



This nutritional analysis is done to assist you in making the right food choices for your personal needs. Please note the generous portion sizes of our dishes; take home containers are available if you wish to further limit your nutritional intake. All nutrition information is based on the plate served; serving sizes are noted below.

CATEGORY	VEG	NUTS/SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE	NAME	SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
SOUPS						** Heart Healthy + Weight Control							*Sodium Savvy				N:NUTS, S:SEEDS G:GLUTEN, C:CAESIN
	V		VGN	GF	CF	V-Nine + **	10 oz	63	<1	<1	<1	0	829	13	2	2	
	V		VGN	GF	CF	Lentil + **	10 oz	122	3	N/A	<1	0	458	19	6	7	
	V		VGN	GF	CF	Vegetarian Chili + **	10 oz	174	3	N/A	<1	0	641	32	11	9	
	V		VGN	GF	CF	Len-Chili + **	10 oz	148	3	N/A	<1	0	550	26	9	8	
APPETIZERS Serves 2-4	VEG	NUTS/SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE	Analysis done with garnishes	SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
	V	S	VGN	GF	CF	Hummus **	15 oz	701	32	11	4	0	1338	79	24	29	S:SESAME SEED
	V		VGN		CF	Tabouli + **	13 oz	600	53	41	<1	0	1224	18	6	4	G:CRACKED WHEAT
	V	S	VGN	GF	CF	Baba + **	15 oz	160	7	2	<1	0	2249	26	11	5	S:SESAME SEED
	V		VGN	GF	CF	Foole M Damas **	16 oz	705	39	26	<1	0	2377	62	16	22	
	V		VGN	GF	CF	Loubie Bzeit + **	14 oz	202	8	6	<1	0	2007	26	7	5	
	V	N/S		GF		Falafel only (1 piece) + **	2 oz	194	12	N/A	<1	0	407 *	18	6	6	N:PEANUT OIL, S:SESAME SEED, C:NF YOGURT
					CF	Chicken Sambusek + **	11 oz	573	28	10	6	100	328 *	53	6	27	G:PITA; C:CHEESE
	V					Fatayer + **	7 oz	295	7	N/A	2	13	607*	49	5	11	G:PITA, C:CHEESE
		N				Sfiha + **	9 oz	433	18	7	7	51	638*	48	4	19	N:PINE NUTS, G:PITA, C:CHEESE
	V			GF		Dawali + **	14 oz	523	36	N/A	6	10	1481	31	3	15	C:CHEESE
		N				Kibbie + **	12 oz	639	44	N/A	3	32	1091	43	5	20	N: PINE NUTS & PEANUT OIL, C: NF YOGURT ON SIDE
	V	N/S				Vegetarian Combo	32 oz	2002	134	N/A	9	0	4006	151	50	58	N: PEANUT OIL, S:SESAME SEED, G:CRACKED WHEAT, C:NF YOGURT
	V		VGN	GF	CF	Calamata Olive, Garnish	1	16	2	1	<1	0	132	<1	<1	<1	
	V			GF		Yogurt, nonfat, Garnish	3.25 oz	52	<1	<1	<1	2	71	7	0	5	C: NF YOGURT
	V		VGN	GF	CF	Olive Oil, Garnish	drizzle	14	1	1	<1	0	<1	0	0	0	



SPECIALTY PLATES Serves 2-4	VEG	NUTS	VEGAN	GLUTEN FREE	CASEIN FREE	Analysis done without dressing	SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
		N			CF	Kibbie Plate + **	18 oz	794	58	N/A	4	40	1446 *	54	10	21	N:PINE NUTS & PEANUT OIL , G:CRACKED WHEAT
					CF	Chicken Sambusek Plate + **	16 oz	565	28	13	7	100	643 *	54	7	27	G: PITA
	V					Fatayer Plate + **	18 oz	357	9	5	1	<1	925 *	59	10	13	G: PITA, C: CHEESE
		N				Sfiha Plate + **	15 oz	519	24	10	8	55	1081 *	56	7	22	N: PINE NUTS, G:PITA, C:CHEESE
	V		VGN	GF	CF	Jasmine's Favorite Plate Plain + **	8 oz	298	11	8	<1	0	492 *	42	5	7	
	V		VGN	GF	CF	Jasmine Salata + **	16 oz	426	21	16	<1	0	1177 *	48	8	9	
				GF	CF	Jasmine Shishkabob + **	13 oz	610	30	18	5	114	1044 *	35	5	45	
				GF	CF	Jasmine Tawook + **	12 oz	445	12	6	<1	103	972 *	37	4	42	
				GF	CF	Jasmine Shawarma + **	14 oz	560	25	15	6	118	1454 *	36	5	42	
				GF	CF	Jasmine Tuna + **	14 oz	487	11	7	1	100	490 *	35	4	60	
				GF	CF	Jasmine Mishwi + **	13 oz	704	44	22	11	184	559 *	35	4	39	
				GF	CF	Jasmine Lamb + **	14 oz	780	49	27	15	134	1174 *	35	5	43	
DINNER PLATES	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE	Analysis done without dressing	SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
		N/S			CF	Flavor Savor	27 oz	1157	60	N/A	12	141	2278	99	15	52	N:PEANUT OIL, S:SESAME SEED, G:VERMICELLI
	V	N	VGN	GF	CF	Mujadara Plate **	30 oz	1110	52	N/A	<1	0	3396	123	15	22	N:ONION FRIED IN PEANUT OIL
		N/S		GF	CF	Hummus Shawarma Plate	21 oz	938	47	17	10	118	2053	70	22	62	N:PINE NUTS, S:SESAME SEED
		S		GF	CF	Hummus Chicken Plate	18 oz	957	55	21	12.6	158	1135	68	20	53	S:SESAME SEED
		N			CF	Mediterranean Lamb Plate	20 oz	1000	51	25	16	134	1567	80	2	49	N: PINE NUTS & ALMONDS, G:VERMICELLI
		N			CF	Mediterranean Beef Kafta Plate	25 oz	1031	47	17	13	144	2158	91	2	48	N: PINE NUTS & ALMONDS, G:VERMICELLI
		N			CF	Mediterranean Shishkabob Plate **	19 oz	828	32	17	6	114	1435	79	2	51	N: PINE NUTS & ALMONDS, G:VERMICELLI
	V		VGN		CF	Loubie Plate + **	26 oz	556	8	6	<1	0	2808	102	7	15	G: VERMICELLI
					CF	Aladdin's Favorite Combo +	22 oz	649	22	9	6	123	1370	60	2	47	G: VERMICELLI



ROLLED PITAS	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE	Analysis done with dressing	SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
		S				Aladdin's Kabob Rolled+**	19 oz	682	30	N/A	5	71	1808	65	7	37	S: SESAME SEED, G:PITA, C:NF YOGURT
		S				Aladdin's Lamb Rolled +	18 oz	662	31	N/A	8	63	1702	64	7	31	S:SESAME SEED, G:PITA, C:NF YOGURT
		N				Arayiss Rolled	16 oz	708	38	N/A	17	115	2018	59	5	35	N:PINE NUTS, G:PITA, C:CHEESE
		S				Beef Kafta Rolled +	16 oz	658	30	N/A	8	73	1029	61	5	30	S:SESAME SEED, G:PITA, C:NF YOGURT
					CF	Chicken Dijon Rolled	15 oz	762	39	16	10	158	537 *	67	4	36	G:PITA, VGN:MAYONNAISE (EGGS), HONEY
		N				Chicken Salad Rolled +	12 oz	679	35	N/A	14	133	1043	50	4	42	N:ALMONDS, G:PITA, C:CHEESE, VGN:MAYONNAISE (EGGS)
		S				Chicken Shawarma Rolled	15 oz	702	37	11	9	132	458 *	55	5	36	S:SESAME SEED, G:PITA, C: NF YOGURT DRESSING
						Curry Chicken Rolled	20 oz	1115	68	20	21	200	1203	77	7	50	G:PITA, C:CHEESE, MAYONNAISE (EGGS), HONEY
		S				Shawarma Rolled + **	18 oz	571	21	N/A	5	60	1870	65	7	31	S:SESAME SEED, G:PITA, C:NF YOGURT
						Shishkabob Rolled + **	12 oz	508	19	10	4	71	625 *	50	4	32	G:PITA, C:CHEESE
					CF	Shishtawook Rolled + **	16 oz	524	16	N/A	2	85	1472	57	4	37	G:PITA, VGN: MAYONNAISE (EGGS)
		S				Spicy Kafta Rolled	18 oz	819	48	N/A	10	73	1577	63	6	31	S:SESAME SEED, G:C:PITA, NF YOGURT
		S				Tuna Shawarma Rolled +**	20 oz	594	14	N/A	2	76	1406	64	7	54	S:SESAME SEED, G:PITA, C:NF YOGURT
					CF	Tuna Steak Rolled + **	16 oz	586	18	N/A	2	75	1471	57	5	48	G:PITA, VGN:MAYONNAISE (EGGS)
						Turkey Rolled + **	12 oz	445	10	N/A	5	87	1361	46	3	39	G:PITA, C:CHEESE



VEGETARIAN ROLLED PITAS	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE	Analysis done with dressing	SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
	V	N/S				Aladdin's Falafel Rolled**	17 oz	774	36	N/A	2	<1	2268	75	17	24	N:PEANUT OIL, S:SESAME SEED, G:PITA, C:NF YOGURT
	V	N/S	VGN		CF	Baba Falafel Rolled + **	17 oz	658	25	N/A	<1	0	2547	93	18	20	N:PEANUT OIL, S:SESAME SEED, G:PITA
	V	S	VGN		CF	Baba Garden Rolled + **	15 oz	369	10	6	<1	0	1617	62	9	10	S:SESAME SEED, G:PITA
	V					Dawali Rolled + **	15 oz	565	26	14	2	<1	777	69	6	11	G:PITA, C:CHEESE
	V	N/S	VGN		CF	Hummus Falafel Rolled **	17 oz	765	30	N/A	<1	0	2270	103	21	25	N:PEANUT OIL, S:SESAME SEED, G:PITA
	V	S	VGN		CF	Hummus Garden Rolled + **	14 oz	584	21	10	2	0	1061	82	14	20	S:SESAME SEED
	V	S	VGN		CF	Hummus Tabouli Garden Rolled **	17 oz	784	39	24	2	0	1151	86	16	21	S: SESAME SEED, G: PITA, CRACKED WHEAT
PITA PITZAS	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE		SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
					CF	Aladdin's Chicken Pizta + **	13 oz	688	32	N/A	3	103	1268	54	3	43	G: PITA, VGN: HONEY, MAYONNAISE (EGGS)
	V	S				Ali Baba Pizta + **	18 oz	392	11	5	2	2	1931	66	13	12	S:SESAME SEED, G: PITA, C:CHEESE
		N/S			CF	Arayiss Pizta **	16 oz	787	35	N/A	7	40	1180	88	16	33	N:PINE NUTS, S:SESAME SEED, G:PITA
	V	N/S				Farrouk's Falafel Pizta **	16 oz	951	47	N/A	2	<1	1575	107	24	30	N:PEANUT OIL, S:SESAME SEED, G:PITA, C:NF YOGURT
	V					Greek Pizta + **	13 oz	538	28	16	5	7	1233	55	8	15	G:PITA, C:CHEESE
	V					Jaffar's Pizta	15 oz	792	40	N/A	20	120	1354	71	11	42	S: SESAME SEED, G:PITA, C:NF YOGURT, CHEESE
						Sultan's Shawarma Pizta + **	18 oz	619	25	6	6	90	1137	58	6	40	S:SESAME SEED, G:PITA, C:NF YOGURT



SALAD POCKETS	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE	Analysis done without cheese or dressing included	SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
	V	N	VGN		CF	Mujadara Pocket + **	24 oz	670	23	N/A	<1	0	1768	96	12	17	N:ONIONS FRIED IN PEANUT OIL, G:PITA
	V		VGN		CF	Tabouli Pocket **	17 oz	799	53	40	<1	0	1205	62	9	11	
	V	S	VGN		CF	Hummus Pocket **	22 oz	792	26	8	4	0	1122	114	25	32	S:SESAME SEED, G:PITA
						Turkey Pocket +	17 oz	574	19	N/A	10	117	1558	53	6	47	G: PITA, C:CHEESE
		N				Chicken Salad Pocket + **	15 oz	557	22	N/A	3	101	986	52	6	39	N:ALMONDS FRIED IN PEANUT OIL, G:PITA, C: CHEESE, VGN:MAYONNAISE (EGGS)
SIGNATURE SALADS	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE	Analysis done without dressing	SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
				GF		Shawarma Salad +	18 oz	636	47	24	12	194	1245	15	6	39	C:CHEESE
				GF		Chicken Mishwi Salad +	17 oz	545	40	19	11	183	576 *	13	6	36	C:CHEESE
				GF		Shishkabob Salad + **	17 oz	452	26	15	5	113	1055	13	6	41	C:CHEESE
				GF		Lamb Salad +	18 oz	620	45	23	15	133	1185	14	6	39	C:CHEESE
				GF		Tawook Salad + **	16 oz	289	8	3	<1	102	986	15	6	39	C:CHEESE
SALADS	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE	Analysis does NOT include dressing or cheese unless noted	SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
	V			GF		Aladdin's Salad w/cheese+**	13 oz	146	5	3	2	3	681 *	15	7	7	C:CHEESE
	V			GF		Spinach Salad +**	6 oz	36	<1	<1	<1	0	75 *	6	3	4	C:CHEESE
	V		VGN	GF	CF	Lebanese Salata + **	16 oz	286	20	15	<1	0	1228	21	5	4	
	V	S	VGN		CF	Fattoush Salad **	22 oz	725	35	19	2	0	1359	91	14	14	S:SESAME SEED, G:PITA CHIPS
	V	S	VGN		CF	Fattoush Salad w/ dressing **	24 oz	1018	65	19	5	0	1848	93	14	15	S:SESAME SEED, G:PITA CHIPS
	V	N		GF		Falafel Salad **	20 oz	835	47	N/A	<1	0	1666	85	29	27	N:PEANUT OIL, S:SESAME SEED, C:NF YOGURT DRESSING, CHEESE
		N		GF		Chicken Salad +	20 oz	432	24	2	3	115	1026	18	7	39	N:ALMONDS, C:CHEESE, VGN:MAYONNAISE (EGGS)
		N		GF		Taza Chicken Salad + **	15 oz	363	10	2	<1	86	493 *	38	5	34	N:PINE NUTS, C:CHEESE
				GF		Greek Chicken Salad + **	20 oz	451	17	10	<1	86	1409	38	11	36	C:CHEESE



				GF		Grilled Turkey Salad + **	15 oz	299	10	4	2	87	510 *	13	6	41	C:CHEESE
				GF		Chargrilled Tuna Salad +**	17 oz	286	3	<1	1	100	117 *	10	4	57	C:CHEESE
	V	N		GF		Fruit and Nut Salad + **	16 oz	433	6	<1	<1	<1	57 *	100	6	6	N:WALNUTS, C:NF YOGURT, VGN:HONEY
	V			GF		Side Salad w/dressing +**	10 oz	241	19	12	<1	0	770	13	4	3	C:CHEESE
SALAD DRESSINGS	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE		SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
	V		VGN	GF	CF	Aladdin's Dressing	2.5 oz	432	45	23	3	0	724	2	<1	<1	
	V		VGN	GF	CF	Balsamic Vinaigrette	2.5 oz	418	47	10	7	0	258	4	<1	<1	
	V		VGN	GF	CF	Fattoush Dressing	2	293	30	N/A	3	0	483	2	<1	<1	
	V			GF	CF	Honey Dijon	2.5 oz	177	10	3	<1	0	384	23	<1	<1	VGN:HONEY, MAYONNAISE (EGGS)
	V	S		GF		Tahini Yogurt	2.5 oz	139	11	4	1	<1	240	6	2	5	S:SESAME, C:NF YOGURT
	V		VGN	GF	CF	Cilantro Vinaigrette	2.5 oz	350	38	14	4	0	298	3	<1	<1	
				GF	CF	Zesty Sweet Tomato	2.5 oz	282	27	6	4	0	173	12	<1	<1	VGN:WORCESTERSHIRE SAUCE (ANCHOVIES)
SAUCES	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE		SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
	V			GF	CF	Garlic Sauce	2.5 oz	191	19	<1	2	0	399	4	<1	<1	VGN:MAYONNAISE (EGG)
	V		VGN	GF	CF	Hot Sauce	2.5 oz	202	22	5	3	0	685	3	1	<1	
MEATS AND CHEESE TOPPINGS	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE		SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
				GF	CF	Marinated chicken thigh	1 oz	68	5	3	1	24	102	<1	<1	4	
				GF	CF	Marinated chicken Tenders	1 oz	33	<1	<1	<1	17	94	<1	<1	6	
				GF	CF	Marinated Beef Shawarma	1 oz	39	2	1	<1	15	131	<1	<1	5	
				GF	CF	Marinated Lamb	1 oz	71	5	3	2	18	102	<1	<1	5	
				GF	CF	Marinated Shishkabob	1 oz	56	3	2	<1	18	97	<1	<1	6	
				GF	CF	Beef Kafta	1 oz	47	3	1	1	12	113	1	<1	3	
				GF	CF	Marinated Tuna	1 oz	40	1	<1	<1	12	23	<1	<1	6	
		N		GF	CF	Chicken Salad Mix	1 oz	41	2	N/A	<1	14	123	<1	<1	4	N:ALMONDS, VGN:MAYONNAISE (EGGS)
				GF	CF	Chicken Add-on (for soups)	1 oz	68	5	3	1	24	102	<1	<1	4	
	V			GF		Feta cheese Add-on	1 oz	60	4	N/A	2.5	5	350	<1	0	5	
	V			GF		Cheddar Cheese Add-on	1 oz	110	9	N/A	5	30	180	1	0	7	



KIDS MENU	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE		SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
					CF	Beef Kafta w/ White Rice	10 oz	364	12	N/A	4	48	852	42	0	17	G:VERMICELLI
	V					Cheese Pitza	5 oz	422	18	N/A	10	50	716	43	2	21	G:PITA, C:CHEESE
						Chicken & Cheese Pitza	13 oz	686	23	N/A	10	188	1466	46	2	69	G:PITA, C:CHEESE
				GF	CF	Chicken Tenders w/ Fresh Fruit	10 oz	250	3	N/A	<1	77	433	28	3	28	
					CF	Chicken Tenders w/ White Rice (vermicelli)	11 oz	325	3	N/A	0	77	822	39	0	32	G: VERMICELLI
	V					Grilled Cheese Pita with fresh fruit	11 oz	494	15	N/A	8	45	377	77	5	18	G:PITA, C:CHEESE
BEVERAGES	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE		SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
	V		VGN	GF	CF	Fresh Squeezed Orange Juice **	12 oz	373	<1	<1	<1	0	0 *	93	19	7	
	V		VGN	GF	CF	Fresh Squeezed Grapefruit Juice + **	12 oz	225	<1	<1	<1	0	0 *	57	7	5	
	V		VGN	GF	CF	Fresh Squeezed Apple Juice + **	12 oz	206	<1	<1	<1	0	4 *	55	10	1	
	V		VGN	GF	CF	Fresh Squeezed Carrot Juice + **	12 oz	221	1	<1	<1	0	372	52	15	5	
	V		VGN	GF	CF	Fresh Squeezed Celery Juice + **	12 oz	82	<1	<1	<1	0	408	15	8	4	
RAW JUICE COMBOS	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE		SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
	V		VGN	GF	CF	Carrot Apple **	12 oz	257	1	<1	<1	0	237 *	64	15	4	
	V		VGN	GF	CF	Carrot Celery + **	12 oz	180	1	<1	<1	0	439	40	14	5	
	V		VGN	GF	CF	Natural Energy + **	12 oz	146	1	<1	<1	0	344	31	12	7	
	V		VGN	GF	CF	Honeymooner + **	12 oz	178	1	<1	<1	0	219 *	41	10	4	
SMOOTHIES	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE		SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
	V			GF	CF	Blended Juice											
	V			GF	CF	Apple + **	12 oz	226	<1	<1	<1	0	48 *	59	2	1	VGN: HONEY
	V			GF	CF	Mango + **	12 oz	248	<1	<1	<1	0	22 *	63	2	1	VGN: HONEY
	V			GF	CF	Guava + **	12 oz	248	<1	<1	<1	0	22 *	63	2	1	VGN: HONEY
	V			GF	CF	Strawberry + **	12 oz	207	1	<1	<1	0	24 *	51	2	2	VGN: HONEY
	V			GF	CF	Carrot Smoothie **	12 oz	258	<1	<1	<1	0	66 *	66	5	3	VGN: HONEY
	V			GF	CF	Orange Smoothie + **	12 oz	247	<1	<1	<1	0	26 *	63	3	3	VGN: HONEY



	V			GF		Blended Milk, Banana, Honey + **	12 oz	237	2	<1	1	8	57 *	54	4	5	C:2% MILK VGN:HONEY
	V			GF		Blended Milk, Banana, Chocolate + **	12 oz	235	3	<1	2	8	72 *	51	4	5	C:2% MILK VGN:HONEY
	V			GF		Blended Milk, Banana, Strawberry + **	12 oz	183	2	<1	1	8	57 *	39	4	5	C:2% MILK VGN:HONEY
	V			GF	CF	Fresh Fruit **	12 oz	286	<1	<1	<1	0	16 *	73	3	3	VGN: HONEY
	V			GF		Tropical Storm + **	12 oz	250	1	<1	<1	1	54 *	61	6	6	C:NF YOGURT, VGN:HONEY
	V			GF		Blueberry Delight + **	12 oz	245	<1	<1	<1	1	60 *	61	5	5	C:NF YOGURT, VGN:HONEY
	V			GF		Raspberry Sunshine + **	12 oz	240	1	<1	<1	1	60 *	58	9	5	C:NF YOGURT, VGN:HONEY
	V			GF		Crazy Berry + **	12 oz	236	1	<1	<1	1	53 *	57	8	6	C:NF YOGURT, VGN:HONEY
PITA	VEG	NUTS/ SEEDS	VEGAN	GLUTEN FREE	CASEIN FREE		SERVING SIZE	CALORIE	TOT FAT g	MONO FAT	SATFAT g	CHOL mg	SODIUM mg	CARB g	FIBER g	PRO g	ALLERGY INFO.
	V		VGN		CF	Aladdin's Pita	3 oz	197	<1	<1	<1	0	96	41	2	6	G:PITA

V = Vegetarian: No meat, fish or poultry  
 N = Nuts  
 S = Seeds  
 VGN = Vegan: No Animal products (cheese, butter, dairy, meat, eggs, honey)  
 GF = Gluten Free  
 CF - Casein Free

**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.

**Nutrition Analysis Key:**  
 \* Sodium Savvy: Meal: <760 mg Sodium  
 \*\* Heart Healthy: Meal: <8 gms Saturated Fat < 115 mg Cholesterol  
 + Weight Control : Meal: < 700 Calories

**Note:** The U.S. Departments of Health & Human Services and Agriculture recommend limits for a 2,000 calorie daily diet to 20 gms of saturated fat, 300 mg cholesterol and 2,300 mg of sodium.

*Note: Other sources of Aladdin's Eatery nutritional information is not based on our recipe analysis and may not be accurate.*

Nutrition analysis completed by Kimberly Kauffman, MS, RD