

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.



APPETIZERS	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	418	23	3	0	0	1344	-	43	11	7	16
Hummus - Regular	18oz	608	32	4	0	0	2006	-	65	16	11	24
Hummus - Large	26oz	1216	64	9	0	0	4010	-	129	33	21	48
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	357	28	4	0	0	1264	-	26	6	5	9
Baba Gannouj - Regular	12oz	516	39	6	0	0	1901	-	39	9	8	14
Baba Gannouj - Large	24oz	1031	78	11	0	0	3801	-	77	17	17	27
Spicy Cauliflower	9oz	140	11	2	0	0	910	-	9	5	4	4
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

SOUP	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	73	0	0	0	0	169	-	10	3	6	3
V-Nine Soup with Chicken	14oz	139	5	1	0	37	437	-	10	3	6	12
Lentil Soup	12oz	263	9	1	0	0	1089	-	31	6	3	12
Lentil Soup with Chicken	14oz	344	14	2	0	37	1423	-	33	6	3	22
Vegetarian Chili	15oz	239	4	1	0	0	988	-	40	12	9	13
Chili with Chicken	17oz	305	9	2	0	37	1257	-	41	12	9	21
Len Chili	12oz	254	7	1	0	0	1051	-	36	9	6	12
Len Chili with Chicken	14oz	325	12	2	0	37	1340	-	36	9	6	22

ROLLED PITAS	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	704	37	15	1	138	2549	-	43	5	6	46
Chicken Curry Rolled	18oz	803	50	12	0	146	1497	-	61	7	19	42
Shish Tawook Rolled	15oz	485	22	3	0	88	1551	-	36	2	3	32

Beef Shawarma Rolled	16oz	698	44	17	0	100	1516	-	43	4	5	31
Chicken Shawarma Rolled	15oz	500	25	5	0	149	1348	-	42	4	5	42
Chicken Dijon Rolled	15oz	568	29	5	0	153	1247	-	52	3	16	41
Chicken Salad Rolled	10oz	581	33	10	0	92	964	-	39	3	5	31
Turkey Rolled	11oz	595	32	10	0	86	1547	-	40	3	7	38
Tuna Steak Rolled	18oz	654	20	3	0	117	1266	-	37	3	4	72
Tuna Shawarma Rolled	20oz	543	7	1	0	107	1246	-	40	3	4	73
Beef Kafta Rolled	15oz	514	29	8	1	55	810	-	43	4	6	21
Spicy Kafta Rolled	17oz	600	38	9	1	55	1072	-	43	4	6	21
Aladdin's Kabob Rolled	19oz	399	16	3	0	31	1390	-	43	4	6	19
Shish Kabob Rolled	12oz	486	28	6	0	47	831	-	40	3	5	19
Aladdin's Lamb Rolled	16oz	502	26	10	0	64	1197	-	41	4	5	22

VEGETARIAN ROLLED PITAS	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	448	12	2	0	0	2153	-	66	15	5	17
Hummus Garden Rolled	8oz	394	12	2	0	0	956	-	60	9	6	15
Hummus Tabouli Rolled	12oz	529	26	4	0	0	1319	-	64	10	9	15
Baba Garden Rolled	11oz	377	16	2	0	0	1162	-	52	6	7	10
Dawali Rolled	23oz	531	24	3	0	4	1207	-	65	6	6	10
Hummus Falafel Rolled	12oz	507	12	2	0	0	2421	-	77	18	7	20
Baba Falafel Rolled	13oz	469	13	2	0	0	2321	-	70	16	6	17

PITZAS	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 Pita	14oz	390	17	3	0	8	1122	-	52	8	8	12
Jaffar's Pizza	10oz	561	24	11	1	56	1203	-	63	10	8	27
Greek Pita Pita	11oz	493	31	7	0	36	1238	-	44	6	5	13
Sultan's Shawarma Pita	16oz	709	46	16	0	87	807	-	47	5	6	30
Aladdin's Chicken Pita	13oz	745	45	7	0	129	1036	-	42	3	7	43
Arayiss Pita	15oz	843	42	10	1	101	2285	-	72	12	12	49
Farrouk's Falafel Pita	16oz	638	22	3	0	0	2498	-	87	23	7	25
Farmer's Pita	14oz	708	51	12	0	49	804	-	46	7	8	17
Chicken Curry Pita	18oz	860	52	8	0	139	1407	-	75	7	35	39
Garlic, Spinach, and Feta Pita	16oz	609	43	8	0	29	1073	-	45	8	7	11

DRESSINGS & SAUCES	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

SALADS <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
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
Superfood Salad	23oz	1094	50	5	0	0	1327	-	57	8	11	16
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	621	30	4	0	8	-	711	86	13	51	13
Mujadara Power Salad	27oz	1074	57	8	0	0	2446	1895	95	26	15	37

ENTRÉE SALADS <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

SPECIALTY PLATES	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	627	31	8	1	78	554	-	52	5	4	34
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

KIDS MENU	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 Pitza	13oz	739	32	16	1	232	1682	-	38	2	2	72
Kid's Cheese Pitza	6oz	501	27	16	1	89	938	-	40	2	2	23
Kid's Chicken Tenders with Fresh Fruit	11oz	267	4	1	0	89	486	-	29	3	19	32
Kid's Chicken Tenders with Rice	10oz	583	19	4	0	89	497	-	64	4	1	39
Kid's Fresh Fruit	7oz	105	0	0	0	0	11	-	27	2	19	1
Kid's Grilled Cheese with Fresh fruit	14oz	486	20	11	1	56	504	-	61	4	20	19
Kid's Beef Kafta with Rice	12oz	700	39	11	1	55	557	-	65	5	2	21

SMOOTHIES & JUICE	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	300	>1	0	0	0	18	-	78	2	67	2
Tropical Storm Smoothie	9oz	300	>1	0	0	0	91	-	72	2	64	7
Mango Smoothie	11oz	322	0	0	0	0	141	-	82	2	75	1
Carrot Smoothie	9oz	300	1	0	0	0	127	-	77	5	56	3
Carrot Apple Juice	10oz	102	0	0	0	0	80	-	25	1	16	1
Natural Energy Juice	8oz	48	0	0	0	0	119	-	10	2	4	2
Honeymooner Juice	7oz	70	0	0	0	0	40	-	17	1	11	2

ADD-ONS & SIDES	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.