

V = Vegetarian: No meat, fish or poultry

N = Nuts

S = Seeds

VGN = Vegan: No Animal products (cheese, butter, dairy, meat, eggs, honey)

GF = Gluten Free

CF - Casein Free

Nutrition Analysis Key:

* Sodium Savvy: Meal: <760 mg Sodium

** Heart Healthy: Meal: <8 gms Saturated Fat
< 115 mg Cholesterol

+ Weight Control : Meal: < 700 Calories



| Appetizers | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|------------------------------------|---------------------|--------------------------|-----------------|----------------------|---------------------|---------------------|-----------------|------------------|--------------------|--------------------|-------------------|--|
| Hummus ** | vgn, gf | | | | | | | | | | | |
| Small | | 8 | 374 | 17 | 2 | 6 | 42 | 13 | 15 | 714 | 0 | S:SESAME SEED |
| Reg | | 15 | 701 | 32 | 4 | 11 | 79 | 24 | 29 | 1338 | 0 | S:SESAME SEED |
| Large | | 24 | 1122 | 51 | 6 | 18 | 126 | 38 | 46 | 2141 | 0 | S:SESAME SEED |
| Tabouli + ** | vgn, gf | | | | | | | | | | | |
| Small | | 8 | 369 | 33 | <1 | 25 | 11 | 4 | 2 | 753 | 0 | G:CRACKED WHEAT |
| Reg | | 13 | 600 | 53 | <1 | 41 | 18 | 6 | 4 | 1224 | 0 | G:CRACKED WHEAT |
| Large | | 24 | 1108 | 98 | <1 | 76 | 33 | 11 | 7 | 2260 | 0 | G:CRACKED WHEAT |
| Baba Gannouj + ** | vgn, gf | | | | | | | | | | | |
| Small | | 8 | 85 | 4 | <1 | 1 | 14 | 6 | 3 | 1199 | 0 | S:SESAME SEED |
| Reg | | 15 | 160 | 7 | <1 | 2 | 26 | 11 | 5 | 2249 | 0 | S:SESAME SEED |
| Large | | 24 | 256 | 11 | <1 | 3 | 42 | 18 | 8 | 3598 | 0 | S:SESAME SEED |
| Foole M Damas ** | vgn, gf | | | | | | | | | | | |
| Small | | 8 | 353 | 20 | <1 | 13 | 31 | 8 | 11 | 1189 | 0 | |
| Reg | | 15 | 705 | 39 | <1 | 26 | 62 | 16 | 22 | 2377 | 0 | |
| Loubie Bzeit + ** | vgn, gf | | | | | | | | | | | |
| Small | | 8 | 115 | 5 | <1 | 3 | 15 | 4 | 3 | 1147 | 0 | |
| Reg | | 14 | 202 | 8 | <1 | 6 | 26 | 7 | 5 | 2007 | 0 | |
| Dawali + ** | v, vgn, gf | | | | | | | | | | | |
| Small | | 7 | 262 | 18 | 3 | N/A | 16 | 2 | 8 | 741 | 5 | C:CHEESE |
| Reg | | 14 | 523 | 36 | 6 | N/A | 31 | 3 | 15 | 1481 | 10 | C:CHEESE |
| Falafel (1 piece only) + ** | v, vgn, gf | 2 | 194 | 12 | N/A | <1 | 0 | 6 | 18 | 407 | 6 | N: PEANUT OIL / (WITH TAHINI - S: SESAME SEED, C: NF YOGURT) |
| Chicken Sambusek + ** | | 11 | 573 | 28 | 6 | 10 | 53 | 6 | 27 | 328 * | 100 | G:PITA: C:CHEESE |
| Fatayer + ** | v | 7 | 295 | 7 | 2 | N/A | 49 | 5 | 11 | 607* | 13 | G:PITA, C:CHEESE |
| Sfiha + ** | n | 9 | 433 | 18 | 7 | 7 | 48 | 4 | 19 | 638* | 51 | N:PINE NUTS, G:PITA, C:CHEESE |
| Kibbie + ** | n | 12 | 639 | 44 | 3 | N/A | 43 | 5 | 20 | 1091 | 32 | N: PINE NUTS & PEANUT OIL, C: NF YOGURT ON SIDE |
| Vegetarian Combo | v, n | 32 | 2002 | 134 | 9 | N/A | 151 | 50 | 58 | 4006 | 0 | N: PEANUT OIL, S:SESAME SEED, G:CRACKED WHEAT, C:NF YOGUR |

| Soups | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|------------------------------|---------------------|--------------------------|-----------------|----------------------|---------------------|---------------------|-----------------|------------------|--------------------|--------------------|-------------------|---------------------|
| V-Nine + ** | vgn, gf | 10 | 63 | 63 | <1 | <1 | 13 | 2 | 2 | 829 | 0 | |
| Lentil + ** | vgn, gf | 10 | 122 | 122 | 3 | N/A | 19 | 6 | 7 | 458 | 0 | |
| Vegetarian Chili + ** | vgn, gf | 10 | 174 | 3 | <1 | N/A | 32 | 11 | 9 | 641 | 0 | |
| Len-Chili + ** | vgn, gf | 10 | 148 | 3 | <1 | N/A | 26 | 9 | 8 | 550 | 0 | |

| Rolled Pitas | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|-----------------------------|---------------------|--------------------------|-----------------|----------------------|---------------------|---------------------|-----------------|------------------|--------------------|--------------------|-------------------|--|
| Arayiss Rolled | n | 16 | 708 | 38 | 17 | N/A | 59 | 5 | 35 | 2018 | 115 | N:PINE NUTS, G:PITA, C:CHEESE |
| Chicken Curry Rolled | | 20 | 1115 | 68 | 21 | 20 | 77 | 7 | 50 | 1203 | 200 | G:PITA, C:CHEESE, MAYONNAISE (EGGS), HONEY |
| Shish Tawook Rolled + ** | | 16 | 524 | 16 | 2 | N/A | 57 | 4 | 37 | 1472 | 85 | G:PITA, VGN: MAYONNAISE (EGGS) |
| Beef Shawarma Rolled + ** | | 18 | 571 | 21 | 5 | N/A | 65 | 7 | 31 | 1870 | 60 | S:SESAME SEED, G:PITA, C:NF YOGURT |
| Chicken Shawarma Rolled | | 15 | 702 | 37 | 9 | 11 | 55 | 5 | 36 | 458 * | 132 | S:SESAME SEED, G:PITA, C: NF YOGURT DRESSING |
| Chicken Dijon Rolled | | 15 | 762 | 39 | 10 | 16 | 67 | 4 | 36 | 537 * | 158 | G:PITA, VGN:MAYONNAISE (EGGS), HONEY |
| Chicken Salad Rolled + | n | 12 | 679 | 35 | 14 | N/A | 50 | 4 | 42 | 1043 | 133 | N:ALMONDS, G:PITA, C:CHEESE, VGN:MAYONNAISE (EGGS) |
| Turkey Rolled + ** | | 12 | 445 | 10 | 5 | N/A | 46 | 3 | 39 | 1361 | 87 | G:PITA, C:CHEESE |
| Tuna Steak Rolled + ** | | 16 | 586 | 18 | 2 | N/A | 57 | 5 | 48 | 1471 | 75 | G:PITA, VGN:MAYONNAISE (EGGS) |
| Tuna Shawarma Rolled + ** | | 20 | 594 | 14 | 2 | N/A | 64 | 7 | 54 | 1406 | 76 | S:SESAME SEED, G:PITA, C:NF YOGURT |
| Beef Kafta Rolled + | | 16 | 658 | 30 | 8 | N/A | 61 | 5 | 30 | 1029 | 73 | S:SESAME SEED, G:PITA, C:NF YOGURT |
| Spicy Kafta Rolled | | 18 | 819 | 48 | 10 | N/A | 63 | 6 | 31 | 1577 | 73 | S:SESAME SEED, G:C:PITA, NF YOGURT |
| Aladdin's Kabob Rolled + ** | | 19 | 682 | 30 | 5 | N/A | 65 | 7 | 37 | 1808 | 71 | S: SESAME SEED, G:PITA, C:NF YOGURT |
| Shish Kabob Rolled + ** | | 12 | 508 | 19 | 4 | 10 | 50 | 4 | 32 | 625 * | 71 | G:PITA, C:CHEESE |
| Aladdin's Lamb Rolled + | | 18 | 662 | 31 | 8 | N/A | 64 | 7 | 31 | 1702 | 63 | S:SESAME SEED, G:PITA, C:NF YOGURT |

| Vegetarian Rolled Pitas | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|---------------------------------|---------------------|--------------------------|-----------------|----------------------|---------------------|---------------------|-----------------|------------------|--------------------|--------------------|-------------------|--|
| Aladdin's Falafel Rolled ** | v, n | 17 | 774 | 36 | 2 | N/A | 75 | 17 | 24 | 2268 | <1 | N:PEANUT OIL, S:SESAME SEED, G:PITA, C:NF YOGURT |
| Hummus Garden Rolled + ** | vgn | 14 | 584 | 21 | 2 | 10 | 82 | 14 | 20 | 1061 | 0 | S:SESAME SEED |
| Hummus Tabouli Garden Rolled ** | vgn | 17 | 784 | 39 | 2 | 24 | 86 | 16 | 21 | 1151 | 0 | S: SESAME SEED, G: PITA, CRACKED WHEAT |
| Baba Garden Rolled + ** | vgn | 15 | 369 | 10 | <1 | 6 | 62 | 9 | 10 | 1617 | 0 | S:SESAME SEED, G:PITA |
| Dawali Rolled + ** | v | 15 | 565 | 26 | 2 | 14 | 69 | 6 | 11 | 777 | <1 | G:PITA, C:CHEESE |
| Hummus Falafel Rolled ** | vgn, n | 17 | 765 | 30 | <1 | N/A | 103 | 21 | 25 | 2270 | 0 | N:PEANUT OIL, S:SESAME SEED, G:PITA |
| Baba Falafel Rolled + ** | vgn, n | 17 | 658 | 25 | <1 | N/A | 93 | 18 | 20 | 2547 | 0 | N:PEANUT OIL, S:SESAME SEED, G:PITA |

| Pita Pizzas | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|-----------------------------|---------------------|--------------------------|-----------------|----------------------|---------------------|---------------------|-----------------|------------------|--------------------|--------------------|-------------------|--|
| Ali Baba Piza + ** | v | 18 | 392 | 11 | 2 | 5 | 66 | 13 | 12 | 1931 | 2 | S:SESAME SEED, G: PITA, C:CHEESE |
| Jaffar's Piza | v | 15 | 792 | 40 | 20 | N/A | 71 | 11 | 42 | 1354 | 120 | S: SESAME SEED, G:PITA, C:NF YOGURT, CHEESE |
| Greek Piza + ** | v | 13 | 538 | 28 | 5 | 16 | 55 | 8 | 15 | 1233 | 7 | G:PITA, C:CHEESE |
| Sultan's Shawarma Piza + ** | | 18 | 619 | 25 | 6 | 6 | 58 | 6 | 40 | 1137 | 90 | S:SESAME SEED, G:PITA, C:NF YOGURT |
| Aladdin's Chicken Piza + ** | | 13 | 688 | 32 | 3 | N/A | 54 | 3 | 43 | 1268 | 103 | G: PITA, VGN: HONEY, MAYONNAISE (EGGS) |
| Arayiss Piza ** | n | 16 | 787 | 35 | 7 | N/A | 88 | 16 | 33 | 1180 | 40 | N:PINE NUTS, S:SESAME SEED, G:PITA |
| Farrouk's Falafel Piza ** | v, n | 16 | 951 | 47 | 2 | N/A | 107 | 24 | 30 | 1575 | <1 | N:PEANUT OIL, S:SESAME SEED, G:PITA, C:NF YOGURT |
| Farmer's Piza | v | 15 | 780 | 43 | N/A | 11 | 45 | 1390 | 82 | 1700 | 23 | C:CHEESE |
| Chicken Curry Piza | n | 13 | 530 | 24 | N/A | 3 | 15 | 810 | 69 | 900 | 14 | N:FRIED ONIONS HONEY MAYONNAISE (EGG) |

| Salads | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|---------------------------------|--------------|-------------------|----------|---------------|--------------|--------------|----------|-----------|-------------|-------------|------------|---|
| Aladdin's Salad + ** | v, gf | 13 | 146 | 5 | 2 | 3 | 15 | 7 | 7 | 681 * | 3 | C:CHEESE |
| Spinach Salad + ** | v, gf | 6 | 36 | <1 | <1 | <1 | 6 | 3 | 4 | 75 * | 0 | C:CHEESE |
| Lebanese Salata + ** | vgn, gf | 16 | 286 | 20 | <1 | 15 | 21 | 5 | 4 | 1228 | 0 | |
| Red Quinoa Lebanese Salata + ** | vgn, gf | 20 | 480 | 20 | 2 | N/A | 65 | 10 | 13 | 940 | 0 | C:CHEESE |
| Kale-Quinoa Tabouli + ** | vgn | 16 | 370 | 30 | 4.5 | N/A | 22 | 5 | 8 | 75 * | 0 | G: CRACKED WHEAT |
| Fattoush ** | vgn | 22 | 725 | 35 | 2 | 19 | 91 | 14 | 14 | 1359 | 0 | S:SESAME SEED, G:PITA CHIPS |
| Fattoush with Dressing ** | vgn | 24 | 1018 | 65 | 5 | 19 | 93 | 14 | 15 | 1848 | 0 | S:SESAME SEED, G:PITA CHIPS |
| Falafel Salad ** | v, gf, n | 20 | 835 | 47 | <1 | N/A | 85 | 29 | 27 | 1666 | 0 | N:PEANUT OIL, S:SESAME SEED, C:NY YOGURT DRESSING, CHEESE |
| Chicken Salad + | gf, n | 20 | 432 | 24 | 3 | 2 | 18 | 7 | 39 | 1026 | 115 | N:ALMONDS, C:CHEESE, VGN:MAYONNAISE (EGGS) |
| Turkey Salad + ** | gf | 15 | 299 | 10 | 2 | 4 | 13 | 6 | 41 | 510 * | 87 | C:CHEESE |
| Grilled Tuna Salad + ** | gf | 17 | 286 | 3 | 1 | <1 | 10 | 4 | 57 | 117 * | 100 | C:CHEESE |
| Fruit & Nut Salad + ** | v, gf, n | 16 | 433 | 6 | <1 | <1 | 100 | 6 | 6 | 57 * | <1 | N:WALNUTS, C:NY YOGURT, VGN:HONEY |
| Taza Chicken Salad + ** | gf, n | 15 | 363 | 10 | <1 | 2 | 38 | 5 | 34 | 493 * | 86 | N:PINE NUTS, C:CHEESE |
| Greek Chicken Salad + ** | gf | 20 | 451 | 17 | <1 | 10 | 38 | 11 | 36 | 1409 | 86 | C:CHEESE |
| Cranberry Walnut Salad ** | v, gf, n | 18 | 700 | 52 | 7 | N/A | 45 | 11 | 19 | 1400 | 10 | N: WALNUTS C: CHEESE |
| Mujadara Power Salad + ** | vgn, gf, n | 24 | 650 | 23 | 3 | N/A | 85 | 20 | 28 | 1100 | 0 | N:FRIED ONIONS S:SESAME SEEDS |
| Side Salad with Dressing + ** | v, gf | 10 | 241 | 19 | <1 | 12 | 13 | 4 | 3 | 770 | 0 | C:CHEESE |

| Entrée Salads | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|------------------------|--------------|-------------------|----------|---------------|--------------|--------------|----------|-----------|-------------|-------------|------------|--------------|
| Shawarma Salad + | gf | 18 | 636 | 47 | 12 | 24 | 15 | 6 | 39 | 1245 | 194 | C:CHEESE |
| Chicken Mishwi Salad + | gf | 17 | 545 | 40 | 11 | 19 | 13 | 6 | 36 | 576 * | 183 | C:CHEESE |
| Shish Kabob Salad + ** | gf | 17 | 452 | 26 | 5 | 15 | 13 | 6 | 41 | 1055 | 113 | C:CHEESE |
| Lamb Salad + | gf | 18 | 620 | 45 | 15 | 23 | 14 | 6 | 39 | 1185 | 133 | C:CHEESE |
| Tawook Salad + ** | gf | 16 | 289 | 8 | <1 | 3 | 15 | 6 | 39 | 986 | 102 | C:CHEESE |

| Specialty Plates | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|------------------------------------|--------------|-------------------|----------|---------------|--------------|--------------|----------|-----------|-------------|-------------|------------|--|
| Mujadara Plate ** | vgn, gf, n | 30 | 1110 | 52 | <1 | N/A | 123 | 15 | 22 | 3396 | 0 | N:ONION FRIED IN PEANUT OIL |
| Loubie Plate + ** | vgn | 26 | 556 | 8 | <1 | 6 | 102 | 7 | 15 | 2808 | 0 | G: VERMICELLI |
| Kibbie Plate + ** | n | 18 | 794 | 58 | 4 | N/A | 54 | 10 | 21 | 1446 * | 40 | N:PINE NUTS & PEANUT OIL , G:CRACKED WHEAT |
| Mediterranean Beef Kafta Plate | n | 25 | 1031 | 47 | 13 | 17 | 91 | 2 | 48 | 2158 | 144 | N: PINE NUTS & ALMONDS, G:VERMICELLI |
| Mediterranean Lamb Plate | n | 20 | 1000 | 51 | 16 | 25 | 80 | 2 | 49 | 1567 | 134 | N: PINE NUTS & ALMONDS, G:VERMICELLI |
| Mediterranean Shish kabob Plate ** | n | 19 | 828 | 32 | 6 | 17 | 79 | 2 | 51 | 1435 | 114 | N: PINE NUTS & ALMONDS, G:VERMICELLI |
| Flavor Savor Special | n | 27 | 1157 | 60 | 12 | N/A | 99 | 15 | 52 | 2278 | 141 | N:PEANUT OIL, S:SESAME SEED, G:VERMICELLI |
| Aladdin's Favorite Combo + | | 22 | 649 | 22 | 6 | 9 | 60 | 2 | 47 | 1370 | 123 | G: VERMICELLI |
| Hummus Shawarma Plate | gf, n | 21 | 938 | 47 | 10 | 17 | 70 | 22 | 62 | 2053 | 118 | N:PINE NUTS, S:SESAME SEED |
| Hummus Chicken Plate | gf | 18 | 957 | 55 | 12.6 | 21 | 68 | 20 | 53 | 1135 | 158 | S:SESAME SEED |
| Chicken Sambusek Plate + ** | | 16 | 565 | 28 | 7 | 13 | 54 | 7 | 27 | 643 * | 100 | G: PITA |
| Sfiha Plate + ** | n | 15 | 519 | 24 | 8 | 10 | 56 | 7 | 22 | 1081 * | 55 | N: PINE NUTS, G:PITA, C:CHEESE |
| Fatayer Plate + ** | v | 18 | 357 | 9 | 1 | 5 | 59 | 10 | 13 | 925 * | <1 | G: PITA, C: CHEESE |
| Jasmine's Favorite | vgn, gf | 8 | 298 | 11 | <1 | 8 | 42 | 5 | 7 | 492 * | 0 | |
| Lebanese Salata + ** | vgn, gf | 16 | 426 | 21 | <1 | 16 | 48 | 8 | 9 | 1177 * | 0 | |
| Chicken Mishwi + ** | gf | 13 | 704 | 44 | 11 | 22 | 35 | 4 | 39 | 559 * | 184 | |
| Chicken Tawook + ** | gf | 12 | 445 | 12 | <1 | 6 | 37 | 4 | 42 | 972 * | 103 | |
| Beef Shawarma + ** | gf | 14 | 560 | 25 | 6 | 15 | 36 | 5 | 42 | 1454 * | 118 | |
| Shish Kabob + ** | gf | 13 | 610 | 30 | 5 | 18 | 35 | 5 | 45 | 1044 * | 114 | |
| Lamb + ** | gf | 14 | 780 | 49 | 15 | 27 | 35 | 5 | 43 | 1174 * | 134 | |
| Grilled Tuna + ** | gf | 14 | 487 | 11 | 1 | 7 | 35 | 4 | 60 | 490 * | 100 | |

| Salad Dressings | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|----------------------|----------------|-------------------|----------|---------------|--------------|--------------|----------|-----------|-------------|-------------|------------|--------------------------------------|
| Aladdin's Dressing | v, vgn, gf, cf | 2.5 | 432 | 45 | 3 | 23 | 2 | <1 | <1 | 724 | 0 | |
| Balsamic Vinaigrette | v, vgn, gf, cf | 2.5 | 418 | 47 | 7 | 10 | 4 | <1 | <1 | 258 | 0 | |
| Fattoush Dressing | v, vgn, gf, cf | 2 | 293 | 30 | 3 | N/A | 2 | <1 | <1 | 483 | 0 | |
| Honey Dijon | v, gf, cf | 2.5 | 177 | 10 | <1 | 3 | 23 | <1 | <1 | 384 | 0 | VGN:HONEY, MAYONNAISE (EGGS) |
| Tahini Yogurt | v, s, gf | 2.5 | 139 | 11 | 1 | 4 | 6 | 2 | 5 | 240 | <1 | S:SESAME, C:NF YOGURT |
| Zesty Sweet Tomato | gf, cf | 2.5 | 282 | 27 | 4 | 6 | 12 | <1 | <1 | 173 | 0 | VGN:WORCESTERSHIRE SAUCE (ANCHOVIES) |

| Sauces | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|--------------|----------------|-------------------|----------|---------------|--------------|--------------|----------|-----------|-------------|-------------|------------|----------------------|
| Garlic Sauce | v, gf, cf | 2.5 | 191 | 19 | 2 | <1 | 4 | <1 | <1 | 399 | 0 | VGN:MAYONNAISE (EGG) |
| Hot Sauce | v, vgn, gf, cf | 2.5 | 202 | 22 | 3 | 5 | 3 | 1 | <1 | 685 | 0 | |

| Meats and Cheese Toppings | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|----------------------------|--------------|-------------------|----------|---------------|--------------|--------------|----------|-----------|-------------|-------------|------------|----------------------------------|
| Marinated chicken thigh | gf, cf | 1 | 68 | 5 | 1 | 3 | <1 | <1 | 4 | 102 | 24 | |
| Marinated chicken Tenders | gf, cf | 1 | 33 | <1 | <1 | <1 | <1 | <1 | 6 | 94 | 17 | |
| Marinated Beef Shawarma | gf, cf | 1 | 39 | 2 | <1 | 1 | <1 | <1 | 5 | 131 | 15 | |
| Marinated Lamb | gf, cf | 1 | 71 | 5 | 2 | 3 | <1 | <1 | 5 | 102 | 18 | |
| Marinated Shishkabob | gf, cf | 1 | 56 | 3 | <1 | 2 | <1 | <1 | 6 | 97 | 18 | |
| Beef Kafta | gf, cf | 1 | 47 | 3 | 1 | 1 | 1 | <1 | 3 | 113 | 12 | |
| Marinated Tuna | gf, cf | 1 | 40 | 1 | <1 | <1 | <1 | <1 | 6 | 23 | 12 | |
| Chicken Salad Mix | n, gf, cf | 1 | 41 | 2 | <1 | N/A | <1 | <1 | 4 | 123 | 14 | N:ALMONDS, VGN:MAYONNAISE (EGGS) |
| Chicken Add-on (for soups) | gf, cf | 1 | 68 | 5 | 1 | 3 | <1 | <1 | 4 | 102 | 24 | |
| Feta cheese Add-on | v, gf | 1 | 60 | 4 | 2.5 | N/A | <1 | 0 | 5 | 350 | 5 | |
| Cheddar Cheese Add-on | v, gf | 1 | 110 | 9 | 5 | N/A | 1 | 0 | 7 | 180 | 30 | |

| Kids Menu | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|--|--------------|-------------------|----------|---------------|--------------|--------------|----------|-----------|-------------|-------------|------------|------------------|
| Beef Kafta w/ White Rice | gf, cf | 10 | 364 | 12 | 4 | N/A | 42 | 0 | 17 | 852 | 48 | G:VERMICELLI |
| Cheese Pizta | gf, cf | 5 | 422 | 18 | 10 | N/A | 43 | 2 | 21 | 716 | 50 | G:PITA, C:CHEESE |
| Chicken & Cheese Pizta | gf, cf | 13 | 686 | 23 | 10 | N/A | 46 | 2 | 69 | 1466 | 188 | G:PITA, C:CHEESE |
| Chicken Tenders w/ Fresh Fruit | gf, cf | 10 | 250 | 3 | <1 | N/A | 28 | 3 | 28 | 433 | 77 | |
| Chicken Tenders w/ White Rice (vermicelli) | gf, cf | 11 | 325 | 3 | 0 | N/A | 39 | 0 | 32 | 822 | 77 | G:VERMICELLI |
| Grilled Cheese Pita with fresh fruit | gf, cf | 11 | 494 | 15 | 8 | N/A | 77 | 5 | 18 | 377 | 45 | G:PITA, C:CHEESE |

| Beverages | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|--------------------------------------|---------------------|--------------------------|-----------------|----------------------|---------------------|---------------------|-----------------|------------------|--------------------|--------------------|-------------------|---------------------|
| Fresh Squeezed Orange Juice ** | v, vgn, gf, cf | 12 | 373 | <1 | <1 | <1 | 93 | 19 | 7 | 0 * | 0 | |
| Fresh Squeezed Grapefruit Juice + ** | v, vgn, gf, cf | 12 | 225 | <1 | <1 | <1 | 57 | 7 | 5 | 0 * | 0 | |
| Fresh Squeezed Apple Juice + ** | v, vgn, gf, cf | 12 | 206 | <1 | <1 | <1 | 55 | 10 | 1 | 4 * | 0 | |
| Fresh Squeezed Carrot Juice + ** | v, vgn, gf, cf | 12 | 221 | 1 | <1 | <1 | 52 | 15 | 5 | 372 | 0 | |
| Fresh Squeezed Celery Juice + ** | v, vgn, gf, cf | 12 | 82 | <1 | <1 | <1 | 15 | 8 | 4 | 408 | 0 | |

| Raw Juice Combos | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|-------------------------|---------------------|--------------------------|-----------------|----------------------|---------------------|---------------------|-----------------|------------------|--------------------|--------------------|-------------------|---------------------|
| Carrot Apple ** | v, vgn, gf, cf | 12 | 257 | 1 | <1 | <1 | 64 | 15 | 4 | 237 * | 0 | |
| Carrot Celery + ** | v, vgn, gf, cf | 12 | 180 | 1 | <1 | <1 | 40 | 14 | 5 | 439 | 0 | |
| Natural Energy + ** | v, vgn, gf, cf | 12 | 146 | 1 | <1 | <1 | 31 | 12 | 7 | 344 | 0 | |
| Honeymooner + ** | v, vgn, gf, cf | 12 | 178 | 1 | <1 | <1 | 41 | 10 | 4 | 219 * | 0 | |

| Smoothies | Dietary Info | Serving Size (oz) | Calories | Total Fat (g) | Sat. Fat (g) | Mono Fat (g) | Carb (g) | Fiber (g) | Protein (g) | Sodium (mg) | Chol. (mg) | Allergy info |
|---------------------------------------|---------------------|--------------------------|-----------------|----------------------|---------------------|---------------------|-----------------|------------------|--------------------|--------------------|-------------------|------------------------|
| Blended Juice | v, gf, cf | | | | | | | | | | | |
| Apple + ** | v, gf, cf | 12 | 226 | <1 | <1 | <1 | 59 | 2 | 1 | 48 * | 0 | VGN: HONEY |
| Mango + ** | v, gf, cf | 12 | 248 | <1 | <1 | <1 | 63 | 2 | 1 | 22 * | 0 | VGN: HONEY |
| Guava + ** | v, gf, cf | 12 | 248 | <1 | <1 | <1 | 63 | 2 | 1 | 22 * | 0 | VGN: HONEY |
| Strawberry + ** | v, gf, cf | 12 | 207 | 1 | <1 | <1 | 51 | 2 | 2 | 24 * | 0 | VGN: HONEY |
| Carrot Smoothie ** | v, gf, cf | 12 | 258 | <1 | <1 | <1 | 66 | 5 | 3 | 66 * | 0 | VGN: HONEY |
| Orange Smoothie + ** | v, gf, cf | 12 | 247 | <1 | <1 | <1 | 63 | 3 | 3 | 26 * | 0 | VGN: HONEY |
| Blended Milk, Banana, Honey + ** | v, gf | 12 | 237 | 2 | 1 | <1 | 54 | 4 | 5 | 57 * | 8 | C:2% MILK VGN:HONEY |
| Blended Milk, Banana, Chocolate + ** | v, gf | 12 | 235 | 3 | 2 | <1 | 51 | 4 | 5 | 72 * | 8 | C:2% MILK VGN:HONEY |
| Blended Milk, Banana, Strawberry + ** | v, gf | 12 | 183 | 2 | 1 | <1 | 39 | 4 | 5 | 57 * | 8 | C:2% MILK VGN:HONEY |
| Fresh Fruit ** | v, gf, cf | 12 | 286 | <1 | <1 | <1 | 73 | 3 | 3 | 16 * | 0 | VGN: HONEY |
| Tropical Storm + ** | v, gf | 12 | 250 | 1 | <1 | <1 | 61 | 6 | 6 | 54 * | 1 | C:NF YOGURT, VGN:HONEY |
| Blueberry Delight + ** | v, gf | 12 | 245 | <1 | <1 | <1 | 61 | 5 | 5 | 60 * | 1 | C:NF YOGURT, VGN:HONEY |
| Raspberry Sunshine + ** | v, gf | 12 | 240 | 1 | <1 | <1 | 58 | 9 | 5 | 60 * | 1 | C:NF YOGURT, VGN:HONEY |
| Crazy Berry + ** | v, gf | 12 | 236 | 1 | <1 | <1 | 57 | 8 | 6 | 53 * | 1 | C:NF YOGURT, VGN:HONEY |

Disclaimer: The nutritional content is continually reviewed to meet nutrition standards for labeling. Although, considerable effort has been made to assure the accuracy of the data contained in this analysis, we cannot guarantee that the information is 100% error free. The data presented here are guidelines.

Note: The U.S. Departments of Health & Human Services and Agriculture recommend limits for a 2,000 calorie daily diet to 20 gms of Sat. fat, 300 mg Chol. and 2,300 mg of sodium.

Note: Other sources of Aladdin's Eatery nutritional information is not based on our recipe analysis and may not be accurate.