

Nutrition Information

Base

	Cal/ oz	Protein (g)	Carb (g)	Total Fat (g)
Mixed Greens	5	<1	1	<1
Arugula	7	<1	1	0
Quinoa Brown Rice	80	2	13	2
Saffron Rice	31	<1	3	2
Couscous	69	1.5	10	2

Protein

	Cal/ oz	Protein (g)	Carb (g)	Total Fat (g)
Beef Tagine	80	7	7	3.5
Lamb Meshwi	80	8	<1	4.5
Chicken Chermoula	50	6	<1	2.5
Moroccan Shrimp	25	2	1	1.5
Kefta (Meatballs)	50	4	<2	4
Potato Cake	80	2	14	2

Bowls

	Cal/ Bowl	Protein (g)	Carb (g)	Total Fat (g)
Casablanca	440	28	20	28
Fez	370	20	25	22
Kenitra	250	12	15	15
Merrakesh	470	23	55	19
Tangier	190	9	18	9
Rabat	480	7	40	31

Toppings

	Cal/ oz	Protein (g)	Carb (g)	Total Fat (g)
Mixed Greens	5	<1	1	<1
Arugula	7	<1	1	0
Quinoa Brown Rice	80	2	13	2
Saffron Rice	31	2	3	2
Couscous	69	1.5	10	2
Beef Tagine	80	7	7	3.5
Lamb Meshwi	80	8	<1	4.5
Chicken Chermoula	50	6	<1	2.5
Moroccan Shrimp	25	2	1	1.5
Kefta (Meatballs)	50	2	<2	4
Potato Cake	80	2	14	2
Cinnamon Carrots	45	0	5	3
Cinnamon Raisin Onions	50	0	10	1.5
Pickled Red Onion Cabbage	15	0	3	0
Beet Salad	15	0	1	1
Lemon Garlic Spinach	80	1	3	7
Pickles & Olives	25	<1	3	1.5
Roasted Turmeric Cauliflower	25	<1	3	1.5
Roasted Corn	100	1	13	5
Egg Potato Salad	45	1	4	3
Confit Onion	30	0	5	1.5
Fava Bean Hummus	70	<1	2	7
Zaalouk (Eggplant)	70	<1	4	6
Cucumber Tomato	20	0	2	1.5
Sweet Potato	70	1	14	1.5
Garbanzo Salad	20	0	1	1.5
Lentils	30	1	4	1
White Beans	20	<1	2	1
Taktouka (Roasted Peppers)	60	2	8	3.5
Green Harissa	90	<1	3	8
Red Harissa	70	0	6	4.5
Garlic Aioli	160	0	1	17