0	0	0	0
Fountain Drink: Minute Maid Lemonade, 20 fl oz (does not include ice)	240	0	0	0	0	0	160	60	0	60	0
Fountain Drink: Cherry Coke, 20 fl oz (does not include ice)	260	0	0	0	0	0	70	70	0	70	0
Fountain Drink: Coca Cola, 20 fl oz (does not include ice)	240	0	0	0	0	0	70	70	0	70	0
Fountain Drink: Iced Black Unsweetened Tea, 20 fl oz (does not include ice)	0	0	0	0	0	0	60	0	0	0	0
Fountain Drink: Sprite, 20 fl oz (does not include ice)	230	0	0	0	0	0	115	60	0	60	0
<b>FAMILY PACKS (nutrition information for entire menu item)</b>											
Family Pack Protein: Chicken Shawarma, Large	1850	770	86	24	0	1350	1280	1	<1	0	251
Family Pack Protein: Chicken Shawarma, 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

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Family Pack Protein: Chickpea Falafel, Large	2380	720	81	8	0	0	6820	293	66	0	122
Family Pack Protein: Chickpea 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 Sirloin Steak Kebab, Large	1780	710	79	24	0	660	1710	10	<1	5	242
Family Pack Protein: Grilled Sirloin 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 Protein: Grilled Shrimp, Large	1020	320	36	7	0	1310	7450	25	3	10	143
Family Pack Protein: Grilled Shrimp, Small	680	210	24	4.5	0	875	4970	17	2	7	95
Family Pack, Large, Chicken Shawarma	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 Sirloin 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, Large, Grilled Shrimp	8980	4230	476	149	4.5	1700	23180	874	42	67	284
Family Pack: Small, Chicken Shawarma	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 Sirloin 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
Family Pack: Small, Grilled Shrimp	5970	2810	318	95	3	1100	14810	580	29	37	191
CATERING (nutrition information for entire menu item)											
Catering Menu: Trays, Protein: Chicken Shawarma, Large	7180	3000	334	93	1.5	5235	4980	5	2	<1	975
Catering Menu: Trays, Protein: Chicken Shawarma, Small	3590	1500	167	46	1	2615	2490	3	<1	0	488
Catering Menu: Trays, Protein: Carved Lamb Beef, Large	11210	7560	840	320	0	2200	25210	320	0	40	560
Catering Menu: Trays, Protein: Carved Lamb Beef, Small	5600	3780	420	160	0	1100	12610	160	0	20	280
Catering Menu: Trays, Protein: Chickpea Falafel, Large	6620	2010	224	21	0.5	0	18950	813	182	0	338
Catering Menu: Trays, Protein: Chickpea Falafel, Small	3310	1010	112	11	0	0	9480	406	91	0	169
Catering Menu: Trays, Protein: Grilled Saffron Chicken, Large	6810	2980	335	63	0	3180	13030	28	10	6	937
Catering Menu: Trays, Protein: Grilled Saffron Chicken, Small	3410	1490	167	32	0	1590	6520	14	5	3	469
Catering Menu: Trays, Protein: Grilled Sirloin Steak, Large	3560	1410	158	49	0	1320	3420	20	2	11	484
Catering Menu: Trays, Protein: Grilled Sirloin Steak, Small	7120	2830	316	97	0	2640	6830	39	4	22	968
Catering Menu: Trays, Protein: Grilled Beef Kofta, Large	7200	3020	336	144	0	840	19200	216	24	24	720
Catering Menu: Trays, Protein: Grilled Beef Kofta, Small	3600	1510	168	72	0	420	9600	108	12	12	360
Catering Menu: The Trays, Protein: Grilled Shrimp, Large	4070	1270	143	27	1	5235	29810	101	11	39	571
Catering Menu: The Trays, Protein: Grilled Shrimp, Small	2040	630	71	13	0	2620	14900	51	6	20	285
Catering Menu: Trays, Salads: Greek Salad, Large	3930	3080	342	109	1	525	12170	159	30	76	96
Catering Menu: Trays, Salads: Greek Salad, Small	1970	1540	171	54	0	265	6090	80	15	38	48
Catering Menu: Trays, Salads: Cranberry Kale, Large	6270	3640	414	34	0	0	2970	635	79	436	83
Catering Menu: Trays, Salads: Cranberry Kale, Small	3140	1820	207	17	0	0	1490	318	40	218	42
Catering Menu: Trays, Salads: Citrus Chickpeas, Large	3680	2200	249	34	0	0	16170	342	78	125	70
Catering Menu: Trays, Salads: Citrus Chickpeas, Small	1840	1100	124	17	0	0	8080	171	39	63	35
Catering Menu: Trays, Salads: Couscous Tabouli, Large	7110	4030	456	64	0	0	14780	673	70	35	119
Catering Menu: Trays, Salads: Couscous Tabouli, Small	3560	2010	228	32	0	0	7390	336	35	18	59
Catering Menu: Trays, Sides: Fries, Large	13130	5870	652	56	1	0	23140	1679	96	19	137
Catering Menu: Trays, Sides: Fries, Small	6570	2940	326	28	0.5	0	11570	839	48	10	68
Catering Menu: Trays, Sides: Pita Bread, Large	3800	140	16	0	0	0	7600	720	60	0	140
Catering Menu: Trays, Sides: Pita Bread, Small	1900	70	8	0	0	0	3800	360	30	0	70
Catering Menu: Trays, Sides: Saffron Rice, Large	9020	2550	288	173	11	100	19620	1433	21	7	139
Catering Menu: Trays, Sides: Saffron Rice, Small	4510	1270	144	87	5	50	9810	717	10	4	69
Catering Menu: Trays, Sides: Hummus & Pita, Large	7700	2320	260	32	0	0	16630	1038	147	55	273
Catering Menu: Trays, Sides: Hummus & Pita, Small	3850	1160	130	16	0	0	8320	519	74	27	137
Catering Menu: Trays, Sides: Hummus (Spicy) & Pita, Large	7440	2050	230	28	0	0	17700	1052	151	73	262
Catering Menu: 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: Lunchbox: Chicken Shawarma (per serving)	1050	450	51	18	1	205	1530	99	4	5	47
Catering Menu: Lunchbox: Carved Lamb Beef (per serving)	1170	600	67	25	0.5	90	2190	110	4	6	30
Catering Menu: Lunchbox: Chickpea Falafel (per serving)	1120	440	50	15	0.5	15	2300	140	13	5	29
Catering Menu: Lunchbox: Grilled Saffron Chicken (per serving)	1080	470	53	17	0.5	150	1900	100	4	5	51
Catering Menu: The Lunchbox: Grilled Shrimp (per serving)	800	340	39	12	0.5	235	2280	80	4	6	33
Catering Menu: Wrap, Chicken Shawarma (per serving)	930	430	48	11	0	195	840	78	8	4	49
Catering Menu: Wrap, Carved Lamb Beef (per serving)	1050	570	64	18	0	85	1500	88	8	5	33
Catering Menu: Wrap, Chickpea Falafel (per serving)	1010	420	47	9	0	10	1610	118	18	4	31
Catering Menu: Wrap, Grilled Chicken (per serving)	960	440	50	10	0	145	1200	79	9	4	53
Catering Menu: Wrap, Grilled Shrimp (per serving)	820	360	40	9	0	230	1890	81	9	5	38

# ALLERGEN INFORMATION

Name	Contains Egg	Contains Fish	Contains Milk	Contains Peanut	Contains Shellfish	Contains Sesame	Contains Soy	Contains Tree Nuts	Contains Wheat	Contains Gluten
<b>X = Contains Allergen.</b> <b>* = Potential Cross Contact with Allergen.</b>										
<b>MENU ITEMS</b>										
<b>GRILLED WRAPS (nutrition information includes lettuce, tomatoes, cucumber, pickled onions, red cabbage slaw, and OG Yogurt sauce)</b>										
Grilled Wrap, Chicken Shawarma	X		X		*		X		X	X
Grilled Wrap, Carved Lamb Beef	X		X				X		X	X
Grilled Wrap, Mixed Carved	X		X		*		X		X	X
Grilled Wrap, Chickpea Falafel	X		X			X	X		X	X
Grilled Wrap, Grilled Chicken	X		X		*		X		X	X
Grilled Wrap, Grilled Sirloin Steak	X		X		*		X		X	X
Grilled Wrap, Grilled Beef Kofta	X		X		*		X		X	X
Grilled Wrap, Grilled Shrimp	X		X		X	X	X		X	X
Grilled Wrap, Caesar Crunch (does not include choice of protein)	X	X	X			*	X		X	X
Grilled Wrap, Saffron Grilled Veggies (does not include choice of protein)	X		X		*		X		X	X
Grilled Wrap, San Diego (does not include choice of protein)	X		X			*	X		X	X
Grilled Wrap, Super Duper (does not include choice of protein)	X		X	*		X	X		X	X
<b>GRAINS BOWL (nutrition information includes lettuce, tomatoes, cucumber, pickled onions, red cabbage slaw, and OG Yogurt sauce)</b>										
Base: Saffron Rice			X				X			
Base: Truffle Brown Rice			X				X			
Base: Fries						*	*		*	*
Grains Bowl, Saffron Rice, Chicken Shawarma	X		X		*		X		*	*
Grains Bowl, Saffron Rice, Carved Lamb Beef	X		X				X		X	X
Grains Bowl, Saffron Rice, Mixed Carved	X		X		*		X		X	X
Grains Bowl, Saffron Rice, Chickpea Falafel	X		X			X	X		*	*
Grains Bowl, Saffron Rice, Grilled Saffron Chicken	X		X		*		X		*	*
Grains Bowl, Saffron Rice, Grilled Sirloin Steak	X		X		*		X		*	*
Grains Bowl, Saffron Rice, Grilled Beef Kofta	X		X		*		X		X	X
Grains Bowl, Saffron Rice, Grilled Shrimp	X		X		X		X		*	*
Grains Bowl, Truffle Brown Rice, Chicken Shawarma	X		X		*		X		*	*
Grains Bowl, Truffle Brown Rice, Carved Lamb Beef	X		X				X		X	X
Grains Bowl, Truffle Brown Rice, Mixed Carved	X		X		*		X		X	X
Grains Bowl, Truffle Brown Rice, Chickpea Falafel	X		X			X	X		*	*
Grains Bowl, Truffle Brown Rice, Grilled Saffron Chicken	X		X		*		X		*	*
Grains Bowl, Truffle Brown Rice, Grilled Sirloin Steak	X		X		*		X		*	*
Grains Bowl, Truffle Brown Rice, Grilled Beef Kofta	X		X		*		X		X	X
Grains Bowl, Truffle Brown Rice, Grilled Shrimp	X		X		X		X		*	*
Bowl, Fries, Chicken Shawarma	X		X		*	*	X		*	*
Bowl, Fries, Carved Lamb Beef	X		X			*	X		X	X
Bowl, Fries, Mixed Carved	X		X		*	*	X		*	*
Bowl, Fries, Chickpea Falafel	X		X			X	X		*	*
Bowl, Fries, Grilled Chicken	X		X		*	*	X		*	*
Bowl, Fries, Grilled Sirloin Steak	X		X		*	*	X		*	*
Bowl, Fries, Grilled Beef Kofta	X		X		*	*	X		X	X
Bowl, Fries, Grilled Shrimp	X		X		X	*	X		*	*
Bowl, Get Greeky (does not include choice of protein)	X		X			X	X			
Bowl, Hummus Crunch (does not include choice of protein)	X		X			*	X		X	X
<b>GREENS BOWL (nutrition information includes lettuce, tomatoes, cucumber, pickled onions, red cabbage slaw, and OG Yogurt sauce)</b>										
Base: Super Greens or Romaine										
Greens Bowl, Chicken Shawarma	X		X		*		X		*	*
Greens Bowl, Carved Lamb Beef	X						X		X	X
Greens Bowl, Mixed Carved	X		X		*		X		X	X
Greens Bowl, Chickpea Falafel	X		X			X	X		*	*
Greens Bowl, Grilled Chicken	X		X		*		X		*	*
Greens Bowl, Grilled Sirloin Steak	X						X		*	*
Greens Bowl, Grilled Beef Kofta	X		X		*		X		X	X
Greens Bowl, Grilled Shrimp	X				X		X		*	*
Bowl, Mediterranean Greens (does not include choice of protein)	X		X		*	X	X		*	*
Bowl, Protein (does not include choice of protein)	X				*	X	X		*	*
<b>WRAP &amp; BOWL PROTEINS</b>										
Protein: Chicken Shawarma					*		*		*	*

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Protein: Carved Lamb & Beef					*		X		X	X
Protein: Mixed Carved					*		X		X	X
Protein: Chickpea Falafel						X	*		*	*
Protein: Grilled Saffron Chicken Kebab					*		*		*	*
Protein: Grilled Sirloin Steak Kebab					*		*		*	*
Protein: Grilled Beef Kofta					*		X		X	X
Protein: Grilled Shrimp					X		*		*	*
CLASSIC TOPPINGS										
Topping: Red Cabbage Slaw										
Topping: Red Onion, Pickled										
Topping: Red Onion, Raw										
Topping: Romaine Lettuce										
Topping: Tomato, Cucumber Mix										
MORE TOPPINGS										
Topping: Fries						*	*		*	*
Topping: Feta Cheese			X							
Topping: Grilled Veggies					*		*		*	*
Topping: Hummus						X				
Topping: Hummus, Fire						X				
Topping: Hummus, Cilantro Jalapeno						X				
Topping: Parmesan Cheese			X							
Topping: Kalamata Olives										
Topping: Pita Crumbles						*	X		X	X
Topping: Sliced Jalapenos										
Topping: Saffron Rice			X				X			
Topping: Truffle Brown Rice			X				X			
Topping: Tzatziki			X							
SIGNATURE PLATES (nutrition information includes protein choice only; refer to SALADS & SIDES for other options)										
Plate, Chicken Shawarma					*		*		*	*
Plate, Carved Lamb & Beef							X		X	X
Plate, Mixed Carved					*		X		X	X
Plate, Chickpea Falafel						X	*		*	*
Plate, Grilled Saffron Chicken Kebab					*		*		*	*
Plate, Grilled Sirloin Steak Kebab					*		*		*	*
Plate, Grilled Beef Kofta					*		X		X	X
Plate, Grilled Shrimp					X		*		*	*
SIDES										
Side: Chickpea Falafel (Includes OG Yogurt Sauce)	X		X			X	X		*	*
Side: Fries						*	*		*	*
Side: Saffron Rice							X			
Side: Truffle Brown Rice			X				X			
Side: Crave Fries	X	*	X			*	X		*	*
Side: Kebab Fries, Chicken Shawarma	X		X		*	*	X		*	*
Side: Kebab Fries, Carved Lamb Beef	X		X			*	X		X	X
Side: Grilled Veggies					*		*		*	*
Side: Pita Bread (1 Each)							X		X	X
Side: Pita Bread (1/2 Each)							X		X	X
Side: Pita Chips						*	X	X	X	X
Side: Flatbread									X	X
SALADS										
Salad: Greek Salad	X		X				X			
Salad: Greek Salad (No Dressing)			X							
Salad: Cranberry Kale								Walnuts		
Salad: Citrus Chickpeas										
Salad: Tabouli									X	X
Salad: Caesar Crunch Salad	X	X	X				X		X	X
Salad: Caesar Crunch Salad (No Dressing)			X				X		X	X
DIPS										
Side: Tzatziki			X							
Side: Tzatziki and Pita			X				X		X	X
Side: Hummus						X				

Name	Contains Egg	Contains Fish	Contains Milk	Contains Peanut	Contains Shellfish	Contains Sesame	Contains Soy	Contains Tree Nuts	Contains Wheat	Contains Gluten
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
<b>SAUCES</b>										
Sauce: O.G. Yogurt	X		X				X			
Sauce: O.G. 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			
Sauce: Citrus Vinaigrette										
Sauce: Citrus Vinaigrette (8 oz)										
Sauce: Caesar Dressing	X	X	X				X			May Contain
Sauce: Caesar Dressing (8 oz)	X	X	X				X			May Contain
<b>SIDE PROTEINS</b>										
Protein: Chicken Shawarma (Side - Includes Flatbread)					*		*		X	X
Protein: Carved Lamb & Beef (Side - Includes Flatbread)							X		X	X
Protein: Grilled Saffron Chicken Kebab (Side - Includes Flatbread)					*		*		X	X
Protein: Grilled Shrimp (Side - Includes Flatbread)					X		X		X	X
Protein: Grilled Sirloin Steak Kebab (Side - Includes Flatbread)					*		*		X	X
Protein: Grilled Beef Kofta (Side - Includes Flatbread)					*		X		X	X
<b>FAMILY PACKS &amp; CATERING</b>										
<b>Kids Bowls</b>										
Kids Protein: Chicken Shawarma					*		*		*	*
Kids Protein: Carved Lamb & Beef							X		X	X
Kids Protein: Chickpea Falafel						X	*		*	*
Kids Side: Fries						*	*		*	*
Kids Side: Greek Salad			X							
Kids Side: Saffron Rice			X				X			
<b>Treats</b>										
Treats: Baklava			X				X	Pistachio, Walnuts	X	X
Treats: Killer Brownie Brookie	X		X				X		X	X
Treats: Killer Brownie Kitchen Sink	X		X				X		X	X
<b>Drinks</b>										
Bottled Drink: Mexican Coke, Glass Bottle 12 fl oz										
Bottled Drink: Coca Cola, Plastic Bottle, 20 fl oz										
Bottled Drink: Diet Coke, Plastic Bottle, 20 fl oz										
Fountain Drink: Fanta Orange, 20 fl oz (does not include ice)										
Fountain Drink: Diet Coke, 20 fl oz (does not include ice)										
Fountain Drink: Coke Zero, 20 fl oz (does not include ice)										
Fountain Drink: Minute Maid Lemonade, 20 fl oz (does not include ice)										
Fountain Drink: Cherry Coke, 20 fl oz (does not include ice)										
Fountain Drink: Coca Cola, 20 fl oz (does not include ice)										
Fountain Drink: Iced Black Unsweetened Tea, 20 fl oz (does not include ice)										
Fountain Drink: Sprite, 20 fl oz (does not include ice)										
<b>FAMILY PACKS (nutrition information for entire menu item)</b>										
Family Pack Protein: Chicken Shawarma, Large					*		*		*	*
Family Pack Protein: Chicken Shawarma, Small					*		*		*	*
Family Pack Protein: Carved Lamb & Beef, Large							X		X	X
Family Pack Protein: Carved Lamb & Beef, Small							X		X	X
Family Pack Protein: Chickpea Falafel, Large						X			*	*
Family Pack Protein: Chickpea Falafel, Small						X			*	*
Family Pack Protein: Grilled Saffron Chicken Kebab, Large					*		*		*	*
Family Pack Protein: Grilled Saffron Chicken Kebab, Small					*		*		*	*
Family Pack Protein: Grilled Sirloin Steak Kebab, Large					*		*		*	*

Name	Contains Egg	Contains Fish	Contains Milk	Contains Peanut	Contains Shellfish	Contains Sesame	Contains Soy	Contains Tree Nuts	Contains Wheat	Contains Gluten
Family Pack Protein: Grilled Sirloin 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 Protein: Grilled Shrimp, Large					X		*		*	*
Family Pack Protein: Grilled Shrimp, Small					X		*		*	*
Family Pack, Large, Chicken Shawarma	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 Sirloin Steak Kebab	X		X		*		X		*	*
Family Pack, Large, Grilled Grilled Beef Kofta	X		X		*		X		X	X
Family Pack Large, Grilled Shrimp	X		X		X		X		X	X
Family Pack: Small, Chicken Shawarma	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 Sirloin Steak Kebab	X		X		*		X		*	*
Family Pack: Small, Grilled Grilled Beef Kofta	X		X		*		X		X	X
Family Pack, Small, Grilled Shrimp	X		X		X		X		X	X
CATERING (nutrition information for entire menu item)										
Catering Menu: Trays, Protein: Chicken Shawarma, Large					*		*			*
Catering Menu: Trays, Protein: Chicken Shawarma, Small					*		*			*
Catering Menu: Trays, Protein: Carved Lamb Beef, Large							X		X	X
Catering Menu: Trays, Protein: Carved Lamb Beef, Small							X		X	X
Catering Menu: Trays, Protein: Chickpea Falafel, Large						X	*			*
Catering Menu: Trays, Protein: Chickpea Falafel, Small						X	*		*	*
Catering Menu: Trays, Protein: Grilled Saffron Chicken, Large					*		*		*	*
Catering Menu: Trays, Protein: Grilled Saffron Chicken, Small					*		*		*	*
Catering Menu: Trays, Protein: Grilled Sirloin Steak, Large					*		*		*	*
Catering Menu: Trays, Protein: Grilled Sirloin Steak, Small					*		*		*	*
Catering Menu: Trays, Protein: Grilled Beef Kofta, Large					*		X		X	X
Catering Menu: Trays, Protein: Grilled Beef Kofta, Small					*		X		X	X
Catering Menu: Trays, Salads: Greek Salad, Large	X		X		*		X			
Catering Menu: The Trays, Protein: Grilled Shrimp, Large					X		*		*	*
Catering Menu: The Trays, Protein: Grilled Shrimp, Small					X		*		*	*
Catering Menu: Trays, Salads: Greek Salad, Small	X		X				X			
Catering Menu: Trays, Salads: Cranberry Kale, Large								Walnuts		
Catering Menu: Trays, Salads: Cranberry Kale, Small								Walnuts		
Catering Menu: Trays, Salads: Citrus Chickpeas, Large										
Catering Menu: Trays, Salads: Citrus Chickpeas, Small										
Catering Menu: Trays, Salads: Couscous Tabouli, Large									X	X
Catering Menu: Trays, Salads: Couscous Tabouli, Small									X	X
Catering Menu: Trays, Sides: Fries, Large						*	*		*	*
Catering Menu: Trays, Sides: Fries, Small						*	*		*	*
Catering Menu: Trays, Sides: Pita Bread, Large							X		X	X
Catering Menu: Trays, Sides: Pita Bread, Small							X		X	X
Catering Menu: Trays, Sides: Saffron Rice, Large			X				X			
Catering Menu: Trays, Sides: Saffron Rice, Small			X				X			
Catering Menu: Trays, Sides: Hummus & Pita, Large						X	X		X	X
Catering Menu: Trays, Sides: Hummus & Pita, Small						X	X		X	X
Catering Menu: Trays, Sides: Hummus (Spicy) & Pita, Large						X	X		X	X
Catering Menu: Trays, Sides: Hummus (Spicy) & Pita, Small						X	X		X	X
Catering Menu: Baklava Bowl			X				X	Pistachio , Walnuts	X	X
Catering Menu: Lunchbox: Chicken Shawarma (per serving)	X		X		*		X		*	*
Catering Menu: Lunchbox: Carved Lamb Beef (per serving)	X		X				X		X	X
Catering Menu: Lunchbox: Chickpea Falafel (per serving)	X		X			X	X		*	*
Catering Menu: Lunchbox: Grilled Saffron Chicken (per serving)	X		X		*		X		*	*
Catering Menu: Wrap, Chicken Shawarma (per serving)	X		X		*		X		X	X
Catering Menu: Wrap, Carved Lamb Beef (per serving)	X		X				X		X	X
Catering Menu: Wrap, Chickpea Falafel (per serving)	X		X			X	X		X	X
Catering Menu: Wrap, Grilled Chicken (per serving)	X		X		*		X		X	X
Catering Menu: Wrap, Grilled Shrimp (per serving)	X		X		X		X		X	X