

The purpose of this analysis is to assist you in making the right food choices for your personal needs. All nutrition information is based on the entire plate served. Please note the generous portion sizes of our dishes; in the spirit of Lebanese tradition, many of our dishes are intended to be shared. Take home containers are available if you wish to limit your intake and save a portion of your meal for another time.



<b>APPETIZERS</b>	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Hummus - Small	8oz	384	19	3	0	0	964	636	7	1	3	18
Hummus - Regular	18oz	769	38	5	0	0	1899	1363	13	2	7	37
Hummus - Large	26oz	1138	56	7	0	0	2808	1980	19	3	9	54
Tabouli - Small	4oz	204	19	3	0	0	440	335	9	3	2	2
Tabouli - Regular	9oz	403	37	5	0	0	847	670	18	5	5	4
Tabouli - Large	13oz	602	56	8	0	0	1255	1005	26	7	7	6
Baba Gannouj - Small	8oz	343	27	4	0	0	1453	417	25	6	6	8
Baba Gannouj - Regular	12oz	507	38	5	0	0	2199	723	40	9	11	13
Baba Gannouj - Large	24oz	920	68	9	0	0	4190	1302	73	17	19	24
Foole M Damas - Small	7oz	297	24	3	0	0	1037	360	15	5	5	6
Foole M Damas - Regular	14oz	749	66	9	0	0	2071	648	31	9	8	13
Loubie - Small	8oz	135	8	1	0	0	558	389	12	3	5	3
Loubie - Regular	11oz	206	11	2	0	0	976	680	21	6	9	5
Falafel - Small	5.5oz	360	14	2	0	2	1725	724	45	9	10	17
Falafel - Regular	10oz	528	17	2	0	2	2714	1291	74	15	17	26
Dawali - Small	10oz	541	37	5	0	2	1057	881	46	8	10	11
Dawali - Regular	25oz	1090	75	11	0	6	2148	1770	92	16	19	22
Kibbie	12oz	831	60	13	1	69	1265	816	51	8	10	27
Sambusek	11oz	628	21	4	0	160	580	654	70	6	9	39
Fatayer	7oz	341	4	2	0	13	540	757	63	5	4	13
Sfiha	13oz	677	26	9	1	102	1587	1001	63	4	9	41
Vegetarian Combo	27oz	1293	72	10	0	2	4582	2294	113	22	26	45

<b>SOUP</b>	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
V-Nine Soup	12oz	87	0	0	0	0	1064	457	18	4	8	4
V-Nine Soup with Chicken	14oz	158	4	1	0	46	1307	589	18	4	8	14
Lentil Soup	12oz	185	6	1	0	0	769	378	25	4	2	8
Lentil Soup with Chicken	14oz	255	10	2	0	46	1012	510	26	4	2	19
Vegetarian Chili	15oz	373	7	1	0	0	1508	182	59	17	16	18
Chili with Chicken	17oz	444	10	1	0	46	1751	314	59	17	16	28
Len Chili	12oz	279	7	1	0	0	1138	280	42	11	9	13
Len Chili with Chicken	14oz	350	10	2	0	46	1381	412	43	11	9	23

<b>ROLLED PITAS</b>	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Arayiss Rolled	12oz	632	25	11	1	83	1533	77	68	5	9	33
Chicken Curry Rolled	18oz	1147	58	16	0	283	1182	1061	96	9	30	63
Shishtawook Rolled	15oz	930	55	8	0	93	2115	444	66	4	9	38
Beef Shawarma Rolled	16oz	630	23	6	0	58	1387	963	75	5	13	29
Chicken Shawarma Rolled	15oz	662	22	4	0	139	1331	903	74	5	10	44
Chicken Dijon Rolled	15oz	790	30	5	0	144	1361	762	93	5	33	40
Chicken Salad Rolled	10oz	669	26	10	0	124	1065	647	67	4	7	42
Turkey Rolled	11oz	724	25	9	0	132	838	1027	63	3	5	62
Tuna Steak Rolled	18oz	1021	52	8	0	114	1520	1397	67	4	10	6
Tuna Shawarma Rolled	20oz	703	13	2	0	91	1054	1662	76	6	12	70
Beef Kafta Rolled	15oz	761	35	11	1	83	1396	952	78	5	13	34
Spicy Kafta Rolled	17oz	982	58	14	1	83	2115	1038	80	6	14	35
Aladdin's Kabob Rolled	19oz	789	35	7	0	77	1536	1198	77	6	14	41
Shish Kabob Rolled	12oz	728	35	7	0	81	1163	733	67	4	7	37
Aladdin's Lamb Rolled	16oz	469	23	5	0	85	1164	1106	34	4	11	34

<b>VEGETARIAN ROLLED PITAS</b>	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Aladdin's Falafel Rolled	13oz	627	15	2	0	3	2037	977	102	11	13	23
Hummus Garden Rolled	8oz	341	14	2	0	0	835	577	25	3	4	13
Hummus Tabouli Rolled	12oz	607	21	3	0	0	1087	814	69	5	7	20
Baba Garden Rolled	11oz	562	23	3	0	0	1543	589	79	7	9	15
Dawali Rolled	23oz	1098	58	9	0	6	1896	1497	126	14	20	24
Hummus Falafel Rolled	12oz	567	9	1	0	0	1954	959	92	10	12	23
Baba Falafel Rolled	13oz	580	13	2	0	0	2194	927	98	12	13	20

<b>PITZAS</b>	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Ali Baba Piza	14oz	622	25	5	0	13	1641	663	85	9	12	18
Jaffar's Pizza	10oz	717	25	12	1	57	1486	276	90	11	11	31
Greek Pita Piza	11oz	611	29	11	0	51	1013	493	68	6	9	18
Sultan's Shawarma Piza	16oz	697	28	8	0	86	1253	921	72	4	11	36
Aladdin's Chicken Piza	13oz	1012	60	9	0	109	1956	263	68	3	12	44
Arayiss Piza	15oz	746	29	6	0	46	1465	1159	65	4	10	35
Farrouk's Falafel Piza	16oz	878	20	3	0	3	3248	1675	139	18	23	37
Farmer's Piza	14oz	943	61	13	0	52	1344	927	77	8	11	21
Curry Chicken Pizza	18oz	1059	59	11	0	330	811	1125	67	7	45	64

<b>DRESSINGS &amp; SAUCES</b>	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Aladdin's Dressing	2oz	344	38	5	0	0	613	29	2	0	0	0
Balsamic Vinaigrette	2oz	335	36	5	0	0	321	11	1	0	1	0
Honey Dijon Dressing	2oz	205	14	2	0	6	228	38	20	1	19	1
Tahini Yogurt Recipe	2oz	131	10	2	0	2	249	174	7	1	3	5
Zesty Tomato Dressing	2oz	119	11	2	0	0	58	30	5	0	5	0
Fattoush Dressing	2oz	284	31	4	0	0	492	42	3	0	1	0
Hot Sauce	2oz	166	18	3	0	0	540	64	2	1	1	0
Garlic Sauce	2.4oz	428	46	7	0	24	668	47	1	0	2	1

<b>SALADS</b> <i>(analysis does not include dressing)</i>	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Aladdin's Side Salad	4oz	61	4	1	0	3	253	268	5	2	2	2
Aladdin's Salad	11oz	109	6	2	0	13	323	690	12	5	4	6
Spinach Salad	5oz	33	1	0	0	0	74	639	6	3	2	3
Lebanese Salata	8oz	116	8	1	0	0	502	548	11	4	5	3
Red Quinoa Lebanese Salad	9oz	215	10	1	0	0	500	528	29	5	5	6
Kale Quinoa Tabouli	13oz	364	22	3	0	0	476	1036	38	9	7	10
Fattoush	16oz	641	49	7	0	0	1456	807	47	7	10	8
Fattoush with Chicken	20oz	807	54	8	0	67	2157	820	47	7	10	36
Falafel Salad	12oz	368	8	2	0	8	2073	1268	59	14	13	20
Chicken Salad	16oz	411	18	3	0	161	934	1259	17	4	8	49
Turkey Salad	13oz	230	5	1	0	89	263	949	9	4	4	40
Grilled Tuna Salad	15oz	288	2	1	0	88	122	1570	8	4	4	58
Taza Chicken Salad	26oz	682	29	6	0	86	1107	1317	75	10	59	38
Greek Chicken Salad	16oz	332	14	3	0	77	1375	620	18	7	6	34
Cranberry Walnut Salad	13oz	677	38	4	0	6	601	748	81	11	48	15
Mujadara Power Salad	27oz	1074	57	8	0	0	2446	1895	95	26	15	37

<b>ENTRÉE SALADS</b> <i>(analysis does not include dressing)</i>	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Shawarma Salad	16oz	403	24	10	0	118	1081	1060	11	5	4	33
Mishwi Salad	15oz	326	15	4	0	166	1068	1031	12	5	4	38
Shish Kabob Salad	15oz	404	23	6	1	114	833	1092	10	4	4	42
Lamb Salad	16oz	406	22	7	0	145	942	1343	11	4	4	45
Tawook Salad	14oz	278	9	2	0	87	1058	586	10	4	4	38

<b>SPECIALTY PLATES</b>	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Mujadara Plate	32oz	1186	64	9	0	0	2743	1930	126	32	3	35
Loubie Plate	19oz	646	28	5	0	17	862	779	85	10	9	12
Kibbie Plate	18oz	1072	79	17	2	87	1607	1184	66	12	10	33
Mediterranean Plate with Kafta	22oz	1222	78	22	3	175	1579	1181	80	8	7	51
Mediterranean Plate with Lamb	18oz	943	51	10	0	156	753	1087	71	6	2	52
Mediterranean Plate with Shish Kabob	17oz	941	52	10	1	125	644	836	70	6	2	49
Flavor Savor Special	24oz	1110	62	15	0	131	2468	1276	70	9	9	55
Aladdin's Favorite Combo	11oz	396	23	7	1	118	938	765	7	2	3	40
Hummus Beef Shawarma Plate	19oz	825	48	12	0	111	1950	1403	12	3	5	51
Hummus Mishwi Chicken Plate	17oz	712	37	5	0	137	1815	1308	13	3	5	52
Jasmine's Rice	24oz	514	25	4	0	0	737	613	29	7	8	11
Jasmine's Rice with Lebanese Salata	26oz	491	26	4	0	0	910	732	30	8	9	10
Jasmine's Rice with Mishwi Chicken	27oz	676	32	5	0	159	1465	977	26	7	7	44
Jasmine's Rice with Tawook Chicken	26oz	644	27	4	0	88	1526	535	31	6	7	46
Jasmine's Rice w Beef Shawarma	28oz	754	41	11	0	111	1478	1008	26	7	7	37
Jasmine's Rice with Shish Kabob	26oz	754	40	8	1	108	1231	1040	25	6	7	47
Jasmine's Rice with Lamb	27oz	756	39	9	0	138	1339	1290	25	6	7	50
Jasmine's Rice with Grilled Tuna	28oz	675	22	3	0	88	717	1516	24	6	7	64
Sambusek Plate	17oz	675	23	5	0	160	670	1153	38	9	12	41
Sfiha Plate	18oz	748	30	11	1	109	1742	1374	69	6	11	45
Fatayer Plate	13oz	410	8	4	0	21	735	1148	70	7	7	16

<b>KIDS MENU</b>	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Kid's Chicken & Cheese Pizta	13oz	860	34	16	1	189	2211	171	63	3	3	72
Kid's Cheese Pizta	6oz	595	27	15	1	81	1090	150	62	3	3	26
Kid's Chicken Tenders with Fresh Fruit	11oz	518	20	11	1	56	579	687	68	4	26	19
Kid's Chicken Tenders with Rice	10oz	371	5	1	0	67	702	69	45	1	0	33
Kid's Fresh Fruit	7oz	126	1	0	0	0	21	581	32	3	24	2
Kid's Grilled Cheese with Fresh fruit	14oz	908	21	11	1	56	1031	838	150	7	29	31
Kid's Beef Kafta with Rice	12oz	550	25	9	1	81	802	612	55	4	3	26

<b>SMOOTHIES &amp; JUICE</b>	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Fresh Fruit Smoothie	11oz	479	1	0	0	0	17	604	123	3	112	2
Tropical Storm Smoothie	9oz	291	2	1	0	4	47	660	70	5	59	6
Mango Smoothie	11oz	402	1	0	0	0	16	659	109	5	95	3
Carrot Smoothie	9oz	303	1	0	0	0	120	961	78	5	56	3
Carrot Apple Juice	10oz	145	1	0	0	0	86	585	37	8	25	2
Natural Energy Juice	8oz	77	1	0	0	0	177	851	17	6	7	3
Honeymooner Juice	7oz	85	0	0	0	0	86	546	21	4	13	2

<b>ADD-ONS &amp; SIDES</b>	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Aladdin's Pita Chips	1oz	124	4	1	0	0	11	42	19	1	1	3
Aladdin's Wheat Pita	2.8oz	301	1	0	0	0	401	122	63	2	1	9
Aladdin's White Pita	2.6oz	277	1	0	0	0	321	107	58	2	3	8
Brown Rice with Vermicelli	8oz	336	15	3	0	12	17	131	45	3	1	5
Beef Shawarma	8oz	325	20	8	0	111	864	490	1	0	0	29
Chicken Shawarma	4oz	141	6	1	0	91	486	263	1	0	0	20
Marinated Lamb	4oz	175	10	3	0	74	386	412	0	0	0	22
Shish Kabob	4oz	200	12	3	0	66	379	321	0	0	0	24
Shish Tweek	4oz	133	4	1	0	54	561	11	1	0	0	23
Cheddar Cheese	1oz	110	9	5	0	30	180	0	<1	0	0	7
Feta Cheese	1oz	60	4	3	0	25	350	18	1	0	1	5

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.