

SIGNATURE BOWLS



GRAIN BOWLS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
mezeh classic	930	63	10	0	110	2205	58	3	1	31	20
falafel classic	1440	87	17	0	45	2910	130	14	20	40	8
chicken chicken	1340	80	16	0	285	2680	79	7	16	78	24
avocado spicy lamb	1800	139	29	1	125	3065	109	17	14	72	36
muscle bowl	1475	99	22	1	255	2695	82	9	7	69	44
bulgur + kebab	920	32	5	0	125	1560	118	20	11	48	6.6

SALAD BOWLS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
mezeh greek	1200	104	21	0	155	1985	33	5	10	34	12
falafel greens	755	39	9	0	35	1360	77	16	20	36	45
steak avocado caesar	1075	74	20	0	210	1315	33	14	7	73	44
kebab avocado caesar	1045	80	20	0	210	1255	33	12	7	46	16
low carb crunch	785	52	9	0	115	1700	45	11	14	34	28
low cal salad	520	25	5	0	155	785	30	5	10	41	16

MIXED BOWLS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
avocado mango chicken	775	53	9	0	100	1295	48	12	8	30	20
shredded lamb classic	1145	73	15	0	125	2130	78	6	9	48	37
green kebab	880	48	10	0	180	1730	60	9	15	53	30
winter shawarma	950	39	9	0	160	1340	106	20	16	52	7.8
veg out bowl	1150	68	10	0	5	2250	113	18	11	32	45
vibrant vegan bowl	1370	101	14	0	0	1835	98	14	17	24	41

SIGNATURE WRAPS



WRAPS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
classic shawarma	730	24	5	0	150	1110	83	12	12	12	8.8
lamb gyro	830	35	12	0	145	1430	77	10	12	12	10.2
avocado chicken caesar	920	45	11	0	175	1140	82	15	11	11	6.3
falafel kick	830	34	5	0	0	1560	111	16	15	15	8.7
juicy steak	810	25	9	0	175	1210	73	9	10	10	10.8
chef's choice	920	35	6	0	125	1150	105	14	11	11	9.9

SIGNATURE PIZZA



PIZZAS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
margherita	1190	59	35	0	125	2310	116	8	13	46	12.7
mango chicken	1330	65	37	0	190	2440	124	7	23	58	8.4
lamb baba	1380	65	38	0	180	2770	127	7	21	67	9.3
zesty shawarma	1350	68	37	0	200	2510	120	8	14	62	8.9
spicy eggplant	1490	68	37	0	135	2590	171	14	48	50	9.2
turkish pide	1060	43	23	0	125	1740	111	6	11	56	9.7
steak & eggs	1690	96	47	0	600	2840	115	6	14	88	11.2
cheese & sausage	1230	63	38	0.5	170	2520	113	6	12	51	8.3

SNACKS & SWEETS



SNACKS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
pita chips	260	2	0	0	0	200	48	0	0	7	2.2
pita chip seasoning	160	9	1	0	0	2360	20	1	16	0.5	1.6

SWEETS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
cookie	370	18	9	0	30	210	52	2	31	4	4
chocolate baklava	200	15	4	1.5	0	50	15	1	8	3	0.6
mixed chocolate/plain baklava	200	15	3.5	1	0	50	13	1	7	3	0.6
plain baklava	200	16	3.5	0.5	0	55	12	1	5	3	0.7

BUILD YOUR OWN



BASES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
-------	----------	---------------	-------------------	---------------	------------------	-------------	-----------	-----------	------------	--------------	------------

mixed greens	45	0.5	0	0	0	80	9	5	2	4	20
arugula	15	0	0	0	0	15	2	0.9	1	1	4
romaine	10	0	0	0	0	0	2	1	0.67	0.7	4
spinach	15	0	0	0	0	45	2	1	0	2	8
white basmati rice	420	32	4.5	0	0	1310	29	0	0	3	6
brown basmati rice	410	30	4.5	0	0	1260	32	0	0	3	6
bulgur pilaf	240	5	0.5	0	0	550	47	8	2	7	1.7

PROTEINS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
----------	----------	---------------	-------------------	---------------	------------------	-------------	-----------	-----------	------------	--------------	------------

falafel	300	17	2.5	0	0	380	30	6	5	9	15
chicken shawarma	130	4.5	1	0	100	105	0	0	0	21	4
chicken kebab	250	11	2.5	0	150	150	3	0.65	1	32	8
steak shawarma	290	7	2.5	0	145	140	0	0	0	55	20
lamb kefta	220	17	7	1	85	490	4	1	1	13	8
shredded lamb	290	17	5	0	110	380	0	0	0	33	15

TOPPINGS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
----------	----------	---------------	-------------------	---------------	------------------	-------------	-----------	-----------	------------	--------------	------------

roasted vegetables	20	1	0	0	0	30	2	1	1	0.9	0
turkish salad	10	0	0	0	0	75	3	0.62	1	0.5	0
classic hummus	80	5	0.5	0	0	95	6	2	0.9	2	0
lebanese tabbouleh	35	2	0	0	0	220	5	1	1	1	6
spicy hummus	120	7	1	0	0	190	12	3	2	4	4
pearl couscous	220	4.5	0.5	0	0	380	39	3	0.6	7	8
lemon garlic hummus	80	4.5	0.5	0	0	115	8	2	1	3	2
red cabbage slaw	60	3	0	0	0	105	7	1	3	2	4
tzatziki dip	35	2	1	0	5	85	2	0	1	3	0
roasted corn salsa	50	2	0	0	0	100	9	1	3	1	0
spicy feta dip	140	14	4	0	15	160	1	0	1	3	0
chickpea salad	50	2	0	0	0	170	7	1	1	2	4
avocado	180	16	2.5	0	0	10	9	8	0.8	2	0
black lentils	150	6	1	0	0	70	19	3	1	7	10
caramelized eggplant	60	0.5	0	0	0	5	14	5	10	2	0.7
cherry tomatoes	10	0	0	0	0	0	2	0.5	1	0	0
sumac cucumbers	5	0	0	0	0	55	2	0	0.7	0	0
turkish olives	210	21	2.5	0	0	990	5	0	0	0	0

TOPPINGS (CONT.)	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
pickled turnips	10	0	0	0	0	15	2	0	1	0	0
pickled onions	25	0	0	0	0	0	5	0.75	3	0	0
pickled beets	5	0	0	0	0	10	1	0	0.72	0	0
crumbled feta	110	9	6	0	40	390	2	0	2	6	0
sunflower seeds	80	7	0.5	0	0	0	3	2	0	3	2
dried cranberries	170	0.5	0	0	0	0	47	3	41	0	0
pita croutons	35	0	0	0	0	30	7	0	0	1	0
crunchy chickpeas	45	0.5	0	0	0	45	7	1	1	2	2

SAUCES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
tzatziki	180	10	4.5	0	30	310	10	0.5	6	13	2
harissa	170	17	3	0	5	210	2	0	1	0	0
tahini	180	15	2	0	0	115	9	3	0	6	6
lemon garlic	120	13	2	0	0	105	2	0	0	0	0
greek feta	570	62	11	0	15	180	2	0	0.7	2	0
spicy mango	70	6	1	0	0	100	3	0	3	0	0
s'hug	130	13	2	0	0	105	4	1	2	0.6	4
mezeh caesar	370	39	8	0	20	580	2	0	0.7	2	0
balsamic vinaigrette	460	49	7	0	0	105	4	0	4	0	0
cilantro vinaigrette	470	51	7	0	0	75	4	0	4	0	0

SNACKS & SWEETS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEINS (g)	IRON (%DV)
freshly baked pita	301	5	0	0	0	482	53	2	0	10	0
seasoned pita chips	227	2	0	0	0	178	42	0	0	6	0

GRAIN BOWLS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
mezeh classic		●	●	●		●				◉
falafel classic		●	●			●		◉		
chicken chicken		●				●				◉
avocado spicy lamb		●	●	●		●				
muscle bowl		●	●	●	●	●				
bulgur + kebab				●		●				

SALAD BOWLS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
mezeh greek		●	●			●				◉
falafel greens		●				●				◉
steak avocado caesar		●	●	●	●					
kebab avocado caesar		●	●	●	●	●				
low carb crunch		●				●				◉
low cal salad		●				●				◉

MIXED BOWLS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
avocado mango chicken		●				●				◉
shredded lamb classic		●		●						
green kebab		●		●		●				
winter shawarma		●		●						
veg out bowl		●		●		●		◉		
vibrant vegan bowl				●		●			◉	

WRAPS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
classic shawarma		●		●						
lamb gyro		●	●	●						
avocado chicken caesar		●		●						
falafel kick		●	●	●		●		◉		
juicy steak		●	●	●		●				
chef's choice		●	●	●		●				

PIZZAS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
margherita		●	●	●						
mango chicken		●	●	●						
lamb baba		●	●	●		●				
zesty shawarma		●	●	●		●				
spicy eggplant		●	●	●		●				
turkish pide		●	●	●						
steak & eggs		●	●	●	●					
cheese & sausage		●	●	●						

BASES	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
mixed greens								●	●	●
arugula								●	●	●
romaine								●	●	●
spinach								●	●	●
white basmati rice								●	●	●
brown basmati rice								●	●	●
bulgur pilaf				●				●	●	

PROTEINS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
falafel								●	●	●
chicken shawarma		●								●
chicken kebab										●
steak shawarma										●
lamb kefta			●							●
shredded lamb										●

TOPPINGS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
roasted vegetables								●	●	●
turkish salad								●	●	●
classic hummus						●		●	●	●
lebanese tabbouleh				●				●	●	
spicy hummus						●		●	●	●
pearl couscous				●				●	●	
lemon garlic hummus						●		●	●	●
red cabbage slaw								●	●	●
tzatziki dip		●						●		●
roasted corn salsa								●	●	●
spicy feta dip		●						●		●
chickpea salad								●	●	●
avocado								●	●	●
black lentils								●	●	●
caramelized eggplant								●	●	●
cherry tomatoes								●	●	●
sumac cucumbers								●	●	●
turkish olives								●	●	●
pickled turnips								●	●	●
pickled onions								●	●	●
pickled beets								●	●	●
crumbled feta		●						●		●
sunflower seeds								●	●	●
dried cranberries								●	●	●
pita croutons				●	●			●	●	
crunchy chickpeas								●	●	●

SAUCES	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
tzatziki		●						●		●
harissa			●		●			●		●
tahini						●			●	●
lemon garlic									●	●
greek feta		●	●		●			●		●
spicy mango										●
s'hug										●
mezeh caesar		●	●		●			●		●
balsamic vinaigrette									●	●
cilantro vinaigrette									●	●

SNACKS & SWEETS	NUTS	MILK	EGGS	WHEAT	SOY	SESAME	SHELLFISH	VEGETARIAN	VEGAN	GLUTEN FREE
freshly baked pita		●		●	●					
seasoned pita chips				●	●				●	
classic baklava	●	●	●	●	●					
chocolate baklava	●	●	●	●	●					
cookie		●	●	●	●					