



# NUTRITIONAL VALUE

| Serving Size    | Description                 | Calories | Carbs (g) | Protein (g) | Fat (g) | Sat Fat (g) | Fiber (g) | Sugar (g) | Sodium (mg) | Chol (mg) | Gluten Free | Vegan |
|-----------------|-----------------------------|----------|-----------|-------------|---------|-------------|-----------|-----------|-------------|-----------|-------------|-------|
| <b>Base</b>     |                             |          |           |             |         |             |           |           |             |           |             |       |
| 1               | Laffa Bread                 | 195      | 38        | 7           | 2       | 0.5         | 3         | 0         | 556         | 0         |             | V     |
| 2OZ             | Organic Hummus              | 110      | 8         | 5           | 6       | 1           | 2         | 0         | 190         | 1         | G           | V     |
| 2OZ             | Organic Red Pepper Hummus   | 140      | 9         | 5           | 7       | 2           | 3         | 0         | 170         | 1         | G           | V     |
| 2OZ             | Baba Ghanouj                | 72       | 4         | 3           | 6       | 1           | 2         | 1         | 90          | 0         | G           | V     |
| 3OZ             | Organic Spring Mix          | 20       | 4         | 1           | 0       | 0           | 1         | 1         | 95          | 0         | G           | V     |
| 3OZ             | Organic Spinach             | 20       | 3         | 2           | 0       | 0           | 2         | 0         | 65          | 0         | G           | V     |
| 2OZ             | Couscous                    | 50       | 9         | 1           | 1       | 0           | 0         | 1         | 74          | 0         |             | V     |
| 3OZ             | Chickpea Quinoa Salad       | 144      | 24        | 6           | 3       | 1           | 3         | 3         | 60          | 0         | G           | V     |
| 4OZ             | Saffron Rice                | 136      | 28        | 4           | 0       | 0           | 2         | 1         | 148         | 0         | G           | V     |
| <b>Protein</b>  |                             |          |           |             |         |             |           |           |             |           |             |       |
| 5 pieces        | Falafel (5pcs)              | 249      | 27        | 12          | 15      | 0           | 8         | 4         | 449         | 0         | G           | V     |
| 5 pieces        | Sweet Potato Falafel (5pcs) | 256      | 42        | 15          | 18      | 3           | 12        | 10        | 485         | 0         | G           | V     |
| 4OZ             | Chicken Shawarma            | 205      | 0         | 28          | 8       | 2           | 0         | 0         | 290         | 85        | G           |       |
| 4OZ             | Doner Kebab                 | 296      | 6         | 24          | 23      | 10          | 1         | 0         | 484         | 56        |             |       |
| 4OZ             | Chicken Kebab (oakbrook)    | 190      | 0         | 32          | 2       | 1           | 0         | 0         | 238         | 62        | G           |       |
| 4OZ             | Steak Shawarma              | 220      | 0         | 32          | 10      | 4           | 0         | 0         | 388         | 60        | G           |       |
| <b>Toppings</b> |                             |          |           |             |         |             |           |           |             |           |             |       |
| 2OZ             | Cucumbers & Tomato Salad    | 32       | 4         | 1           | 2       | 0           | 0         | 1         | 105         | 0         | G           | V     |
| 2OZ             | Tabouleh Quinoa Salad       | 85       | 10        | 3           | 10      | 1           | 3         | 1         | 60          | 0         | G           | V     |
| 2OZ             | Red Cabbage Slaw            | 35       | 7         | 0           | 2       | 0           | 0         | 1         | 60          | 0         | G           | V     |
| 2OZ             | Tzatziki Greek Yogurt       | 34       | 4         | 7           | 0       | 0           | 0         | 2         | 26          | 0         | G           |       |
| 1OZ             | Sumac Onions                | 15       | 3         | 1           | 0       | 0           | 1         | 2         | 5           | 0         | G           | V     |
| 1OZ             | Kalamata Greek Olives       | 14       | 1         | 0           | 1       | 0           | 0         | 0         | 87          | 0         | G           | V     |
| 1OZ             | Romaine Lettuce             | 0        | 0         | 0           | 0       | 0           | 0         | 0         | 0           | 0         | G           | V     |
| 1OZ             | Pickles                     | 5        | 1         | 0           | 0       | 0           | 2         | 1         | 245         | 0         | G           | V     |
| <b>Sauces</b>   |                             |          |           |             |         |             |           |           |             |           |             |       |
| 1OZ             | Tahini                      | 80       | 2         | 3           | 5       | 1           | 1         | 0         | 60          | 0         | G           | V     |
| 1OZ             | Garlic                      | 120      | 0         | 0           | 10      | 2           | 0         | 0         | 45          | 5         |             |       |
| 1OZ             | Spicy Tomato                | 8        | 1         | 0           | 0       | 0           | 0         | 0         | 89          | 0         | G           | V     |
| 1OZ             | IDOF Hot Sauce              | 110      | 0         | 0           | 10      | 2           | 0         | 3         | 180         | 5         |             |       |
| 1OZ             | IDOF House Dressing         | 150      | 2         | 0           | 16      | 2.5         | 0         | 1         | 260         | 0         | G           | V     |
| <b>Sides</b>    |                             |          |           |             |         |             |           |           |             |           |             |       |
| 4 pieces        | Falafel (4pcs)              | 200      | 21        | 10          | 12      | 0           | 6         | 3         | 449         | 0         | G           | V     |
| 6OZ             | Organic Hummus              | 330      | 24        | 15          | 18      | 3           | 6         | 0         | 570         | 3         | G           | V     |
| 6OZ             | Organic Red Pepper Hummus   | 420      | 27        | 15          | 21      | 6           | 9         | 0         | 510         | 3         | G           | V     |
| 2OZ             | Kennebec Potato Chips       | 95       | 12        | 1           | 5       | 1           | 1         | 1         | 48          | 0         | G           | V     |
| 2OZ             | Pita Chips                  | 211      | 32        | 6           | 8       | 1           | 3         | 3         | 332         | 0         |             | V     |
| 6OZ             | Lentil Soup                 | 220      | 34        | 14          | 8       | 1           | 12        | 3         | 491         | 0         | G           | V     |
| 1/2 Pita        | Pita Bread                  | 150      | 25        | 4           | 0       | 0           | 2         | 2         | 250         | 0         |             | V     |
| 5 pieces        | Dolmas                      | 200      | 20        | 6           | 15      | 0           | 6         | 0         | 500         | 0         | G           | V     |
| 4 pieces        | Baklava                     | 210      | 31        | 2           | 11      | 4           | 1         | 15        | 85          | 0         |             |       |

| <b>Chef Inspired</b>        | Calories | Carbs (g) | Protein (g) | Fat (g) | Sat Fat (g) | Fiber (g) | Sugar (g) | Sodium (mg) | Chol (mg) |
|-----------------------------|----------|-----------|-------------|---------|-------------|-----------|-----------|-------------|-----------|
| Mediterranean Chicken Salad | 556      | 30        | 34          | 38      | 5.5         | 4         | 5         | 971         | 85        |
| Turkish Doner Wrap          | 595      | 55        | 42          | 28      | 11.5        | 6         | 4         | 1166        | 57        |
| IDOF's Chicken Shawarma     | 642      | 56        | 41          | 25      | 5.5         | 8         | 3         | 1394        | 89        |
| All-In Platter              | 830      | 77        | 56          | 33      | 9           | 8         | 5         | 1214        | 101       |
| Falafelicious Wrap          | 731      | 92        | 29          | 39      | 3.5         | 16        | 7         | 1385        | 1         |
| Vegan Dream                 | 753      | 87        | 30          | 42      | 4           | 17        | 10        | 953         | 1         |

Allergen Statement: Many of our products contain or may come into contact with common allergens including wheat, peanut, soy, milk, eggs. Please ask manager for a list of ingredients in your order

Last Updated 9.14 IK