

dietary restrictions

we understand that eating out can be stressful if you have a dietary restriction. with that in mind, we've created a chart detailing which items are vegan, vegetarian, and gluten free to help you pick the best choices for your diet.

vg vegetarian

v vegan

gf gluten free

lso low sodium

lsu low sugar

toppings	vg	v	gf	lso	lsu
turkish salad	11 cal.	●	●	●	●
lebanese tabbouleh	16 cal.	●	●	●	●
israeli couscous	164 cal.	●		●	●
roasted corn	13 cal.	●	●	●	●
spicy feta dip	82 cal.	●		●	●
red cabbage slaw	12 cal.	●	●	●	●
sumac cucumbers	6 cal.	●	●	●	●
baba ganoush	15 cal.	●		●	●
cherry tomatoes	5 cal.	●	●	●	●
spicy carrots w/ caul.	20 cal.	●	●	●	●
pickled beets	26 cal.	●	●	●	●
pickled onions	28 cal.	●	●	●	●
lemon mint carrots	13 cal.	●	●	●	●
sunf lower seeds	81 cal.	●	●	●	●
crunchy chickpeas	45 cal.	●	●	●	●
spicy hummus	40 cal.	●		●	●
cilantro hummus	50 cal.	●	●	●	●
classic hummus	50 cal.	●	●	●	●
crumbled feta	41 cal.	●		●	●
winter roasted veggies	43 cal.	●	●	●	●
s'hug dip	20 cal.	●		●	●
eggplant	98 cal.	●	●	●	●
chickpea salad	54 cal.	●	●	●	●
turkish yogurt dip	25 cal.	●		●	●
turkish olives	32 cal.	●	●	●	●
greek beet dip	17 cal.	●		●	●
pickled turnips	10 cal.	●	●	●	●
sundried tomato salad	17 cal.	●	●	●	●
dried cranberries	14 cal.	●	●	●	●
pita croutons	11 cal.	●	●		●

bases	vg	v	gf	lso	lsu
mixed greens	17 cal.	●	●	●	●
spinach	16 cal.	●	●	●	●
kale	35 cal.	●	●	●	●
arugula	18 cal.	●	●	●	●
white basmati rice	237 cal.	●	●	●	●
brown basmati rice	238 cal.	●	●	●	●
cauliflower rice	73 cal.	●	●		●

proteins	vg	v	gf	lso	lsu
chicken shawarma	221 cal.		●		●
steak shawarma	303 cal.		●	●	●
shredded lamb	246 cal.		●	●	●
lamb kefta	197 cal.		●	●	●
falafel	254 cal.	●	●	●	●
chicken kebab	182 cal.		●	●	●
veggie kefta	159 cal.	●	●		●

sauces	vg	v	gf	lso	lsu
tzatziki	25 cal.	●		●	●
harissa	42 cal.	●		●	●
tahini	92 cal.	●	●	●	●
s'hug	69 cal.	●	●	●	●
balsamic vinaigrette	208 cal.	●	●	●	●
greek feta	95 cal.	●		●	●
cilantro vinaigrette	208 cal.	●	●	●	●
lemon garlic	43 cal.	●	●	●	●
spicy mango	49 cal.	●	●	●	●
za'atar white bean	63 cal.	●	●		●
cranberry tahini	83 cal.	●	●	●	●

sides/sweets	vg	v	gf	lso	lsu
freshly baked pita	290 cal.	●		●	
seasoned pita chips	260 cal.	●	●	●	
flatbread	230 cal.	●		●	●
cookie	370 cal.	●			
baklava	220 cal.	●		●	

a 2,000 calorie diet is used as the basis for general nutrition advice.

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