
 <b>osman's</b> <small>MUSLIM RESTAURANT CUISINE</small>		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	
<b>SALADS, APPS &amp; SIDES</b>																							
TABOULE		113	101	0.5	0	0	0	69	21	5	1	5	22	28	3	9	V	VG		LF	EF		
<b>TOTAL</b>		<b>113</b>	<b>101</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>69</b>	<b>21</b>	<b>5</b>	<b>1</b>	<b>5</b>	<b>22</b>	<b>28</b>	<b>3</b>	<b>9</b>							
HUMMUS		94	176	14	2.6	0	0	65	10	3	3	5	1	13	8	26							
Pita		80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	V	VG		LF	EF	GF w/o pita	
<b>TOTAL</b>		<b>174</b>	<b>276</b>	<b>15</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>315</b>	<b>25</b>	<b>4</b>	<b>4</b>	<b>10</b>	<b>1</b>	<b>13</b>	<b>8</b>	<b>41</b>							
BABA GANOUSH		113	104	7	0.5	0	0	10	9	1	3	3	0	5	5	1							
Pita		80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	V	VG		LF	EF	GF w/o pita	
<b>TOTAL</b>		<b>193</b>	<b>204</b>	<b>8</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>260</b>	<b>24</b>	<b>2</b>	<b>4</b>	<b>8</b>	<b>0</b>	<b>5</b>	<b>5</b>	<b>16</b>							
TOMATO FETA		100	135	6	1.5	0	15	84	4	2	3	0	15	16	3	1							
Pita		80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	V					EF	
<b>TOTAL</b>		<b>180</b>	<b>235</b>	<b>7</b>	<b>2</b>	<b>0</b>	<b>15</b>	<b>334</b>	<b>19</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>15</b>	<b>16</b>	<b>3</b>	<b>16</b>						GF w/o pita	
FAVA BEANS		113	91	0.6	0	0	0	99	18	7	3	9	0	70	5	8							
Pita		80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	V	VG		LF	EF	GF w/o pita	
<b>TOTAL</b>		<b>193</b>	<b>191</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>349</b>	<b>33</b>	<b>8</b>	<b>4</b>	<b>14</b>	<b>0</b>	<b>70</b>	<b>5</b>	<b>23</b>							
MED GREEK		120	69	1.5	0	0	0	97	9	3	1	3	8	66	3	5							
Feta		28	80	6	1.5	0	15	80	1	0	1	5	2	0	2	0	V		GF		EF	VG & LF w/o Feta cheese	
Dressing		40	99	18	2.6	0	0	6.5	4	0	4	0	0	0	0	0							
<b>TOTAL</b>		<b>188</b>	<b>248</b>	<b>26</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>184</b>	<b>14</b>	<b>3</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>66</b>	<b>5</b>	<b>5</b>							
MED GARDEN		120	44	0	0	0	0	7.1	9	3	1	3	8	66	3	5							
Dressing		40	99	18	2.6	0	0	6.5	4	0	4	0	0	0	0	0	V	VG	GF	LF	EF		
<b>TOTAL</b>		<b>160</b>	<b>143</b>	<b>18</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>14</b>	<b>12</b>	<b>3</b>	<b>5</b>	<b>3</b>	<b>8</b>	<b>66</b>	<b>3</b>	<b>5</b>							
MED CAESAR		120	19	0	0	0	0	4.8	2	0	1	1	0	0	2	4							
Pita Croutons		16	30	1	0	0	0	250	10	1	1	1	0	0	0	3	V			LF		VG & EF w/o garlic sauce GF w/o pita croutons	
Dressing		50	270	16	2.2	0	17	264	0	0	3	0	0	0	18	4							
<b>TOTAL</b>		<b>186</b>	<b>319</b>	<b>17</b>	<b>2</b>	<b>0</b>	<b>17</b>	<b>519</b>	<b>12</b>	<b>1</b>	<b>5</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>20</b>	<b>11</b>							
MED FATTOUCH		120	44	0	0	0	0	7.1	9	3	1	3	8	66	3	5							
Pita Croutons		16	30	1	0	0	0	250	10	1	1	1	0	0	0	3	V	VG		LF	EF	GF w/o pita croutons	
Dressing		40	99	18	2.6	0	0	6.5	4	0	4	0	0	0	0	0							
<b>TOTAL</b>		<b>176</b>	<b>173</b>	<b>19</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>264</b>	<b>22</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>8</b>	<b>66</b>	<b>3</b>	<b>8</b>							
MED CHICKEN SALAD		125	200	4.5	1	0	75	100	1	24	2	0	10	12	5	11							
Dressing		40	99	18	2.6	0	0	6.5	4	0	4	0	0	0	0	0				GF	LF		
Sauce(s)		30	180	9.5	1.3	0	10	150	0	2	0	0	0	0	10	2						EF w/o Garlic Sauce	
<b>TOTAL</b>		<b>195</b>	<b>479</b>	<b>32</b>	<b>5</b>	<b>0</b>	<b>85</b>	<b>257</b>	<b>5</b>	<b>26</b>	<b>6</b>	<b>0</b>	<b>10</b>	<b>12</b>	<b>15</b>	<b>13</b>							
MED BEEF SALAD		125	207	6.5	2.5	0	43	125	1	2	2	28	10	12	10	8							
Dressing		40	176	18	2.6	0	0	6.5	4	0	4	0	0	0	0	0				GF		EF w/o Garlic Sauce LF w/o Tzatziki	
Sauce(s)		30	180	9.5	1.3	0	10	150	0	2	0	0	0	0	10	2							
<b>TOTAL</b>		<b>195</b>	<b>563</b>	<b>34</b>	<b>6</b>	<b>0</b>	<b>53</b>	<b>282</b>	<b>5</b>	<b>4</b>	<b>6</b>	<b>28</b>	<b>10</b>	<b>12</b>	<b>20</b>	<b>10</b>							
SM RICE		135	67.5	0	0	0	0	0	14	0	0	1	0	0	0	3							
Sauce(s)		30	180	9.5	1.3	0	10	150	0	2	0	0	0	0	10	2	V		GF	LF		VG & EF w/o Garlic Sauce	
<b>TOTAL</b>		<b>165</b>	<b>248</b>	<b>10</b>	<b>1</b>	<b>0</b>	<b>10</b>	<b>150</b>	<b>14</b>	<b>2</b>	<b>0</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>5</b>							
SM FRIES		200	260	7	1	0	0	2	16	4	0	4	0	12	0	8							
<b>TOTAL</b>		<b>200</b>	<b>260</b>	<b>7</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>16</b>	<b>4</b>	<b>0</b>	<b>4</b>	<b>0</b>	<b>12</b>	<b>0</b>	<b>8</b>	V	VG	GF	LF	EF	GF - Ask if no croutons were placed in fryer	
FALAFEL (SPCS)		113	77	3.5	0.6	0	0	43	8	4	1	3	1	0	1	5							
Sauce(s)		28	150	15	1	0	0	20	7	2	1	5	0	0	10	2	V		GF			EF VG w/o Tzatziki Sauce	
<b>TOTAL</b>		<b>141</b>	<b>227</b>	<b>19</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>63</b>	<b>15</b>	<b>5</b>	<b>2</b>	<b>8</b>	<b>1</b>	<b>0</b>	<b>11</b>	<b>7</b>							
VEGGIES		300	77	0.6	0.1	0	15	40	1	8	0	0	80	80	4	30							
<b>TOTAL</b>		<b>300</b>	<b>77</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>15</b>	<b>40</b>	<b>1</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>80</b>	<b>80</b>	<b>4</b>	<b>30</b>	V	VG	GF	LF	EF		
PITA		80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	V	VG		LF	EF		
<b>TOTAL</b>		<b>80</b>	<b>100</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>250</b>	<b>15</b>	<b>1</b>	<b>1</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>15</b>							
BAKLAVA		pc	260	9	5	0.1	20	125	44	1	24	2	0	0	2	2	V					Contains nuts	
<b>TOTAL</b>		<b>0</b>	<b>260</b>	<b>9</b>	<b>5</b>	<b>0</b>	<b>20</b>	<b>125</b>	<b>44</b>	<b>1</b>	<b>24</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>2</b>							
SM JUST CHICKEN		200	255	7.2	1.5	0	130	75	0	39	0	60	4	0	4	11							
<b>TOTAL</b>		<b>200</b>	<b>255</b>	<b>7</b>	<b>2</b>	<b>0</b>	<b>130</b>	<b>75</b>	<b>0</b>	<b>39</b>	<b>0</b>	<b>60</b>	<b>4</b>	<b>0</b>	<b>4</b>	<b>11</b>							
MED JUST CHICKEN		400	510	14	3	0	260	150	0	77	0	120	8	0	8	22							
<b>TOTAL</b>		<b>400</b>	<b>510</b>	<b>14</b>	<b>3</b>	<b>0</b>	<b>260</b>	<b>150</b>	<b>0</b>	<b>77</b>	<b>0</b>	<b>120</b>	<b>8</b>	<b>0</b>	<b>8</b>	<b>22</b>							
LRG JUST CHICKEN		720	918	26	5.4	0	468	270	0	139	0	216	14	0	14	40							
<b>TOTAL</b>		<b>720</b>	<b>918</b>	<b>26</b>	<b>5</b>	<b>0</b>	<b>468</b>	<b>270</b>	<b>0</b>	<b>139</b>	<b>0</b>	<b>216</b>	<b>14</b>	<b>0</b>	<b>14</b>	<b>40</b>							
SM JUST BEEF		200	267	11	4.3	0	73	127	0	0	0	48	0	0	14	7							
<b>TOTAL</b>		<b>200</b>	<b>267</b>	<b>11</b>	<b>4</b>	<b>0</b>	<b>73</b>	<b>127</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>48</b>	<b>0</b>	<b>0</b>	<b>14</b>	<b>7</b>							
MED JUST BEEF		400	534	22	8.5	0	146	254	0	0	0	95	0	0	27	14							
<b>TOTAL</b>		<b>400</b>	<b>534</b>	<b>22</b>	<b>9</b>	<b>0</b>	<b>146</b>	<b>254</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>95</b>	<b>0</b>	<b>0</b>	<b>27</b>	<b>14</b>							
MED JUST BEEF		720	961	40	15	0	263	457	0	0	0	171	0	0	49	24							
<b>TOTAL</b>		<b>720</b>	<b>961</b>	<b>40</b>	<b>15</b>	<b>0</b>	<b>263</b>	<b>457</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>171</b>	<b>0</b>	<b>0</b>	<b>49</b>	<b>24</b>							


**Legend**

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

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

 <b>OSMOW'S</b> MODERN MEDITERRANEAN CUISINE 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
<b>REG SHAWERMA CHICKEN</b>	113	150	4.5	1	0	75	50	0	22	0	35	2	0	3	7						
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
Veg Ingredients	4	25	0	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						
<b>TOTAL</b>	<b>247</b>	<b>545</b>	<b>22</b>	<b>3</b>	<b>0</b>	<b>92</b>	<b>589</b>	<b>16</b>	<b>24</b>	<b>5</b>	<b>40</b>	<b>7</b>	<b>6</b>	<b>22</b>	<b>28</b>						
<b>SUPER SHAWERMA CHICKEN</b>	200	255	7.2	1.5	0	130	75	0	39	0	60	4	0	4	11						
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30						
Veg Ingredients	6	35	0	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						
<b>TOTAL</b>	<b>436</b>	<b>868</b>	<b>32</b>	<b>5</b>	<b>0</b>	<b>154</b>	<b>979</b>	<b>31</b>	<b>43</b>	<b>8</b>	<b>70</b>	<b>13</b>	<b>11</b>	<b>31</b>	<b>50</b>						
<b>REGULAR BEEF SHAWARMA</b>	113	157	6.5	2.5	0	43	75	0	0	0	28	0	0	8	4						
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
Veg Ingredients	4	25	0	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						LF w/o Tzatziki Sauce EF w/o Garlic Sauce
<b>TOTAL</b>	<b>247</b>	<b>552</b>	<b>24</b>	<b>5</b>	<b>0</b>	<b>60</b>	<b>614</b>	<b>16</b>	<b>2</b>	<b>5</b>	<b>33</b>	<b>5</b>	<b>6</b>	<b>27</b>	<b>25</b>						
<b>SUPER BEEF SHAWARMA</b>	200	267	11	4.3	0	73	127	0	0	0	48	0	0	13.6	6.8						
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30						
Veg Ingredients	6	35	0	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						LF w/o Tzatziki Sauce EF w/o Garlic Sauce
<b>TOTAL</b>	<b>436</b>	<b>880</b>	<b>35</b>	<b>7</b>	<b>0</b>	<b>97</b>	<b>1031</b>	<b>31</b>	<b>4</b>	<b>8</b>	<b>58</b>	<b>9</b>	<b>11</b>	<b>41</b>	<b>46</b>						
<b>REG VEGGIE SHAWARMA</b>	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	0	250	15	1	1	5	0	0	0	15						
Veg Ingredients	4	25	0	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						
<b>TOTAL</b>	<b>247</b>	<b>486</b>	<b>18</b>	<b>2</b>	<b>0</b>	<b>17</b>	<b>638</b>	<b>34</b>	<b>9</b>	<b>7</b>	<b>14</b>	<b>5</b>	<b>76</b>	<b>24</b>	<b>28</b>						
<b>SUPER VEGGIE SHAWARMA</b>	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	0	500	30	2	2	10	0	0	0	30						
Veg Ingredients	6	35	0	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						
<b>TOTAL</b>	<b>436</b>	<b>768</b>	<b>25</b>	<b>3</b>	<b>0</b>	<b>24</b>	<b>1072</b>	<b>62</b>	<b>15</b>	<b>12</b>	<b>25</b>	<b>9</b>	<b>130</b>	<b>36</b>	<b>52</b>						
<b>REGULAR LAMB KOFTA</b>	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	0	250	15	1	1	5	0	0	0	15						
Veg Ingredients	4	25	0	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						
<b>TOTAL</b>	<b>247</b>	<b>573</b>	<b>23</b>	<b>4</b>	<b>0</b>	<b>68</b>	<b>604</b>	<b>21</b>	<b>3</b>	<b>6</b>	<b>28</b>	<b>12</b>	<b>12</b>	<b>21</b>	<b>33</b>						
<b>SUPER LAMB KOFTA</b>	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	0	500	30	2	2	10	0	0	0	30						
Veg Ingredients	6	35	0	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						
<b>TOTAL</b>	<b>436</b>	<b>916</b>	<b>35</b>	<b>7</b>	<b>0</b>	<b>111</b>	<b>1015</b>	<b>41</b>	<b>5</b>	<b>10</b>	<b>50</b>	<b>21</b>	<b>21</b>	<b>32</b>	<b>60</b>						
<b>REGULAR BEEF KOFTA</b>	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	0	250	15	1	1	5	0	0	0	15						
Veg Ingredients	4	25	0	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						
<b>TOTAL</b>	<b>247</b>	<b>550</b>	<b>23</b>	<b>4</b>	<b>0</b>	<b>62</b>	<b>614</b>	<b>21</b>	<b>3</b>	<b>6</b>	<b>28</b>	<b>12</b>	<b>12</b>	<b>21</b>	<b>33</b>						
<b>SUPER BEEF KOFTA</b>	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	0	500	30	2	2	10	0	0	0	30						
Veg Ingredients	6	35	0	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						
<b>TOTAL</b>	<b>436</b>	<b>861</b>	<b>34</b>	<b>6</b>	<b>0</b>	<b>100</b>	<b>1031</b>	<b>40</b>	<b>5</b>	<b>10</b>	<b>50</b>	<b>21</b>	<b>21</b>	<b>32</b>	<b>60</b>						
<b>REGULAR CHICKEN KEBAB</b>	113	130	3	0.5	0	70	130	0	0	0	24	0	0	0	2						
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
Veg Ingredients	4	25	0	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						
<b>TOTAL</b>	<b>247</b>	<b>525</b>	<b>20</b>	<b>3</b>	<b>0</b>	<b>87</b>	<b>669</b>	<b>16</b>	<b>2</b>	<b>5</b>	<b>29</b>	<b>5</b>	<b>6</b>	<b>19</b>	<b>23</b>						
<b>SUPER CHICKEN KEBAB</b>	200	208	5.1	0.9	0	119	205	0	0	0	41	0	0	0	3.4						
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30						
Veg Ingredients	6	35	0	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						
<b>TOTAL</b>	<b>436</b>	<b>821</b>	<b>30</b>	<b>4</b>	<b>0</b>	<b>143</b>	<b>1109</b>	<b>31</b>	<b>4</b>	<b>8</b>	<b>51</b>	<b>9</b>	<b>11</b>	<b>27</b>	<b>42</b>						
<b>REGULAR OSMOW'S SPECIAL</b>	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	0	0	15	1	1	5	0	0	0	15						
Veg Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2						
Pineapple (1 Slice)	7	28	0.2	0	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						
<b>TOTAL</b>	<b>254</b>	<b>535</b>	<b>19</b>	<b>3</b>	<b>0</b>	<b>80</b>	<b>376</b>	<b>34</b>	<b>4</b>	<b>19</b>	<b>26</b>	<b>7</b>	<b>141</b>	<b>21</b>	<b>26</b>						
<b>SUPER OSMOW'S SPECIAL</b>	200	179	3.5	1.2	0	107	145	0	0	0	36	0	4.8	0	4.7						
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30						
Veg Ingredients	6	35	0	0																	




 <b>OSMAN'S</b> MODERN MEDITERRANEAN CUISINE <b>MAIN DISHES</b>	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	
	<b>CHICKEN SHAWARMA</b>	226	300	9	2	0	150	100	0	44	0	70	4	0	6	14						
Rice	405	202	0	0	0	0	42	0	0	4.4	0	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			GF	LF			EF w/o Garlic Sauce	
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	36	7							
<b>TOTAL</b>	<b>891</b>	<b>1185</b>	<b>59</b>	<b>9</b>	<b>0</b>	<b>184</b>	<b>642</b>	<b>54</b>	<b>47</b>	<b>10</b>	<b>77</b>	<b>12</b>	<b>66</b>	<b>45</b>	<b>34</b>							
<b>BEEF SHAWARMA</b>	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	42	0	0	4.4	0	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			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	36	7							
<b>TOTAL</b>	<b>200</b>	<b>1186</b>	<b>16</b>	<b>4</b>	<b>0</b>	<b>51</b>	<b>230</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>35</b>	<b>2</b>	<b>66</b>	<b>55</b>	<b>28</b>							
<b>OSMOW'S SPECIAL</b>	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	29	0	0	3.2	0	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			GF					
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5							
<b>TOTAL</b>	<b>694</b>	<b>783</b>	<b>38</b>	<b>6</b>	<b>0</b>	<b>124</b>	<b>426</b>	<b>67</b>	<b>7</b>	<b>36</b>	<b>42</b>	<b>12</b>	<b>335</b>	<b>25</b>	<b>25</b>							
<b>SHISH TAOUK</b>	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	29	0	0	3.2	0	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			GF			EF		
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5							
<b>TOTAL</b>	<b>680</b>	<b>727</b>	<b>38</b>	<b>6</b>	<b>0</b>	<b>124</b>	<b>426</b>	<b>41</b>	<b>3</b>	<b>8</b>	<b>42</b>	<b>8</b>	<b>71</b>	<b>21</b>	<b>20</b>							
<b>CHICKEN KEBAB</b>	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	29	0	0	3.2	0	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			GF			EF	LF w/o Tzatziki Sauce	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5							
<b>TOTAL</b>	<b>680</b>	<b>756</b>	<b>39</b>	<b>6</b>	<b>0</b>	<b>136</b>	<b>483</b>	<b>41</b>	<b>3</b>	<b>8</b>	<b>47</b>	<b>8</b>	<b>66</b>	<b>21</b>	<b>18</b>							
<b>BEEF KOFTA</b>	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	29	0	0	3.2	0	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						EF	LF w/o Tzatziki Sauce	
Sauce	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5							
<b>TOTAL</b>	<b>680</b>	<b>796</b>	<b>44</b>	<b>8</b>	<b>0</b>	<b>94</b>	<b>405</b>	<b>50</b>	<b>4</b>	<b>9</b>	<b>46</b>	<b>20</b>	<b>76</b>	<b>25</b>	<b>36</b>							
<b>LAMB KOFTA</b>	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	29	0	0	3.2	0	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						EF	LF w/o Tzatziki Sauce	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5							
<b>TOTAL</b>	<b>680</b>	<b>851</b>	<b>44</b>	<b>9</b>	<b>0</b>	<b>104</b>	<b>389</b>	<b>51</b>	<b>4</b>	<b>10</b>	<b>46</b>	<b>20</b>	<b>76</b>	<b>25</b>	<b>36</b>							
<b>OSMOW'S MIX GRILL</b>	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	42	0	0	4.4	0	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							
<b>TOTAL</b>	<b>1081</b>	<b>1241</b>	<b>50</b>	<b>9</b>	<b>0</b>	<b>276</b>	<b>612</b>	<b>86</b>	<b>30</b>	<b>37</b>	<b>75</b>	<b>21</b>	<b>338</b>	<b>31</b>	<b>47</b>							
<b>PHILLY CHEESE STEAK</b>	200	267	11.1	4.3	0	73.1	122	0	0	0	48	0	0	14	6.8							
Bun	160	335	18	7	2	220	630	39	2	3	16	15	2	10	20							
Rice	270	135	0	0	0	0	29	0	0	3.2	0	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							
<b>TOTAL</b>	<b>840</b>	<b>1150</b>	<b>63</b>	<b>16</b>	<b>2</b>	<b>310</b>	<b>1030</b>	<b>80</b>	<b>5</b>	<b>11</b>	<b>70</b>	<b>23</b>	<b>68</b>	<b>44</b>	<b>42</b>						EF w/o Philly Sauce LF w/o cheese	
<b>PHILLY CHICKEN</b>	200	266	7.2	1.5	0	130	150	0	39	0	62	4	0	4	11							
Bun	160	335	18	7	2	220	630	39	2	3	16	15	2	10	20							
Rice	270	135	0	0	0	0	29	0	0	3.2	0	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							
<b>TOTAL</b>	<b>840</b>	<b>1149</b>	<b>59</b>	<b>13</b>	<b>2</b>	<b>367</b>	<b>1058</b>	<b>80</b>	<b>43</b>	<b>11</b>	<b>84</b>	<b>27</b>	<b>68</b>	<b>35</b>	<b>46</b>						EF w/o Philly Sauce LF w/o cheese	
<b>PHILLY VEGGIE</b>	200	169	3.4	1.7	0	20	187	28	2	1	10	2	0	10	15							
Bun	160	335	18	7	2	220	630	39	2	3	16	15	2	10	20							
Rice	270	135	0	0	0	0	29	0	0	3.2	0	0	0	0	6.3		V					
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							
<b>TOTAL</b>	<b>840</b>	<b>1052</b>	<b>55</b>	<b>14</b>	<b>2</b>	<b>257</b>	<b>1095</b>	<b>108</b>	<b>7</b>	<b>12</b>	<b>32</b>	<b>25</b>	<b>68</b>	<b>41</b>	<b>50</b>						EF w/o Philly Sauce LF w/o cheese & VG w/o both	


**Legend**

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

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

 <b>OSMAN'S</b> MODERN MEDITERRANEAN CUISINE SPECIALTY DISHES	TOTAL SERVING (G)														Vegetarian	Vegan	Gluten-free	Lactose-free	Eggs-free	DIETARY OPTIONS	
	CAORIES	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 (%)							
<b>MED CHICKEN ON THE ROCKS</b>	113	150	4.5	1	0	75	50	0	22	0	35	2	0	3	7						
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	25	4.9						
<b>TOTAL</b>	<b>453</b>	<b>663</b>	<b>27</b>	<b>4</b>	<b>0</b>	<b>99</b>	<b>419</b>	<b>29</b>	<b>22</b>	<b>4</b>	<b>38</b>	<b>2</b>	<b>0</b>	<b>28</b>	<b>18</b>						
<b>LRG CHICKEN ON THE ROCKS</b>	226	300	9	2	0	150	100	0	44	0	70	4	0	6	14						
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	36	7						
<b>TOTAL</b>	<b>731</b>	<b>1042</b>	<b>41</b>	<b>6</b>	<b>0</b>	<b>184</b>	<b>628</b>	<b>42</b>	<b>44</b>	<b>5</b>	<b>74</b>	<b>4</b>	<b>0</b>	<b>42</b>	<b>29</b>						
<b>MED CHICKEN ON THE STICKS</b>	113	150	4.5	1	0	75	50	0	22	0	35	2	0	3	7						
Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8			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	25	4.9						
<b>TOTAL</b>	<b>383</b>	<b>788</b>	<b>34</b>	<b>5</b>	<b>0</b>	<b>99</b>	<b>421</b>	<b>16</b>	<b>26</b>	<b>4</b>	<b>39</b>	<b>2</b>	<b>12</b>	<b>28</b>	<b>20</b>						
<b>LRG CHICKEN ON THE STICKS</b>	226	300	9	2	0	150	100	0	44	0	70	4	0	6	14						
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	36	7						
<b>TOTAL</b>	<b>626</b>	<b>1230</b>	<b>52</b>	<b>8</b>	<b>0</b>	<b>193</b>	<b>631</b>	<b>24</b>	<b>50</b>	<b>5</b>	<b>76</b>	<b>4</b>	<b>18</b>	<b>42</b>	<b>33</b>						
<b>MED HALF/HALF CHICKEN</b>	113	150	4.5	1	0	75	50	0	22	0	35	2	0	3	7						
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	25	4.9						
<b>TOTAL</b>	<b>418</b>	<b>726</b>	<b>30</b>	<b>5</b>	<b>0</b>	<b>99</b>	<b>420</b>	<b>23</b>	<b>24</b>	<b>4</b>	<b>39</b>	<b>2</b>	<b>6</b>	<b>28</b>	<b>19</b>						
<b>LRG HALF/HALF CHICKEN</b>	226	300	9	2	0	150	100	0	44	0	70	4	0	6	14						
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	36	7						
<b>TOTAL</b>	<b>679</b>	<b>1136</b>	<b>46</b>	<b>7</b>	<b>0</b>	<b>188</b>	<b>630</b>	<b>33</b>	<b>47</b>	<b>5</b>	<b>75</b>	<b>4</b>	<b>9</b>	<b>42</b>	<b>31</b>						
<b>MED BEEF ON THE ROCKS</b>	113	157	6.5	2.5	0	43	75	0	0	0	28	0	0	8	4						
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	25	4.9						
<b>TOTAL</b>	<b>453</b>	<b>670</b>	<b>29</b>	<b>6</b>	<b>0</b>	<b>67</b>	<b>444</b>	<b>29</b>	<b>0</b>	<b>4</b>	<b>31</b>	<b>0</b>	<b>0</b>	<b>33</b>	<b>15</b>						
<b>LRG BEEF ON THE ROCKS</b>	226	314	13	5	0	86	150	0	0	0	56	0	0	16	8						
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	36	7						
<b>TOTAL</b>	<b>731</b>	<b>1056</b>	<b>45</b>	<b>9</b>	<b>0</b>	<b>120</b>	<b>678</b>	<b>42</b>	<b>0</b>	<b>5</b>	<b>60</b>	<b>0</b>	<b>0</b>	<b>52</b>	<b>23</b>						
<b>MED BEEF ON THE STICKS</b>	113	157	6.5	2.5	0	43	75	0	0	0	28	0	0	8	4						
Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8			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	25	4.9						
<b>TOTAL</b>	<b>383</b>	<b>795</b>	<b>36</b>	<b>7</b>	<b>0</b>	<b>67</b>	<b>446</b>	<b>16</b>	<b>4</b>	<b>4</b>	<b>32</b>	<b>0</b>	<b>12</b>	<b>33</b>	<b>17</b>						
<b>LRG BEEF ON THE STICKS</b>	226	314	13	5	0	86	150	0	0	0	56	0	0	16	8						
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	36	7						
<b>TOTAL</b>	<b>626</b>	<b>1244</b>	<b>56</b>	<b>11</b>	<b>0</b>	<b>129</b>	<b>681</b>	<b>24</b>	<b>6</b>	<b>5</b>	<b>62</b>	<b>0</b>	<b>18</b>	<b>52</b>	<b>27</b>						
<b>MED HALF/HALF BEEF</b>	113	157	6.5	2.5	0	43	75	0	0	0	28	0	0	8	4						
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	25	4.9						
<b>TOTAL</b>	<b>418</b>	<b>733</b>	<b>32</b>	<b>6</b>	<b>0</b>	<b>67</b>	<b>445</b>	<b>23</b>	<b>2</b>	<b>4</b>	<b>32</b>	<b>0</b>	<b>6</b>	<b>33</b>	<b>16</b>						
<b>LRG HALF/HALF BEEF</b>	226	314	13	5	0	86	150	0	0	0	56	0	0	16	8						
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	36	7						
<b>TOTAL</b>	<b>679</b>	<b>1150</b>	<b>50</b>	<b>10</b>	<b>0</b>	<b>124</b>	<b>680</b>	<b>33</b>	<b>3</b>	<b>5</b>	<b>61</b>	<b>0</b>	<b>9</b>	<b>52</b>	<b>25</b>						
<b>MED FALAFEL ON THE ROCKS</b>	113	77	3.5	0.6	0	0	43	8.24	3.53	1.1	3	1	0	1.2	4.7						
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	25	4.9						
<b>TOTAL</b>	<b>453</b>	<b>590</b>	<b>26</b>	<b>4</b>	<b>0</b>	<b>24</b>	<b>412</b>	<b>37</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>1</b>	<b>0</b>	<b>26</b>	<b>16</b>						
<b>LRG FALAFEL ON THE ROCKS</b>	226	144	7	1.2	0	0	86	16.4	7	2.2	6	2	0	2.4	9.4						
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	36	7						
<b>TOTAL</b>	<b>731</b>	<b>886</b>	<b>39</b>	<b>6</b>	<b>0</b>	<b>34</b>	<b>614</b>	<b>58</b>	<b>7</b>	<b>7</b>	<b>10</b>	<b>2</b>	<b>0</b>	<b>38</b>	<b>25</b>						
<b>MED FALAFEL ON THE STICKS</b>	113	77	3.5	0.6	0	0	43	8.24	3.53	1.1	3	1	0	1.2	4.7						
Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8			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	25	4.9						
<b>TOTAL</b>	<b>383</b>	<b>715</b>	<b>33</b>	<b>5</b>	<b>0</b>	<b>24</b>	<b>414</b>	<b>24</b>	<b>8</b>	<b>5</b>	<b>7</b>	<b>1</b>	<b>12</b>	<b>26</b>	<b>18</b>						
<b>LRG FALAFEL ON THE STICKS</b>	226	144	7	1.2	0	0	86	16.4	7	2.2	6	2	0	2.4	9.4						
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	36	7						
<b>TOTAL</b>	<b>626</b>	<b>1074</b>	<b>50</b>	<b>7</b>	<b>0</b>	<b>43</b>	<b>617</b>	<b>40</b>	<b>13</b>	<b>7</b>	<b>12</b>	<b>2</b>	<b>18</b>	<b>38</b>	<b>28</b>						



 <b>Sauces</b>	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		
<b>GARLIC SAUCE</b>	42	227	13	2	0	14	222	0	0	2	0	0	0	0	15	3																				
<b>TOTAL</b>	<b>42</b>	<b>227</b>	<b>13</b>	<b>2</b>	<b>0</b>	<b>14</b>	<b>222</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>15</b>	<b>3</b>																				
<b>TAHINI SAUCE</b>	21	113	11	1	0	0	15	5	1	1	4	0	0	8	2																					
<b>TOTAL</b>	<b>21</b>	<b>113</b>	<b>11</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>15</b>	<b>5</b>	<b>1</b>	<b>1</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>8</b>	<b>2</b>																					
<b>PHILLY SAUCE</b>	42	227	13	2	0	14	222	0	0	2	0	0	0	15	3																					
<b>TOTAL</b>	<b>42</b>	<b>227</b>	<b>13</b>	<b>2</b>	<b>0</b>	<b>14</b>	<b>222</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>15</b>	<b>3</b>																					
<b>TZATZIKI SAUCE</b>	28	40	3	1	0	5	115	1	0	0	1	2	0	2	0																					
<b>TOTAL</b>	<b>28</b>	<b>40</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>5</b>	<b>115</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>0</b>	<b>2</b>	<b>0</b>																					
<b>SALAD DRESSING</b>	40	176	18	3	0	0	6.5	4	0	4	0	0	0	0	0																					
<b>TOTAL</b>	<b>40</b>	<b>176</b>	<b>18</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>7</b>	<b>4</b>	<b>0</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>																					

**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.