

	<i>servicing amount</i>	<i>calories</i>	<i>cal. from fat</i>	<i>total fat (g)</i>	<i>sat. fat (g)</i>	<i>cholesterol (mg)</i>	<i>sodium (mg)</i>	<i>total carb. (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>
Bread											
wheat pita slice	42 g	120	10	1	0	0	210	23	3	1	5
wheat pita whole	84 g	240	20	2	0	0	420	46	6	2	10
white pita slice	42 g	120	10	1	0	0	210	23	3	1	5
white pita whole	84 g	240	20	2	0	0	420	46	6	2	10
Small sandwiches											
turkey											
baba	164 g	241	100	11	1.4	0	630	31	6.7	3	7
hummous	119 g	330	124	13.5	1.7	0	1183	41	8	3.7	12
grape leaf (w/hummus)	134 g	320	116	12	1	0	972	41	6	3	10
grape leaf (no spread)	82 g	180	40	4	0	0	320	29	3	1	5
falafel (no dressing)	104 g	240	60	7	1	0	820	37	7	3	9
chicken wrap	224 g	420	100	11	1	55	700	49	7	3	32
tuna salad	218 g	372	174	19	2.8	25	700	28	4	3	20
chicken salad	200 g	480	285	31.5	4	33.5	1308	33	4.8	1.6	18
veggie wrap											
3 cheese											
chicken shawarma											
beef&lamb shawarma											
kibbeh											
Dips and Spreads											
hummous	77 g	209	114	12.5	1.7	0	973	18	5	2.7	7
baba ghanouj	122 g	122	89	10	1.4	0	419	8	3.7	2	2
lebneh	146 g	366	329	36.5	0.8	117	90	5	0	0.5	14
tatziki	110 g	170	148	16	0.5	48	514	4	0.5	0.5	6
garlic paste	.64 oz (sample cup)	115	109	12.8	1	0	180	1	0	0	0
lemon tahini	18 g (2 tbsp)	90	80	9	1.5	0	70	2	0	0	1
house dressing	27 g (2 tbsp)	140	130	15	2	0	65	2	0	0	1
Meat											
kafta kabob											
chicken kabob											
beef kabob											
Cold Salads											
pasta salad	51 g	115	32	3.7	0.5	0	152	17	1	1.5	3.5
potato salad	111 g	115	65	7.5	1	0	105	11	2	2	1.5
cous cous	76 g	300	122	13.5	2	0	144	37	2	0	6
tabouli	105 g	145	85	10	1.5	0	15	15	3.5	2	2.5
fatoush	117 g	41	25	3	0.5	0	280	4	1	2.5	1
cabbage salad	141.6 g	90	60	6.5	1	0	156	8.5	3.5	0.5	1.5
fruit salad	108 g	47	0	0	0	0	7.8	12	2	10	0.5
beets	150 g	50	3	0	0	0	1655	11	2	7	1
black bean salad	172 g	185	80	9	1	0	530	19	5.7	1	6
fava bean salad	121 g	158	91	10	1.5	0	312	12.5	4	1	4
chickpea salad	86 g	261	114	12.5	1.5	0	291	30	7	5.5	9

