

 SALADS, APPS & SIDES		TOTAL SERVING (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%)	VITAMIN C (%)	CALCIUM (%)	IRON (%)	Vegetarian	Vegan	Gluten-free	Lactose-free	Eggs-free	DIETARY OPTIONS
TABOULE		113	101	0.5	0	0	0	69	21	5	1	5	22	28	3	9	V	VG		LF	EF	
TOTAL		113	101	1	0	0	0	69	21	5	1	5	22	28	3	9						
HUMMUS		94	176	14	2.6	0	0	65	10	3	3	5	1	13	8	26	V	VG		LF	EF	GF w/o pita
Pita		80	100	1	0	0	0	250	0	1	1	5	0	0	0	15						
TOTAL		174	276	15	3	0	0	315	10	4	4	10	1	13	8	41						
BABA GANOUSH		113	104	7	0.5	0	0	10	9	1	3	3	0	5	5	1	V	VG		LF	EF	GF w/o pita
Pita		80	100	1	0	0	0	250	0	1	1	5	0	0	0	15						
TOTAL		193	204	8	1	0	0	260	9	2	4	8	0	5	5	16						
TOMATO FETA		100	135	6	1.5	0	15	84	4	2	3	0	15	16	3	1	V				EF	GF w/o pita
Pita		80	100	1	0	0	0	250	0	1	1	5	0	0	0	15						
TOTAL		180	235	7	2	0	15	334	4	3	4	5	15	16	3	16						
FAVA BEANS		113	91	0.6	0	0	0	99	18	7	3	9	0	70	5	8	V	VG		LF	EF	GF w/o pita
Pita		80	100	1	0	0	0	250	0	1	1	5	0	0	0	15						
TOTAL		193	191	2	0	0	0	349	18	8	4	14	0	70	5	23						
MED GREEK		120	69	1.5	0	0	0	97	9	3	1	3	8	66	3	5	V		GF		EF	VG & LF w/o Feta cheese
Feta		28	80	6	1.5	0	15	80	1	0	1	5	2	0	2	0						
Dressing		40	99	18	2.6	0	0	6.5	4	0	4	0	0	0	0	0						
TOTAL		188	248	26	4	0	0	184	14	3	6	8	10	66	5	5						
MED GARDEN		120	44	0	0	0	0	7.1	9	3	1	3	8	66	3	5	V	VG	GF	LF	EF	
Dressing		40	99	18	2.6	0	0	6.5	4	0	4	0	0	0	0	0						
TOTAL		160	143	18	3	0	0	14	12	3	5	3	8	66	3	5						
MED CAESAR		120	19	0	0	0	0	4.8	2	0	1	1	0	0	2	4	V			LF		VG & EF w/o garlic sauce GF w/o pita croutons
Dressing		50	270	16	2.2	0	0	17	264	0	0	3	0	0	0	18	4					
TOTAL		170	289	16	2	0	0	17	269	2	0	4	1	0	0	20	8					
MED FATTOUCH		120	44	0	0	0	0	7.1	9	3	1	3	8	66	3	5	V	VG		LF	EF	GF w/o pita croutons
Pita Croutons		16	30	1	0	0	0	250	0	1	1	1	0	0	0	3						
Dressing		40	99	18	2.6	0	0	6.5	4	0	4	0	0	0	0	0						
TOTAL		176	173	19	3	0	0	264	12	4	6	4	8	66	3	8						
MED CHICKEN SALAD		125	200	4.5	1	0	75	100	1	24	2	0	10	12	5	11			GF	LF		EF w/o Garlic Sauce
Dressing		40	99	18	2.6	0	0	6.5	4	0	4	0	0	0	0	0						
Sauce(s)		30	180	9.5	1.3	0	10	150	0	2	0	0	0	0	10	2						
TOTAL		195	479	32	5	0	85	257	5	26	6	0	10	12	15	13						
MED BEEF SALAD		125	207	6.5	2.5	0	43	125	1	2	2	28	10	12	10	8			GF			EF w/o Garlic Sauce LF w/o Tzatziki
Dressing		40	176	18	2.6	0	0	6.5	4	0	4	0	0	0	0	0						
Sauce(s)		30	180	9.5	1.3	0	10	150	0	2	0	0	0	0	10	2						
TOTAL		195	563	34	6	0	53	282	5	4	6	28	10	12	20	10						
SM RICE		135	67.5	0	0	0	0	14	0	0	1	0	0	0	0	3	V		GF	LF		VG & EF w/o Garlic Sauce
Sauce(s)		30	180	9.5	1.3	0	10	150	0	2	0	0	0	0	10	2						
TOTAL		165	248	10	1	0	10	150	14	2	0	1	0	0	10	5						
MED FRIES		200	260	7	1	0	0	2	16	4	0	4	0	12	0	8	V	VG	GF	LF	EF	GF - Ask if no croutons were placed in fryer
TOTAL		200	260	7	1	0	0	2	16	4	0	4	0	12	0	8						
FALAFEL (5PCS)		113	77	3.5	0.6	0	0	43	8	4	1	3	1	0	1	5	V		GF	LF	EF	VG w/o Tzatziki Sauce
Sauce(s)		28	150	15	1	0	0	20	7	2	1	5	0	0	10	2						
TOTAL		141	227	19	2	0	0	63	15	5	2	8	1	0	11	7						
VEGGIES		300	77	0.6	0.1	0	15	40	1	8	0	0	80	80	4	30	V	VG	GF	LF	EF	
TOTAL		300	77	1	0	0	15	40	1	8	0	0	80	80	4	30						
PITA		80	100	1	0	0	0	250		1	1	5	0	0	0	15	V	VG		LF	EF	
TOTAL		80	100	1	0	0	0	250	0	1	1	5	0	0	0	15						
BAKLAVA		pc	260	9	5	0.1	20	125	44	1	24	2	0	0	2	2	V					Contains nuts
TOTAL		0	260	9	5	0	20	125	44	1	24	2	0	0	2	2						

Legend

- V V - Veggie
- VG VG - Vegan
- GF GF - Gluten-free
- LF LF - Lactose-free
- EF EF - Eggs-free
- w/o Without

ADVISORY NOTE: there may be traces of allergens. Please advise us of any severe allergy restrictions.

 OSMAN'S SINCE 2001 AUTHENTIC MEDITERRANEAN RESTAURANT <i>We're making what you're craving!</i> WRAPS	TOTAL SERVING (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%)	VITAMIN C (%)	CALCIUM (%)	IRON (%)	Vegetarian	Vegan	Gluten-free	Lactose-free	Eggs-free	DIETARY OPTIONS	
	REG SHAWERMA CHICKEN	113	150	4.5	1	0	75	50	0	22	0	35	2	0	3	7						
Pita	80	100	1	0	0	250	15	1	1	5	0	0	0	15								
Veg Ingredients	4	25	0	0	0	25	0.5	1	1	0	5	6	1	2					LF			EF w/o Garlic Sauce
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	17.6	3.5							
TOTAL	247	545	22	3	0	92	589	16	24	5	40	7	6	22	28							
SUPER SHAWERMA CHICKEN	200	255	7.2	1.5	0	130	75	0	39	0	60	4	0	4	11							
Pita	160	200	2	0	0	500	0	2	2	10	0	0	0	30								
Veg Ingredients	6	35	0	0	0	35	1	2	2	0	9	11	2	4					LF			EF w/o Garlic Sauce
Sauce(s)	70	378	22.4	3	0	24	369	0	0	3.6	0	0	0	25	4.9							
TOTAL	436	868	32	5	0	154	979	1	43	8	70	13	11	31	50							
REGULAR BEEF SHAWARMA	113	157	6.5	2.5	0	43	75	0	0	0	28	0	0	8	4							
Pita	80	100	1	0	0	250	0	1	1	5	0	0	0	15								
Veg Ingredients	4	25	0	0	0	25	0.5	1	1	0	5	6	1	2								LF w/o Tzatziki Sauce EF w/o Garlic Sauce
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	17.6	3.5							
TOTAL	247	552	24	5	0	60	614	1	2	5	33	5	6	27	25							
SUPER BEEF SHAWARMA	200	267	11	4.3	0	73	127	0	0	0	48	0	0	13.6	6.8							
Pita	160	200	2	0	0	500	0	2	2	10	0	0	0	30								
Veg Ingredients	6	35	0	0	0	35	1	2	2	0	9	11	2	4								LF w/o Tzatziki Sauce EF w/o Garlic Sauce
Sauce(s)	70	378	22.4	3	0	24	369	0	0	3.6	0	0	0	25	4.9							
TOTAL	436	880	35	7	0	97	1031	1	4	8	58	9	11	41	46							
REG VEGGIE SHAWARMA	113	91	0.6	0	0	0	99	18	6.6	2.6	9.1	0	70	5.2	7.8		V	VG			LF	EF
Pita	80	100	1	0	0	250	0	1	1	5	0	0	0	15								
Veg Ingredients	4	25	0	0	0	25	0.5	1	1	0	5	6	1	2								
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	17.6	3.5							
TOTAL	247	486	18	2	0	17	638	19	9	7	14	5	76	24	28							
SUPER VEGGIE SHAWARMA	200	155	1	0	0	0	168	31	11	4.4	15	0	119	8.8	13.3		V	VG			LF	EF
Pita	160	200	2	0	0	500	0	2	2	10	0	0	0	30								
Veg Ingredients	6	35	0	0	0	35	1	2	2	0	9	11	2	4								
Sauce(s)	70	378	22.4	3	0	24	369	0	0	3.6	0	0	0	25	4.9							
TOTAL	436	768	25	3	0	24	1072	32	15	12	25	9	130	36	52							
REGULAR LAMB KOFTA	113	178	6.1	2.2	0	51	65	5.8	0.8	1.2	23	7	5.6	2.8	12.6							
Pita	80	100	1	0	0	250	0	1	1	5	0	0	0	15								
Veg Ingredients	4	25	0	0	0	25	0.5	1	1	0	5	6	1	2								EF
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	17.6	3.5							
TOTAL	247	573	23	4	0	68	604	6	3	6	28	12	12	21	33							
SUPER LAMB KOFTA	200	303	10.37	3.7	0	87	111	9.9	1.4	2	40	12	9.5	4.7	21.4							
Pita	160	200	2	0	0	500	0	2	2	10	0	0	0	30								
Veg Ingredients	6	35	0	0	0	35	1	2	2	0	9	11	2	4								EF
Sauce(s)	70	378	22.4	3	0	24	369	0	0	3.6	0	0	0	25	4.9							
TOTAL	436	916	35	7	0	111	1015	11	5	10	50	21	21	32	60							
REGULAR BEEF KOFTA	113	155	5.7	2	0	45	75	5	0.8	1.2	23	7	5.6	2.8	12.6							
Pita	80	100	1	0	0	250	0	1	1	5	0	0	0	15								
Veg Ingredients	4	25	0	0	0	25	0.5	1	1	0	5	6	1	2								EF
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	17.6	3.5							
TOTAL	247	550	23	4	0	62	614	6	3	6	28	12	12	21	33							
SUPER BEEF KOFTA	200	248	9.6	3.4	0	77	127	8.5	1.4	1.9	40	12	9.5	4.7	21.4							
Pita	160	200	2	0	0	500	0	2	2	10	0	0	0	30								
Veg Ingredients	6	35	0	0	0	35	1	2	2	0	9	11	2	4								EF
Sauce(s)	70	378	22.4	3	0	24	369	0	0	3.6	0	0	0	25	4.9							
TOTAL	436	861	34	6	0	100	1031	10	5	10	50	21	21	32	60							
REGULAR CHICKEN KEBAB	113	130	3	0.5	0	70	130	0	0	0	24	0	0	0	2							
Pita	80	100	1	0	0	250	0	1	1	5	0	0	0	15								
Veg Ingredients	4	25	0	0	0	25	0.5	1	1	0	5	6	1	2								EF
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	17.6	3.5							
TOTAL	247	525	20	3	0	87	669	1	2	5	29	5	6	19	23							
SUPER CHICKEN KEBAB	200	208	5.1	0.9	0	119	205	0	0	0	41	0	0	0	3.4							
Pita	160	200	2	0	0	500	0	2	2	10	0	0	0	30								
Veg Ingredients	6	35	0	0	0	35	1	2	2	0	9	11	2	4								EF
Sauce(s)	70	378	22.4	3	0	24	369	0	0	3.6	0	0	0	25	4.9							
TOTAL	436	821	30	4	0	143	1109	1	4	8	51	9	11	27	42							
REGULAR OSMOW'S SPECIAL	113	112	2.1	0.7	0	63	85	0	0	0	21	0	2.8	0	2.8							
Pita	80	100	1	0	0	250	0	1	1	5	0	0	0	15								
Veg Ingredients	4	25	0	0	0	25	0.5	1	1	0	5	6	1	2								
Pineapple (1 Slice)	7	28	0.2	0	0	2	18	2.3	14	0	1.9	132	2.2	2.7								
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	17.6	3.5							
TOTAL	254	535	19	3	0	80	376	19	4	19	26	7	141	21	26							
SUPER OSMOW'S SPECIAL	200	179	3.5	1.2	0	107	145	0	0	0	36	0	4.8	0	4.7							

 OSMOW'S AUTHENTIC MEDITERRANEAN RESTAURANT <i>"We're HAWAII 'what you're craving'"</i>	TOTAL SERVING (G)		TOTAL FAT (G)		SATURATED FAT (G)		TRANS FAT (G)		CHOLESTROL (MG)		SODIUM (MG)		CARBOHYDRATES (G)		FIBER (G)		SUGARS (G)		PROTEIN (G)		VITAMIN A (%)		VITAMIN C (%)		CALCIUM (%)		IRON (%)		Vegetarian		Vegan		Gluten-free		Lactose-free		Eggs-free		DIETARY OPTIONS			
	CHICKEN SHAWARMA	226	300	9	2	0	150	100	0	44	0	70	4	0	6	14																										
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4																											
Garden Salad	160	143	18	2.6	0	13.6	12	3	4.9	2.7	8	66	3	5																												
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	36	7																											
TOTAL	891	1185	59	9	0	184	642	54	47	10	77	12	66	45	34																											
BEEF SHAWARMA	226	301	12.5	4.8	0	82.6	144	0	0	0	54	0	0	16	7.6																											
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4																											
Garden Salad	160	143	18	2.6	0	13.6	12	3	4.9	2.7	8	66	3	5																												
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	36	7																											
TOTAL	200	1186	16	4	0	51	230	0	0	2	35	2	66	55	28																											
OSMOW'S SPECIAL	200	179	3.5	1.2	0	107	145	0	0	0	36	0	4.8	0	4.7																											
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3																											
Pineapple (2 Slices)	14	56	0.4	0	0	4	26	5	28	0	4	264	4.4	5.4																												
Garden Salad	160	143	18	2.6	0	13.6	12	3	4.9	2.7	8	66	3	5																												
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5																											
TOTAL	694	783	38	6	0	124	426	67	7	36	42	12	335	25	25																											
SHISH TAOUK	200	179	3.5	1.2	0	107	148	0	0	0	36	0	4.8	0	4.7																											
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3																											
Garden Salad	160	143	18	2.6	0	13.6	12	3	4.9	2.7	8	66	3	5																												
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5																											
TOTAL	680	727	38	6	0	124	426	41	3	8	42	8	71	21	20																											
CHICKEN KEBAB	200	208	5.1	0.9	0	119	205	0	0	0	41	0	0	0	3.4																											
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3																											
Garden Salad	160	143	18	2.6	0	13.6	12	3	4.9	2.7	8	66	3	5																												
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5																											
TOTAL	680	756	39	6	0	136	483	41	3	8	47	8	66	21	18																											
BEEF KOFTA	200	248	9.6	3.4	0	76.5	127	8.5	1	1.9	40	12	9.5	4.7	21.4																											
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3																											
Garden Salad	160	143	18	2.6	0	13.6	12	3	4.9	2.7	8	66	3	5																												
Sauce	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5																											
TOTAL	680	796	44	8	0	94	405	50	4	9	46	20	76	25	36																											
LAMB KOFTA	200	303	10.4	3.7	0	86.7	111	9.9	1	2	40	12	9.5	4.7	21.4																											
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3																											
Garden Salad	160	143	18	2.6	0	13.6	12	3	4.9	2.7	8	66	3	5																												
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5																											
TOTAL	680	851	44	9	0	104	389	51	4	10	46	20	76	25	36																											
OSMOW'S MIX GRILL	452	570	15.7	4.4	0	259	330	5.8	23	1.2	68	9	8.4	5.8	24.4																											
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4																											
Pineapple (2 Slices)	14	56	0.4	0	0	4	26	5	28	0	4	264	4.4	5.4																												
Garden Salad	160	143	18	2.6	0	13.6	12	3	4.9	2.7	8	66	3	5																												
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5																											
TOTAL	1081	1241	50	9	0	276	612	86	30	37	75	21	338	31	47																											
PHILLY CHEESE STEAK	200	267	11.1	4.3	0																																					

SPECIALTY DISHES		TOTAL SERVING (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%)	VITAMIN C (%)	CALCIUM (%)	IRON (%)	Vegetarian	Gluten-free	Lactose-free	Eggs-free	DIETARY OPTIONS
MED CHICKEN ON THE ROCKS																					
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3			GF	LF		EF w/o Garlic Sauce
Sauce(s)	70	378	22.4	3	0	23.8	369	0	0	3.6	0	0	0	0	25	4.9					
TOTAL	453	663	27	4	0	99	419	29	22	4	38	2	0	0	28	18					

LRG CHICKEN ON THE ROCKS																					
Rice	405	202	0	0	0	0	0	41.6	0	0	4.4	0	0	0	8.4			GF	LF		EF w/o Garlic Sauce
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	0	36	7					
TOTAL	731	1042	41	6	0	184	628	42	44	5	74	4	0	0	42	29					

MED CHICKEN ON THE STICKS																						
Fries	200	260	7	1	0	0	2	16	4	0	4	0	4	0	12	0			GF	LF		EF w/o Garlic Sauce
Sauce(s)	70	378	22.4	3	0	23.8	369	0	0	3.6	0	0	0	0	25	4.9						
TOTAL	383	788	34	5	0	99	421	16	26	4	39	2	12	28	20							

LRG CHICKEN ON THE STICKS																					
Fries	300	390	10.5	1.5	0	9	3	24	6	0	6	0	18	0	12			GF	LF		EF w/o Garlic Sauce
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	0	36	7					
TOTAL	626	1230	52	8	0	193	631	24	50	5	76	4	18	42	33						

MED HALF/HALF CHICKEN																					
Half Rice & Half Fries	235	198	3.5	0.5	0	0	1	22.5	2	0	3.6	0	6	0	7.2			GF	LF		EF w/o Garlic Sauce
Sauce(s)	70	378	22.4	3	0	23.8	369	0	0	3.6	0	0	0	0	25	4.9					
TOTAL	418	726	30	5	0	99	420	23	24	4	39	2	6	28	19						

LRG HALF/HALF CHICKEN																					
Half Rice & Half Fries	353	296	5.2	0.7	0	3.5	1.5	32.8	3	0	5.2	0	9	0	10			GF	LF		EF w/o Garlic Sauce
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	0	36	7					
TOTAL	679	1136	46	7	0	188	630	33	47	5	75	4	9	42	31						

MED BEEF ON THE ROCKS																					
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3			GF			LF w/o Tzatziki Sauce & EF w/o Garlic Sauce
Sauce(s)	70	378	22.4	3	0	23.8	369	0	0	3.6	0	0	0	0	25	4.9					
TOTAL	453	670	29	6	0	67	444	29	0	4	31	0	0	0	33	15					

LRG BEEF ON THE ROCKS																					
Rice	405	202	0	0	0	0	0	41.6	0	0	4.4	0	0	0	8.4			GF			LF w/o Tzatziki Sauce & EF w/o Garlic Sauce
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	0	36	7					
TOTAL	731	1056	45	9	0	120	678	42	0	5	60	0	0	0	52	23					

MED BEEF ON THE STICKS																						
Fries	200	260	7	1	0	0	2	16	4	0	4	0	4	0	12	0			GF			LF w/o Tzatziki Sauce & EF w/o Garlic Sauce
Sauce(s)	70	378	22.4	3	0	23.8	369	0	0	3.6	0	0	0	0	25	4.9						
TOTAL	383	795	36	7	0	67	446	16	4	4	32	0	12	33	17							

LRG BEEF ON THE STICKS																					
Fries	300	390	10.5	1.5	0	9	3	24	6	0	6	0	18	0	12			GF			LF w/o Tzatziki Sauce & EF w/o Garlic Sauce
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	0	36	7					
TOTAL	626	1244	56	11	0	129	681	24	6	5	62	0	18	52	27						

MED HALF/HALF BEEF																					
Half Rice & Half Fries	235	198	3.5	0.5	0	0	1	22.5	2	0	3.6	0	6	0	7.2			GF	LF		EF w/o Garlic Sauce
Sauce(s)	70	378	22.4	3	0	23.8	369	0	0	3.6	0	0	0	0	25	4.9					
TOTAL	418	733	32	6	0	67	445	23	2	4	32	0	6	33	16						

LRG HALF/HALF BEEF																					
Half Rice & Half Fries	353	296	5.2	0.7	0	3.5	1.5	32.8	3	0	5.2	0	9	0	10			GF	LF		EF w/o Garlic Sauce
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	0	36	7					
TOTAL	679	1150	50	10	0	124	680	33	3	5	61	0	9	52	25						

MED FALAFEL ON THE ROCKS																					
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3			V	GF	LF	EF & VG w/o Garlic Sauce
Sauce(s)	70	378	22.4	3	0	23.8	369	0	0	3.6	0	0	0	0	25	4.9					
TOTAL	453	590	26	4	0	24	412	37	4	5	6	1	0	0	26	16					

LRG FALAFEL ON THE ROCKS																					
Rice	405	202	0	0	0	0	0	41.6	0	0	4.4	0	0	0	8.4			V	GF	LF	EF & VG w/o Garlic Sauce
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	0	36	7					
TOTAL	731	886	39	6	0	34	614	58	7	7	10	2	0	0	38	25					


MED FALAFEL ON THE STICKS																						
Fries	200	260	7	1	0	0	2	16	4	0	4	0	4	0	12	0			V	GF	LF	EF & VG w/o Garlic Sauce
Sauce(s)	70	378	22.4	3	0	23.8	369	0	0	3.6	0	0	0	0	25	4.9						
TOTAL	383	715	33	5	0	24	414	24	8	5	7	1	12	26	18							

LRG FALAFEL ON THE STICKS																					
Fries	300	390	10.5	1.5	0	9	3	24	6	0	6	0	18	0	12			V	GF	LF	EF & VG w/o Garlic Sauce
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	0	36	7					
TOTAL	626	1074	50	7	0	43	617	40	13	7	12	2	18	38	28						

MED HALF/HALF FALAFEL																					
Half Rice & Half Fries	235	198	3.5	0.5	0	0	1	22.5	2	0	3.6	0	6	0	7.2			V	GF	LF	EF & VG w/o Garlic Sauce
Sauce(s)	70	378	22.4	3	0	23.8	369	0	0	3.6	0	0	0	0	25	4.9					
TOTAL	418	653	29	4	0	24	413	31	6	5	7	1	6	26	17						

LRG HALF/HALF FALAFEL																					
Half Rice & Half Fries	353	296	5.2	0.7	0	3.5	1.5	32.8	3	0	5.2	0	9	0	10			V	GF	LF	EF & VG w/o Garlic Sauce
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	0	36	7					
TOTAL	679	980	44	6	0	38	616	49	10	7	11	2	9	38	27						

FALAFEL PLATTER																					
Hummus + Baba Ganoush	104	140	10.3	1.5	0	0	37	9.5	2	3	3.5	1	9	7	14						VG & LF w/o Tzatziki Sauce GF w/o pita on the side
Fattouch Salad	160	143	18	2.6	0	0	14	12.4	2.5	4.9	2.7	8	66	3	5			V		EF	
Sauce(s)	50	27																			

 Sauces		TOTAL SERVING (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%)	VITAMIN C (%)	CALCIUM (%)	IRON (%)	Vegetarian	Vegan	Gluten-free	Lactose-free	Eggs-free
GARLIC SAUCE		42	227	13	2	0	14	222	0	0	2	0	0	0	15	3	V		GF	LF	
TOTAL		42	227	13	2	0	14	222	0	0	2	0	0	0	15	3	V		GF	LF	
TAHINI SAUCE		21	113	11	1	0	0	15	5	1	1	4	0	0	8	2	V	VG	GF	LF	EF
TOTAL		21	113	11	1	0	0	15	5	1	1	4	0	0	8	2	V	VG	GF	LF	EF
PHILLY SAUCE		42	227	13	2	0	14	222	0	0	2	0	0	0	15	3	V		GF	LF	
TOTAL		42	227	13	2	0	14	222	0	0	2	0	0	0	15	3	V		GF	LF	
TZATZIKI SAUCE		28	40	3	1	0	5	115	1	0	0	1	2	0	2	0	V		GF		EF
TOTAL		28	40	3	1	0	5	115	1	0	0	1	2	0	2	0	V		GF		EF
SALAD DRESSING		40	176	18	3	0	0	6.5	4	0	4	0	0	0	0	0	V	VG	GF	LF	EF
TOTAL		40	176	18	3	0	0	7	4	0	4	0	0	0	0	0	V	VG	GF	LF	EF

Legend

- V V - Veggie
- VG VG - Vegan
- GF GF - Gluten-free
- LF LF - Lactose-free
- EF EF - Eggs-free
- w/o Without

ADVISORY NOTE: there may be traces of allergens. Please advise us of any severe allergy restrictions.