NAYA Middle Eastern Goodness

Nutrition & Allergen Information

STEP 1 create your own

BOWL & SALAD INCLUDE PITA

NAYA roll
400-1255 cal

pita
thin white
or
thin whole wheat

NAYA bowl
365-1185 cal

rice
white with vermicelli
or
seasonal grains

NAYA salad
195-980 cal

romaine
crispy heart of lettuce
or
seasonal greens
served with sumac pomegranate vinaigrette

NAYA kids meal* 295-790 cal

choice of 1 base, 1 protein, 5 toppings, apple juice or milk

*For kids up to 12 y/o. Available at select locations.

STEP 2 pick your protein choose one

chicken shawarma roasted strips of marinated chicken 200 cal

falafel fried chickpea croquette, herbs, spices 300 cal

chicken kebab grilled marinated chicken breast 150 cal

braised beef shawarma tender beef with aromatic spices 180 cal

kafta lamb kebab grilled seasoned beef and lamb meatballs 270 cal

cauliflower roasted marinated florets 120 cal

seasonal offerings visit us to see what we're serving up!

STEP 3 choose unlimited toppings

hummus
150 cal

baba ghannouj
70 cal

toum
(garlic whip)
80 cal

cucumber yogurt
35 cal

tomatoes
10 cal

romaine
5 cal

cucumbers
5 cal

pickled turnips
5 cal

green bell peppers
15 cal

sumac onions
15 cal

cabbage slaw
60 cal

Lebanese pickles
5 cal

Kalamata olives
30 cal

feta cheese
70 cal

pita crunch
70 cal

spicy red pepper
45 cal

zesty jalapeño
110 cal

lemon tahini
70 cal

pomegranate vinaigrette
150 cal

Greek dressing
270 cal

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Prior to placing your order, please alert your server if you have a food allergy or intolerance.

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EXTRAS

salads & cold appetizers

tabboule
parsley, mint, bulgur, and tomatoes, onion with lemon and olive oil 8.8oz / 280 cal

hummus
creamy chickpea dip with tahini and lemon 7oz / 650 cal

spicy hummus
a hot twist on our classic recipe, with jalapeño 7oz / 520 cal

baba ghannouj
roasted eggplant blended with tahini, lemon, and labne 7oz / 230 cal

toum *(garlic whip)*
a creamy garlic dip 7oz / 1130 cal

grape leaves
stuffed grape leaves with rice, onions, dill, mint, and black pepper 5.7oz / 130 cal

labne
soft cheese made from strained yogurt 7oz / 400 cal

cucumber yogurt
crisp yogurt dip with cucumber, mint, and garlic 7oz / 230 cal

cabbage slaw
peppery cabbage mix infused with mint, lemon, and olive oil 8.8oz / 390 cal

snacks

pita chips
baked in house and seasoned with za'atar 5oz / 530 cal

pita bread
soft & fluffy baked pita that's perfect for dipping each / 120 cal

GRAB & GO

hot bites

beef kibbe (1 pc)
crispy dumplings, minced beef, pine nuts 80 cal

spinach fatayer (1 pc)
mini pies with spinach, lemon and sumac 87 cal

cheese rekakat (3 pcs)
four cheeses wrapped in phyllo and deep fried 150 cal

falafel & tahini (4 pcs)
fried chickpea croquettes seasoned with herbs, spices, served with tahini 200 cal

sweets

pistachio baklava (6 pcs)
A crispy sweet pastry made of layers of phyllo filled with pistachio and hints of lemon, rose water, and orange blossom 150 cal

ASK ABOUT OUR SEASONAL OFFERING!

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THE MORE YOU LOVE NAYA, THE MORE YOU'RE REWARDED:
- $3 reward for new users.
- 1 loyalty point for every $1 spent.
- Every 100 points earns you a sweet $9 reward.

PLUS: Birthday Perks & Member Exclusive Deals!

cater with us!
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Prior to placing your order, please alert your server if you have a food allergy or intolerance. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

Olives may contain pits or pit fragments.