

# 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)
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mixed greens	45	1	0	0	0	80	9	5	2	4	3.7
arugula	15	0	0	0	0	15	2	1	1	1	1
romaine lettuce	10	0	0	0	0	10	3	2	1	1	1
spinach	25	0	0	0	0	80	4	2	0	3	2.7
white basmati rice	340	19	2.5	0	0	730	39	0	0	3	1
brown basmati rice	320	16	2.5	0	0	630	40	2	0	4	1.3
bulgur pilaf	80	3	0	0	0	150	12	2	0	2	1

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)
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falafel	300	17	2.5	0	0	380	30	6	5	9	2.8
chicken shawarma	180	6	1.5	0	140	140	0	0	0	30	1.3
chicken kebab	210	10	2	0	125	130	2	1	1	27	1.2
steak shawarma	290	7	2.5	0	145	140	0	0	0	55	3.5
lamb kefta	220	17	7	1	85	490	4	1	1	13	1.6
shredded lamb	290	17	5	0	110	380	0	0	0	33	2.9

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)
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roasted vegetables	35	3	0	0	0	40	2	1	1	0	1
turkish salad	10	0	0	0	0	75	3	1	1	1	1
classic hummus	80	5	1	0	0	95	6	2	1	2	1
lebanese tabbouleh	35	2	0	0	0	220	5	1	1	1	1.1
spicy hummus	120	7	1	0	0	190	12	3	2	4	1
pearl couscous	130	3	0	0	0	230	24	2	0	4	1
lemon garlic hummus	80	4.5	1	0	0	115	8	2	1	3	1
red cabbage slaw	60	3	0	0	0	105	7	1	3	2	1
tzatziki dip	35	2	1	0	5	85	2	0	1	3	1
roasted corn salsa	50	2	0	0	0	100	9	1	3	1	1
spicy feta dip	140	14	4	0	15	160	1	0	1	3	1
chickpea salad	50	2	0	0	0	170	7	1	1	2	1
avocado	230	21	3	0	0	10	12	10	1	3	1
black lentils	150	9	1.5	0	0	105	15	3	1	5	1.7
caramelized eggplant	60	0.5	0	0	0	5	14	5	10	2	0.7
cherry tomatoes	5	0	0	0	0	0	1	0	1	0	1
sumac cucumbers	5	0	0	0	0	35	1	0	0	0	1
turkish olives	140	14	1.5	0	0	660	3	0	0	0	0

<b>TOPPINGS</b> (CONT.)	<b>CALORIES</b>	<b>TOTAL FAT</b> (g)	<b>SATURATED FAT</b> (g)	<b>TRANS FAT</b> (g)	<b>CHOLESTEROL</b> (mg)	<b>SODIUM</b> (mg)	<b>CARBS</b> (g)	<b>FIBER</b> (g)	<b>SUGARS</b> (g)	<b>PROTEINS</b> (g)	<b>IRON</b> (%DV)
<b>pickled turnips</b>	<b>10</b>	0	0	0	0	15	2	0	1	0	1
<b>pickled onions</b>	<b>25</b>	0	0	0	0	0	5	1	3	0	1
<b>pickled beets</b>	<b>5</b>	0	0	0	0	10	1	0	1	0	1
<b>crumbled feta</b>	<b>70</b>	6	4	0	25	260	1	0	1	4	1
<b>sunflower seeds</b>	<b>80</b>	7	1	0	0	0	3	2	0	3	1
<b>dried cranberries</b>	<b>45</b>	0	0	0	0	0	12	1	10	0	1
<b>pita croutons</b>	<b>35</b>	0	0	0	0	30	7	0	0	1	1
<b>crunchy chickpeas</b>	<b>45</b>	1	0	0	0	45	7	1	1	2	1

<b>SAUCES</b>	<b>CALORIES</b>	<b>TOTAL FAT</b> (g)	<b>SATURATED FAT</b> (g)	<b>TRANS FAT</b> (g)	<b>CHOLESTEROL</b> (mg)	<b>SODIUM</b> (mg)	<b>CARBS</b> (g)	<b>FIBER</b> (g)	<b>SUGARS</b> (g)	<b>PROTEINS</b> (g)	<b>IRON</b> (%DV)
<b>tzatziki</b>	<b>50</b>	2	1	0	5	70	2	0	1	3	1
<b>harissa</b>	<b>150</b>	11	2	0	5	135	2	0	1	0	1
<b>tahini</b>	<b>120</b>	7	1	0	0	55	5	1	0	3	1
<b>lemon garlic</b>	<b>260</b>	21	3	0	0	160	3	0	0	0	1
<b>greek feta</b>	<b>310</b>	25	4.5	0	5	75	1	0	0	1	1
<b>spicy mango</b>	<b>80</b>	6	1	0	0	90	3	0	2	0	1
<b>s'hug</b>	<b>130</b>	10	1.5	0	0	80	3	1	1	1	1
<b>mezeh caesar</b>	<b>280</b>	23	4.5	0	10	340	1	0	0	1	1
<b>balsamic vinaigrette</b>	<b>360</b>	29	4	0	0	65	2	0	2	0	1
<b>cilantro vinaigrette</b>	<b>360</b>	29	4	0	0	45	2	0	2	0	1

<b>SNACKS &amp; SWEETS</b>	<b>CALORIES</b>	<b>TOTAL FAT</b> (g)	<b>SATURATED FAT</b> (g)	<b>TRANS FAT</b> (g)	<b>CHOLESTEROL</b> (mg)	<b>SODIUM</b> (mg)	<b>CARBS</b> (g)	<b>FIBER</b> (g)	<b>SUGARS</b> (g)	<b>PROTEINS</b> (g)	<b>IRON</b> (%DV)
<b>freshly baked pita</b>	<b>280</b>	1	0	0	0	540	56	2	1	9	5.2
<b>seasoned pita chips</b>	<b>250</b>	2	0	0	0	190	46	0	0	7	2.1

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		●	●	●	●			●		