



<i>Salads & Appetizers + Side Orders</i>	TOTAL SERVING	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBOHYDRATE	FIBER	SUGARS	PROTEIN	VITAMIN A %	VITAMIN C %	CALCIUM Ca%	Fe%	Vegetarian	Vegan	Gluten Free	Lactose Free	Eggs Free	DIETARY OPTIC
TABOULE	113	101	0.5	0	0	0	69	21	5	0.8	5	22	28	3	9						
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	3.1	3	4.5	1	13	8	26						
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
TOTAL	174	276	15	3	0	0	315	25	4	4	10	1	13	8	41						without Pita
BABA GANOUSH	113	104	7	0.5	0	0	10	9	1	3	2.5	0	5.2	5	1						
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
TOTAL	193	204	8	1	0	0	260	24	2	4	8	0	5	5	16						without Pita
MEDIUM GREEK SALAD	120	69	1.5	0	0	0	97	9	2.5	1	2.7	8	66	3	5						
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	3.9	0	3.9	0	0	0	0	0						
TOTAL	188	248	26	4	0	0	184	14	3	6	8	10	66	5	5						without Feta Cheese
MEDIUM GARDEN SALAD	120	44	0	0	0	0	7.1	8.5	2.5	1	2.7	8	66	3	5						
Dressing	40	99	18	2.6	0	0	6.5	3.9	0	3.9	0	0	0	0	0						
TOTAL	160	143	18	3	0	0	14	12	3	5	3	8	66	3	5						
MEDIUM CAESAR SALAD	120	19	0	0	0	0	4.8	2.4	0	1.2	1.2	0	0	2	4						
Pita Croutons	16	30	1	0	0	0	250	10	1	1	1	0	0	0	3						
Dressing	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5						
TOTAL	186	319	17	2	0	17	519	12	1	5	2	0	0	20	11						without Pita Croutons
MEDIUM FATTOUSH SALAD	120	44	0	0	0	0	7.1	8.5	2.5	1	2.7	8	66	3	5						
Pita Croutons	16	30	1	0	0	0	250	10	1	1	1	0	0	0	3						
Dressing	40	99	18	2.6	0	0	6.5	3.9	0	3.9	0	0	0	0	0						
TOTAL	176	173	19	3	0	0	264	22	4	6	4	8	66	3	8						without Pita Croutons
MEDIUM 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	3.9	0	3.9	0	0	0	0	0						
Sauce(s)	30	180	9.5	1.3	0	10	150	0	1.5	0	0	0	0	10	2						
TOTAL	195	479	32	5	0	85	257	5	26	6	0	10	12	15	13						without Garlic Sauce

MEDIUM BEEF SALAD	125	207	6.5	2.5	0	43	125	1	2	2	28	10	12	10	8						wit Garlic Sauce
Dressing	40	176	18	2.6	0	0	6.5	3.9	0	3.9	0	0	0	0	0						
Sauce(s)	30	180	9.5	1.3	0	10	150	0	1.5	0	0	0	0	10	2						withc Tzatziki Sauce
TOTAL	195	563	34	6	0	53	282	5	4	6	28	10	12	20	10						
SMALL RICE	135	68	0	0	0	0	0	14	0	0	1.4	0	0	0	2.8						
Sauce(s)	30	180	9.5	1.3	0	10	150	0	1.5	0	0	0	0	10	2						
TOTAL	165	248	10	1	0	10	150	14	2	0	1	0	0	10	5						without Garlic Sauce
SMALL FRIES	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8						
TOTAL	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8						* Ask if no croutons were
FALAFEL (5 Pieces)	113	77	3.5	0.6	0	0	43	8.2	3.5	1.1	3	1.2	0	1.2	4.7						
Sauce(s)	28	150	15	1	0	0	20	6.8	1.8	1	5	0	0	10	2						
TOTAL	141	227	19	2	0	0	63	15	5	2	8	1	0	11	7						without Tzatziki Sauce
VEGGIES	300	77	0.6	0.1	0	15	40	1	8	0	0	80	80	4	30						
TOTAL	300	77	1	0	0	15	40	1	8	0	0	80	80	4	30						
PITA	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
TOTAL	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
BAKLAVA	pc	260	9	5	0.1	20	125	44	1	24	2	0	0	2	2						
TOTAL	0	260	9	5	0	20	125	44	1	24	2	0	0	2	2						* Contains Nuts *
SMALL JUST CHICKE	200	255	7.2	1.5	0	130	75	0	39	0	60	4	0	4	11						
TOTAL	200	255	7	2	0	130	75	0	39	0	60	4	0	4	11						
MEDIUM JUST CHICKE	400	510	14	3	0	260	150	0	77	0	120	8	0	8	22						
TOTAL	400	510	14	3	0	260	150	0	77	0	120	8	0	8	22						
LARGE JUST CHICKE	720	918	26	5.4	0	468	270	0	139	0	216	14	0	14	40						
TOTAL	720	918	26	5	0	468	270	0	139	0	216	14	0	14	40						
SMALL JUST BEEF	200	267	11	4.3	0	73	127	0	0	0	48	0	0	14	6.8						
TOTAL	200	267	11	4	0	73	127	0	0	0	48	0	0	14	7						
MEDIUM JUST BEEF	400	534	22	8.5	0	146	254	0	0	0	95	0	0	27	14						
TOTAL	400	534	22	9	0	146	254	0	0	0	95	0	0	27	14						
LARGE JUST BEEF	720	961	40	15	0	263	457	0	0	0	171	0	0	49	24						
TOTAL	720	961	40	15	0	263	457	0	0	0	171	0	0	49	24						


ADVISORY NOTE





There may be traces of allergens.
Please advise us of any allergy restrictions.
*All items are Peanut-Free, excluding Baklava
**Sauces may include Sesame











<i>Wraps</i>	TOTAL SERVING	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBOHYDRATE	FIBER	SUGARS	PROTEIN	VITAMIN A %	VITAMIN C %	CALCIUM Ca%	IRON Fe%	Vegetaria	Vegan	Gluten Free	Lactose Free	Eggs Free	DIETARY OPTIC
	REGULAR CHICKEN SHAWARMA	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						
Veggie 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	18	3.5						without Garlic Sauce
TOTAL	247	545	22	3	0	92	589	16	24	5	40	7	6	22	28						
SUPER CHICKEN SHAWARMA	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						
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4						
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9						without Garlic Sauce
TOTAL	436	868	32	5	0	154	979	31	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	0	250	15	1	1	5	0	0	0	15						with Garlic Sauce
Veggie Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2						with tzatziki Sauce
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5						
TOTAL	247	552	24	5	0	60	614	16	2	5	33	5	6	27	25						
SUPER BEEF SHAWARMA	200	267	11	4.3	0	73	127	0	0	0	48	0	0	14	6.8						
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30						with Garlic Sauce
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4						with tzatziki Sauce
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9						
TOTAL	436	880	35	7	0	97	###	31	4	8	58	9	11	41	46						
REGULAR VEGGIE SHAWARMA	113	91	0.6	0	0	0	99	18	6.6	2.6	9.1	0	70	5.2	7.8						
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
Veggie 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	18	3.5						
TOTAL	247	486	18	2	0	17	638	34	9	7	14	5	76	24	28						





SUPER VEGGIE SHAWAR	200	155	1	0	0	0	168	31	11	4.4	15	0	119	8.8	13						
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30						
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4						
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9						
TOTAL	436	768	25	3	0	24	###	62	15	12	25	9	130	36	52						
REGULAR BEEF KOFTA	113	155	5.7	2	0	45	75	5	0.8	1.2	23	7	5.6	2.8	13						
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
Veggie 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	18	3.5						
TOTAL	247	550	23	4	0	62	614	21	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						
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30						
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4						
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9						
TOTAL	436	861	34	6	0	100	###	40	5	10	50	21	21	32	60						
REGULAR CHICKEN KEB	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						
Veggie 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	18	3.5						
TOTAL	247	525	20	3	0	87	669	16	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	0	500	30	2	2	10	0	0	0	30						
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4						
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9						
TOTAL	436	821	30	4	0	143	###	31	4	8	51	9	11	27	42						
REGULAR OSMOW'S SPE	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						
Veggie 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	18	3.5						
TOTAL	254	535	19	3	0	80	376	34	4	19	26	7	141	21	26						
SUPER OSMOW'S SPECIA	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						
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4						
Pineapple	7	28	0.2	0	0	0	2	18	2.3	14	0	1.9	132	2.2	2.7						
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9						
TOTAL	443	820	28	4	0	131	###	49	6	22	46	11	148	29	46						
REGULAR SHISH TAOUK	113	112	2.1	0.7	0	63	87	0	0	0	21	0	2.8	0	2.8						
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
Veggie 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	18	3.5						
TOTAL	247	507	19	3	0	80	626	16	2	5	26	5	9	19	23						




SUPER SHISH TAOUK	200	179	3.5	1.2	0	107	148	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								
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4								
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9								
TOTAL	436	792	28	4	0	131	###	31	4	8	46	9	16	27	44								




REGULAR FALAFEL	113	77	3.5	0.6	0	0	43	8.2	3.5	1.1	3	1.2	0	1.2	4.7								
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15								
Veggie 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	18	3.5								
TOTAL	247	472	21	3	0	17	582	24	6	6	8	6	6	20	25								




SUPER FALAFEL	200	130	6	1	0	0	73	14	6	2	5	2	0	2	8								
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30								
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4								
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9								
TOTAL	436	743	30	4	0	24	977	45	10	10	15	11	11	29	47								





























REGULAR VEGGIE EGGP	113	29	0	0	0	0	0	6.5	0.4	2.6	0	0	5.2	0	0								
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15								
Veggie Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2								
Sauce(s)	28	150	15	1	0	0	20	6.8	1.8	1	5	0	0	10	2								
TOTAL	225	304	16	1	0	0	295	29	4	6	10	5	11	11	19								

SUPER VEGGIE EGGPLA	200	51	0	0	0	0	0	11	0.7	4.5	0	0	9.2	0	0								
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30								
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4								
Sauce(s)	34	180	18	1.2	0	0	24	8.2	2.2	1.2	6	0	0	12	2.4								
TOTAL	400	466	20	1	0	0	559	51	7	10	16	9	20	14	36								

REGULAR PHILLY CHEESE	113	157	6.5	2.5	0	43	72	0	0	0	28	0	0	8	4									
Bun	85	178	9.5	3.7	1.1	117	335	21	1.1	1.6	8.5	8	1.1	5.3	11								with Iilly Sauce	
Cheese	15	46	3	1.8	0	7.8	101	0.6	0	0	4.2	2.4	0	12	0									without Cheese
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5									
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5									
TOTAL	265	677	35	10	1	185	787	22	2	5	41	11	3	43	19									

SUPER PHILLY CHEESE S	200	267	11	4.3	0	73	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								with Iilly Sauce	
Cheese	25	77	5	3	0	13	168	1	0	0	7	4	0	20	0									without Cheese
Veggie Ingredients	3	35	0	0	0	0	23	1	1.5	1.5	0	1.5	2.3	0.4	0.8									
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9									
TOTAL	458	###	56	17	2	330	###	41	4	8	71	21	4	69	32									

REGULAR PHILLY CHICK	113	150	4.5	1	0	75	100	0	22	0	0	2	0	3	7									
Bun	85	178	9.5	3.7	1.1	117	335	21	1.1	1.6	8.5	8	1.1	5.3	11								with Iilly Sauce	
Cheese	15	46	3	1.8	0	7.8	101	0.6	0	0	4.2	2.4	0	12	0									without Cheese
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5									
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5									
TOTAL	265	670	33	9	1	217	815	22	24	5	13	13	3	38	22									










SUPER PHILLY CHICKEN	200	266	7.2	1.5	0	130	150	0	39	0	0	4	0	4	11						with  Philly Sauce
Bun	160	335	18	7	2	220	630	39	2	3	16	15	2	10	20						with  Philly Sauce
Cheese	25	77	5	3	0	13	168	1	0	0	7	4	0	20	0						with  Philly Sauce
Veggie Ingredients	3	35	0	0	0	0	23	1	1.5	1.5	0	1.5	2.3	0.4	0.8						with  Philly Sauce
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9						with  Philly Sauce
TOTAL	458	###	53	15	2	387	###	41	42	8	23	25	4	59	37	without Cheese					
REGULAR PHILLY VEGGIE	113	99	2	1	0	12	110	16	1	0.5	5	1	0	5	8						with  Philly Sauce
Bun	85	178	9.5	3.7	1.1	117	335	21	1.1	1.6	8.5	8	1.1	5.3	11						with  Philly Sauce
Cheese	15	46	3	1.8	0	7.8	101	0.6	0	0	4.2	2.4		12	0						with  Philly Sauce
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5						with  Philly Sauce
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5						with  Philly Sauce
TOTAL	265	619	31	9	1	154	825	38	3	6	18	12	3	40	23	without Both					
SUPER PHILLY VEGGIE	200	169	3.4	1.7	0	20	187	28	2	1	10	2	0	10	15						with  Philly Sauce
Bun	160	335	18	7	2	220	630	39	2	3	16	15	2	10	20						with  Philly Sauce
Cheese	25	77	5	3	0	13	168	1	0	0	7	4	0	20	0						with  Philly Sauce
Veggie Ingredients	3	35	0	0	0	0	23	1	1.5	1.5	0	1.5	2.3	0.4	0.8						with  Philly Sauce
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9						with  Philly Sauce
TOTAL	458	994	49	15	2	277	###	69	6	9	33	23	4	65	41	without Both					
REGULAR PHILLY VEGGIE	113	99	2	1	0	12	110	16	1	0.5	5	1	0	5	8						with  Philly Sauce
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						with  Philly Sauce
Cheese	15	46	3	1.8	0	7.8	101	0.6	0	0	4.2	2.4		12	0						with  Philly Sauce
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5						with  Philly Sauce
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5						with  Philly Sauce
TOTAL	260	540	22	5	0	37	740	32	3	5	14	4	2	35	27	without Both					
REGULAR PHILLY CHICKEN	113	150	4.5	1	0	75	100	0	22	0	0	2	0	3	7						with  Philly Sauce
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						with  Philly Sauce
Cheese	15	46	3	1.8		7.8	101	0.6	0	0	4.2	2.4	0	12	0						with  Philly Sauce
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5						with  Philly Sauce
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5						with  Philly Sauce
TOTAL	260	591	25	5	0	100	730	16	24	5	9	5	2	33	26	without Cheese					









ADVISORY NOTE

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<i>Platters</i>	TOTAL SERVING	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBOHYDRATE	FIBER	SUGARS	PROTEIN	VITAMIN A %	VITAMIN C %	CALCIUM Ca%	IRON Fe%	Vegetaria	Vegan	Gluten Free	Lactose Free	Eggs Free	DIETARY OPTIC	
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	0	14	12	2.5	4.9	2.7	8	66	3	5							without Garlic Sauce
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	36	7							
TOTAL	891	###	59	9	0	184	642	54	47	10	77	12	66	45	34							
BEEF SHAWARMA	226	301	13	4.8	0	83	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	0	14	12	2.5	4.9	2.7	8	66	3	5							with Garlic Sauce
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	36	7							with Zatziki Sauce
TOTAL	200	###	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	0	4	26	4.6	28	0	3.8	264	4.4	5.4							
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	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	0	14	12	2.5	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							without Tzatziki Sauce
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	0	14	12	2.5	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	77	127	8.5	1.4	1.9	40	12	9.5	4.7	21							without Tzatziki Sauce
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	0	14	12	2.5	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							
OSMOW'S MIXED G	452	570	16	4.4	0	259	330	5.8	23	1.2	68	9	8.4	5.8	24							
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	0	4	26	4.6	28	0	3.8	264	4.4	5.4							
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	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	###	###	50	9	0	276	612	86	30	37	75	21	338	31	47							
PHILLY CHEESE ST	200	267	11	4.3	0	73	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							with Sauce
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	0	14	12	2.5	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							without Cheese
TOTAL	840	###	63	16	2	310	###	80	5	11	70	23	68	44	42							
PHILLY CHICKEN	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							with Sauce
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	0	14	12	2.5	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							without Cheese
TOTAL	840	###	59	13	2	367	###	80	43	11	84	27	68	35	46							

PHILLY VEGGIE	200	169	3.4	1.7	0	20	187	28	2	1	10	2	0	10	15		   	with  Philly Sauce
Bun	160	335	18	7	2	220	630	39	2	3	16	15	2	10	20			
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3			without Cheese
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	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			without Both
TOTAL	840	###	55	14	2	257	###	108	7	12	32	25	68	41	50			

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FALAFEL PLATTER	113	77	3.5	0.6	0	0	43	8.2	3.5	1.1	3	1.2	0	1.2	4.7					witho Tzatziki Sauce
Hummus & Baba Ganoush	104	140	10	1.5	0	0	37	9.5	2	3	3.5	0.5	9	7	14					
Fattouch Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5					
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15					
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5					
TOTAL	507	730	49	7	0	17	608	45	9	13	14	10	75	29	42					

VEGGIE SHAWARMA PLATTER (E	200	51	0	0	0	0	0	11	0.7	4.5	0	0	9.2	0	0					witho Tzatziki Sauce
Hummus + Baba Ganoush	104	140	10	1.5	0	0	37	9.5	2	3	3.5	0.5	9	7	14					
Fattouch Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5					
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15					
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5					
TOTAL	594	704	45	6	0	17	565	48	6	16	11	9	84	28	38					




























MEDIUM CHICKEN SHAWARMA P	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				
Cheese Curds	32	100	8	5	0	30	190	2	0	0	7	10	0	20	0				
Gravy	29	95	1.6	0.5	0.8	22	71	19	0.4	1	1.2	4.5	0.3	1.2	0.4				
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	0	0	0	13	2.5				
TOTAL	409	797	32	9	1	138	446	37	26	3	47	17	12	37	18				

LARGE CHICKEN SHAWARMA PC	226	300	9	2	0	150	100	0	44	0	70	4	0	6	14				
Fries	300	390	11	1.5	0	9	3	24	6	0	6	0	18	0	12				
Cheese Curds	43	143	11	7.2	0	43	272	2.9	0	0	10	14	0	29	0				
Gravy	44	144	2.4	0.7	1.2	33	107	29	0.7	1.5	1.8	6.8	0.5	1.8	0.5				
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	0	0	0	13	2.5				
TOTAL	648	###	45	13	1	246	615	56	51	3	88	25	18	49	29				

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<i>ON THE</i>	TOTAL SERVING	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBOHYDRATE	FIBER	SUGARS	PROTEIN	VITAMIN A %	VITAMIN C %	CALCIUM Ca%	IRON Fe%	Vegetaria	Vegan	Gluten Free	Lactose Free	Eggs Free	DIETARY OPTIC
	MEDIUM CHICKEN ON THE Rice	113	150	4.5	1	0	75	50	0	22	0	35	2	0	3	7					
Sauce(s)	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3						
TOTAL	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9						without Garlic Sauce
TOTAL	453	663	27	4	0	99	419	29	22	4	38	2	0	28	18						
LARGE CHICKEN ON THE Rice	226	300	9	2	0	150	100	0	44	0	70	4	0	6	14						
Sauce(s)	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4						
TOTAL	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	36	7						without Garlic Sauce
TOTAL	731	###	41	6	0	184	628	42	44	5	74	4	0	42	29						
MEDIUM CHICKEN ON THE Fries	113	150	4.5	1	0	75	50	0	22	0	35	2	0	3	7						
Sauce(s)	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8						
TOTAL	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9						without Garlic Sauce
TOTAL	383	788	34	5	0	99	421	16	26	4	39	2	12	28	20						
LARGE CHICKEN ON THE Fries	226	300	9	2	0	150	100	0	44	0	70	4	0	6	14						
Sauce(s)	300	390	11	1.5	0	9	3	24	6	0	6	0	18	0	12						
TOTAL	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	36	7						without Garlic Sauce
TOTAL	626	###	52	8	0	193	631	24	50	5	76	4	18	42	33						
MEDIUM CHICKEN ON THE Veggies with seasoning	113	150	4.5	1	0	75	50	0	22	0	35	2	0	3	7						
Sauce(s)	227	166	18	2.6	0	0	9.5	6.9	0	3.9	0	24	24	0.5	0.3						
TOTAL	35	192	11	1.5	0	11	133	0	0	1.8	0	0	0	13	2.5						without Garlic Sauce
TOTAL	375	508	34	5	0	86	193	7	22	6	35	26	24	17	10						
LARGE CHICKEN ON THE Veggies with seasoning	226	300	9	2	0	150	100	0	44	0	70	4	0	6	14						
Sauce(s)	340	279	32	4.7	0	0	14	10	0	7	0	36	36	0.8	0.4						
TOTAL	35	192	11	1.5	0	11	133	0	0	1.8	0	0	0	13	2.5						without Garlic Sauce
TOTAL	601	771	53	8	0	161	247	10	44	9	70	40	36	20	17						

MEDIUM FALAFEL ON THE	113	77	3.5	0.6	0	0	43	8.2	3.5	1.1	3	1.2	0	1.2	4.7						 	without Garlic Sauce
Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8							
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9							
TOTAL	383	715	33	5	0	24	414	24	8	5	7	1	12	26	18							
LARGE FALAFEL ON THE	226	144	7	1.2	0	0	86	16	7	2.2	6	2.4	0	2.4	9.4						 	without Garlic Sauce
Fries	300	390	11	1.5	0	9	3	24	6	0	6	0	18	0	12							
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	36	7							
TOTAL	626	###	50	7	0	43	617	40	13	7	12	2	18	38	28							
MEDIUM FALAFEL ON THE	113	77	3.5	0.6	0	0	43	8.2	3.5	1.1	3	1.2	0	1.2	4.7						 	without Garlic Sauce
Veggies with seasoning	227	166	18	2.6	0	0	9.5	6.9	0	3.9	0	24	24	0.5	0.3							
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	0	0	0	13	2.5							
TOTAL	375	435	33	5	0	11	185	15	4	7	3	25	24	15	7							
LARGE FALAFEL ON THE	226	144	7	1.2	0	0	86	16	7	2.2	6	2.4	0	2.4	9.4						 	without Garlic Sauce
Veggies with seasoning	340	279	32	4.7	0	0	14	10	0	7	0	36	36	0.8	0.4							
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	0	0	0	13	2.5							
TOTAL	601	615	51	7	0	11	233	27	7	11	6	38	36	16	12							

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<i>Sauces</i>	TOTAL SERVING	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBOHYDRATE	FIBER	SUGARS	PROTEIN	VITAMIN A %	VITAMIN C %	CALCIUM Ca%	IRON Fe%	Vegetaria	Vegan	Gluten Free	Lactose Free	Eggs Free
	GARLIC SAUCE	42	227	13	1.8	0	14	222	0	0	2.2	0	0	0	15	2.9				
TOTAL	42	227	13	2	0	14	222	0	0	2	0	0	0	15	3					
TAHINI SAUCE	21	113	11	0.7	0	0	15	5.1	1.3	0.7	3.8	0	0	7.5	1.5					
TOTAL	21	113	11	1	0	0	15	5	1	1	4	0	0	8	2					
PHILLY SAUCE	42	227	13	1.8	0	14	222	0	0	2.2	0	0	0	15	2.9					
TOTAL	42	227	13	2	0	14	222	0	0	2	0	0	0	15	3					
TZATZIKI SAUC	28	40	3	1	0	5	115	1	0	0	1	2	0	2	0					
TOTAL	28	40	3	1	0	5	115	1	0	0	1	2	0	2	0					
SALAD DRESSING	40	176	18	2.6	0	0	6.5	3.9	0	3.9	0	0	0	0	0					
TOTAL	40	176	18	3	0	0	7	4	0	4	0	0	0	0	0					

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