

# NAYA Nutritional Information

## Bowls & Salads

	ITEM	CALORIES	PORTION	CAL FROM FAT	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST. (mg)	SODIUM (mg)	TOTAL CARBS (mg)	DIETARY FIBER	SUGARS (g)	PROTEIN (g)
Bases	ROMAINE LETTUCE	20	3.5 oz	0	0	0	0	0	10	4	3	2	2
	SEASONAL GREENS	25	3.5 oz	0	0	0	0	0	50	5	2	2	2
	QUINOA	210	5 oz	40.5	4.5	0	0	0	480	33	3	0	7
	VERMICELLI RICE	230	5 oz	45	5	2.5	0	10	210	41	<1	<1	5
Proteins	BEEF SHAWARMA	190	4 oz	63	7	3	0	90	430	2	0	1	30
	CAULIFLOWER	120	4 oz	99	11	1.5	0	0	40	5	3	2	2
	CHICKEN SHAWARMA	190	4 oz	99	11	2.5	0	115	280	1	0	<1	23
	FALAFEL	220	5 ea	99	11	0.5	0	40	590	40	22	0	12
	CHICKEN KEBAB	150	4 oz	63	7	0	0	60	410	2	0	<1	20
	KAFTA LAMB KEBAB	270	4 oz	180	20	8	0	75	530	2	0	<1	18
Toppings	ROMAINE LETTUCE	5	1oz	0	0	0	0	0	10	1	<1	0	0
	BABA GHANNOUJ	70	2 oz	40.5	4.5	1	0	0	280	11	2	2	2
	FETA CHEESE	70	1oz	54	6	4	0	25	260	1	0	1	4
	CUCUMBERS	5	1oz	0	0	0	0	0	0	1	0	0	0
	CABBAGE SLAW	60	1.5 oz	54	6	1	0	0	140	2	<1	<1	0
	HUMMUS	140	2.5 oz	81	9	0.5	0	0	270	10	2	1	4
	JALAPEÑOS	0	0.5 oz	0	0	0	0	0	0	<1	0	<1	0
	KALAMATA OLIVES	30	0.5 oz	36	3	0	0	0	90	<1	0	0	0
	SUMAC ONIONS	15	1oz	0	0	0	0	0	20	3	<1	1	0
	LEBANESE PICKLES	5	1oz	0	0	0	0	0	610	2	0	0	0
	PICKLED TURNIPS	5	1 oz	0	0	0	0	0	470	1	0	1	0
	TOMATOES	10	1.5 oz	0	0	0	0	0	0	2	<1	1	0
	TOUM (GARLIC WHIP)	80	0.5 oz	72	8	0.5	0	0	70	<1	0	0	0
	CUCUMBER YOGURT	35	1oz	27	3	2	0	10	50	1	1	1	1
	LEMON TAHINI	70	1oz	54	6	1	0	0	70	3	<1	0	2
	SPICY RED PEPPER SAUCE	35	1oz	31.5	3.5	0	0	0	100	1	0	<1	0
	ZESTY JALAPEÑO SAUCE	110	1oz	99	11	1	0	0	95	1	0	<1	0
	SALAD DRESSING	150	1oz	144	16	2	0	0	330	1	0	<1	0

# NAYA Nutritional Information

## Rolls

	ITEM	CALORIES	PORTION	CAL FROM FAT	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST. (mg)	SODIUM (mg)	TOTAL CARBS (mg)	DIETARY FIBER	SUGARS (g)	PROTEIN (g)
Bases	WHITE PITA	300	1ea	22.5	2.5	0	0	0	530	60	2	4	10
	WHOLE WHEAT PITA	230	1ea	36	4	0	0	0	370	40	7	3	13
	ROMAINE LETTUCE	20	3.5 oz	0	0	0	0	0	10	4	3	2	2
	SEASONAL GREENS	25	3.5 oz	0	0	0	0	0	50	5	2	2	2
	QUINOA	210	5 oz	40.5	4.5	0	0	0	480	33	3	0	7
	VERMICELLI RICE	230	5 oz	45	5	2.5	0	10	210	41	<1	<1	5
Proteins	BEEF SHAWARMA	190	4 oz	63	7	3	0	90	430	2	0	1	30
	CAULIFLOWER	120	4 oz	99	11	1.5	0	0	40	5	3	2	2
	CHICKEN SHAWARMA	190	4 oz	99	11	2.5	0	115	280	1	0	<1	23
	FALAFEL	180	4 ea	81	9	0.5	0	0	480	33	18	0	10
	CHICKEN KEBAB	110	3 oz	45	5	0	0	45	310	1	0	<1	15
	KAFTA LAMB KEBAB	270	4 oz	180	20	8	0	75	530	2	0	<1	18
Toppings	ROMAINE LETTUCE	5	1oz	0	0	0	0	0	10	1	<1	0	0
	BABA GHANNOUJ	35	1oz	22.5	2.5	0	0	0	140	6	<1	<1	<1
	FETA CHEESE	70	1oz	54	6	4	0	25	260	1	0	1	4
	CUCUMBERS	5	1oz	0	0	0	0	0	0	1	0	0	0
	CABBAGE SLAW	60	1.5 oz	54	6	1	0	0	140	2	<1	<1	0
	HUMMUS	80	1.5 oz	54	6	0.5	0	0	160	6	1	<1	3
	JALAPEÑOS	0	0.5 oz	0	0	0	0	0	0	<1	0	<1	0
	KALAMATA OLIVES	30	0.5 oz	36	3	0	0	0	90	<1	0	0	0
	SUMAC ONIONS	15	1 oz	0	0	0	0	0	20	3	<1	1	0
	LEBANESE PICKLES	5	1 oz	0	0	0	0	0	610	2	0	0	0
	PICKLED TURNIPS	5	1oz	0	0	0	0	0	470	1	0	1	0
	TOMATOES	10	1.5 oz	0	0	0	0	0	0	2	<1	1	0
	TOUM (GARLIC WHIP)	80	0.5 oz	72	8	0.5	0	0	70	<1	0	0	0
	CUCUMBER YOGURT	35	1oz	27	3	2	0	10	50	1	1	1	1
	LEMON TAHINI	70	1oz	54	6	1	0	0	70	3	<1	0	2
	SPICY RED PEPPER SAUCE	35	1oz	31.5	3.5	0	0	0	100	1	0	<1	0
ZESTY JALAPEÑO SAUCE	110	1oz	99	11	1	0	0	95	1	0	<1	0	
SALAD DRESSING	150	1oz	144	16	2	0	0	330	1	0	<1	0	

# NAYA Nutritional Information

## Hot Appetizers & Sides

ITEM	CALORIES	PORTION	CAL FROM FAT	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST. (mg)	SODIUM (mg)	TOTAL CARBS (mg)	DIETARY FIBER	SUGARS (g)	PROTEIN (g)
BEEF KIBBE	80	1ea	54	6	2	0	15	80	3	<1	<1	4
FATAYER	70	1ea	36	4	0	0	0	230	7	<1	<1	2
PUMPKIN KIBBE	60	1ea	31.5	3.5	0	0	0	210	7	1	1	1
REKAKAT	110	1ea	63	7	3	0	15	150	6	0	0	4
SAMBOUSIK	150	1ea	72	8	3.5	0	35	260	13	0	1	6
FALAFEL	45	1ea	18	2	0	0	0	110	8	4	0	2
SIDE OF PITA BREAD	120	1ea	0	0	0	0	0	190	26	1	1	4

Hot Appetizer & Sides

# NAYA Allergy & Dietary Information\*

	ITEM	EGGS	FISH	DAIRY	PEANUTS	TREE NUTS	SHELLFISH	SOYBEAN	SESAME	WHEAT	VEGETARIAN	VEGAN	
Bases	ROMAINE LETTUCE										✓	✓	
	SEASONAL GREENS										✓	✓	
	QUINOA										✓	✓	
	VERMICELLI RICE			✓						✓	✓		
	WHITE PITA							✓	✓	✓	✓	✓	
	WHOLE WHEAT PITA							✓	✓	✓	✓	✓	
Proteins	BEEF SHAWARMA												
	CAULIFLOWER								✓		✓	✓	
	CHICKEN SHAWARMA			✓									
	FALAFEL										✓	✓	
	CHICKEN KEBAB			✓									
	KAFTA LAMB KEBAB												
Toppings	BABA GHANNOUJ			✓					✓		✓		
	FETA CHEESE			✓							✓		
	CUCUMBERS										✓	✓	
	CABBAGE SLAW										✓	✓	
	HUMMUS								✓		✓	✓	
	JALAPEÑOS										✓	✓	
	KALAMATA OLIVES										✓	✓	
	SUMAC ONIONS										✓	✓	
	LEBANESE PICKLES										✓	✓	
	PICKLED TURNIPS										✓	✓	
	TOMATOES										✓	✓	
	TOUM (GARLIC WHIP)										✓	✓	
	CUCUMBER YOGURT			✓							✓		
	LEMON TAHINI								✓		✓	✓	
	SPICY RED PEPPER SAUCE										✓	✓	
	ZESTY JALAPEÑO SAUCE										✓	✓	
	SALAD DRESSING												
	Sides & Hot Appetizers	SIDE OF PITA BREAD									✓	✓	✓
		BEEF KIBBE			✓		✓				✓		
		FATAYER									✓		
PUMPKIN KIBBE										✓	✓	✓	
REKAKAT				✓						✓	✓		
SAMBOUSIK JEBNE		✓		✓						✓	✓		

\*Foods in this restaurant are processed in a kitchen that produces dishes with milk, wheat, soybean, fish, tree nuts, peanuts, sesame, eggs, and egg products.