

Sassool Salads- 6 oz serving	Calories (kcal)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fiber (g)	Chol. (mg)	Sodium (mg)
Autumn Root Salad	113	7	2	12	9	2	0	200
Black Bean Salad	191	6	9	26	2	8	0	223
Cabbage Salad	105	10	1	3	2	1	0	334
Chicken Salad	285	22	15	6	4	1	48	342
Chickpea Salad	214	8	9	28	5	5	0	179
Corn Salad	147	11	3	11	1	1	0	365
Fatoush	83	7	1	4	2	1	0	315
Fava Bean Salad	252	11	12	32	11	9	0	324
Fruit Salad	23	0	0	6	5	1	0	3
Kale Salad	71	5	1	6	3	1	0	103
Lentil Salad	144	11	3	11	1	1	0	355
Lebanese Potato Salad	146	11	1	11	2	2	0	225
Mediterranean Chicken	172	8	20	3	1	1	91	411
Orzo Pasta Salad	262	7	8	41	2	2	2	254
Pearled Cous Cous	141	9	2	12	2	2	0	441
Quinoa Salad	199	11	5	21	1	3	0	151
Roasted Beet Salad	126	6	2	18	14	3	0	326
Super Salad	260	12	7	33	11	5	0	331
Sweet Potato	114	3	2	20	6	3	0	152
Tabouli	142	10	2	12	1	2	0	292
Tabouli w/Quinoa	147	11	2	11	1	2	0	293
Tuna Salad	154	10	15	2	1	1	27	393

Dips and Bites - serving 4 oz dips	Calories (kcal)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fiber (g)	Chol. (mg)	Sodium (mg)
Baba Ghanouj	213	20	3	8	3	3	0	288
Cilantro Jalapeno Hummus	253	17	7	19	3	4	0	396
Falafel, 2 pc	104	2	5	17	3	3	0	467
Grape Leaves, 2 pc	55	2	1	8	0	0	0	53
Hummus	252	17	7	19	3	4	0	82
Kibbeh, 1 pc	143	10	20	47	2	8	45	615
Kibbeh Veggie, 1 pc	140	1	8	45	2	6	0	405
Labneh	258	26	3	7	7	0	46	370
Tatziki	184	15	4	9	6	1	12	307

Hot Sides- serving 6 oz	Calories (kcal)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fiber (g)	Chol. (mg)	Sodium (mg)
Cabbage Delight	97	7	2	9	4	3	0	642
Eggplant Ratatouille	56	2	2	9	5	3	0	141
Green Beans	150	13	2	8	4	3	0	232
Lasagna	291	1	1	2	1	1	1	256
Lebanese Rice	100	2	2	19	0	0	0	241
Mjadarah	113	3	2	11	0	1	0	290
Roasted Vegetables	38	2	1	6	3	2	0	49
White Rice (kabobs)	108	3	2	18	0	1	0	358

Daily Specials - serving 6 oz	Calories (kcal)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fiber (g)	Chol. (mg)	Sodium (mg)
Basmati Rice with Chicken	183	4	12	23	1	1	21	548

Chicken and Potatoes	171	6	13	17	1	2	27	141
Chicken Curry	221	10	21	12	5	2	54	460
Lebanese Spaghetti	137	8	7	10	2	1	21	261
Salmon Filet, 1 pc	327	17	39	1	0	0	109	669
Salmon Rice	128	2	2	24	1	1	0	350
Spanakopita, 1 pc	256	21	6	13	2	3	21	372
Stuffed Eggplant (with Meat), 1pc	331	25	12	17	8	6	39	239

Sassool Sauces- serving 1 oz	Calories (kcal)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fiber (g)	Chol. (mg)	Sodium (mg)
Harissa	72	6	1	4	2	1	0	70
Garlic Paste	166	18	0	3	0	0	0	61
Tahini Dressing	92	8	2	4	0	1	0	99
Sassy Sauce	21	1	0	1	1	0	0	79

Sassool Kabobs – 1 skewer	Calories (kcal)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fiber (g)	Chol. (mg)	Sodium (mg)
Chicken Kabob	188	8	26	2	0	0	66	342
Beef Kabob	207	11	27	0	0	0	95	112
Kafta Kabob	202	15	16	1	0	0	58	414
Lamb Kabob	211	15	19	0	0	0	66	58

Sassool Pita (SM)/Wraps (includes dressing)	Calories (kcal)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fiber (g)	Chol. (mg)	Sodium (mg)
Beef Kabob Pita	347	13	29	15	1	0	95	232
Beef/Lamb Shawarma Wrap	505	20	26	48	4	4	57	260
Chicken Kabob Pita	328	10	28	17	1	0	66	462
Chicken Salad Pita	375	22	17	21	5	1	48	462

Chicken Shawarma Wrap	461	12	29	46	2	3	57	647
Falafel Pita	244	6	7	32	4	3	0	587
Kafta Kabob Pita	342	17	18	16	1	0	58	534
Kibbeh Pita	323	14	22	62	3	8	45	770
Lamb Kabob Pita	351	17	21	15	1	0	66	178
Mediterranean Chicken Salad Wrap	392	9	26	45	3	4	91	521
Tuna Salad Pita	244	10	17	17	2	1	27	513
Turkey Pita	276	8	15	21	3	0	31	840
Veggie Wrap	624	31	18	65	8	10	25	537
Veggie Burger	312	6	12	41	4	9	0	844

Sassool Pizzettes	Calories (kcal)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fiber (g)	Chol. (mg)	Sodium (mg)
Cheese Pizzette	396	18	27	29	2	4	46	386
BL Shawarma pizzette	654	38	44	35	3	5	82	535
Chicken Shawarma pizzette	632	34	45	34	2	5	82	728
Fig Mint Pizzette	523	26	31	41	11	5	71	566
Kids Cheese Pizzette	366	14	26	3	2	0	46	58
Meat Pizzette	241	12	5	27	2	3	7	419
Mushroom Onion Pizzette	459	23	29	33	3	5	46	522
Spinach Carre	293	14	9	28	2	3	33	746
Spinach Fatayer	204	8	4	29	2	4	0	426
Spinach Feta Pizzette	271	11	8	27	2	3	33	640
Tomato Olive Pizzette	461	22	27	32	3	5	46	706
Zaatar Pizzette	486	42	3	25	1	3	0	553