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 (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Bases	ROMAINE LETTUCE	15	3.5 oz	0	0	0	0	0	10	3	2	1	1
	SEASONAL GREENS (ARCADIAN)	30	3.5 oz	0	0	0	0	0	45	5	2	1	2
	VERMICELLI RICE	150	5 oz	31.5	3.5	1.5	0	5	135	26	<1	<1	3
	TRI-COLOR QUINOA	200	5 oz	40.5	4.5	0	0	0	450	31	3	0	6
Proteins	CHICKEN SHAWARMA	200	4 oz	99	11	2.5	0	115	640	1	0	<1	23
	FALAFEL	300	6 ea	180	20	1.5	0	0	620	41	22	1	13
	CHICKEN KEBAB	150	4 oz	63	7	0	0	60	640	2	0	<1	20
	BRAISED BEEF SHAWARMA	180	4 oz	108	12	6	0	75	1220	4	0	<1	13
	KAFTA LAMB KEBAB	270	4 oz	180	20	8	0	75	530	2	0	<1	18
	CAULIFLOWER	120	4 oz	99	11	1.5	0	0	40	5	3	2	2
Toppings	ROMAINE LETTUCE	5	1 oz	0	0	0	0	0	10	1	<1	0	0
	BABA GHANNOUJ	70	2 oz	40.5	4.5	1	0	0	270	5	2	2	2
	FETA CHEESE	70	1 oz	54	6	4	0	25	260	1	0	1	4
	CUCUMBERS	5	1 oz	0	0	0	0	0	0	1	0	0	0
	CABBAGE SLAW (MALFOUF)	60	1.5 oz	54	6	1	0	0	140	2	<1	<1	0
	HUMMUS	150	2 oz	117	13	1.5	0	0	125	5	2	0	3
	GREEN BELL PEPPER	10	1 oz	0	0	0	0	0	0	0	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	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	80	9	0.5	0	0	0	<1	0	0	0
	CUCUMBER YOGURT	35	1 oz	22.5	2.5	1.5	0	10	35	1	0	1	1
	PITA CRUNCH	70	0.5 oz	27	3	0.5	0	0	100	8	0	1>	1
	FIRE-ROASTED CORN & JALAPEÑOS	45	2 oz	9	1	0	0	0	0	8	2	4	1
	LEMON TAHINI	70	1 oz	54	6	1	0	0	70	3	<1	0	2
	SPICY RED PEPPER SAUCE	45	1 oz	36	4	0	0	0	260	2	0	<1	0
	ZESTY JALAPEÑO SAUCE	110	1 oz	99	11	1	0	0	95	1	0	<1	0
	POMEGRANATE VINAIGRETTE	270	2oz	261	29	4	0	0	50	3	0	2	0
	GREEK DRESSING	270	2 oz	261	29	3.5	0	0	1030	2	0	0	0
	TAHINI CEASAR	140	2 oz	108	12	3	0	10	350	6	<1	2	5

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 (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Bases	WHITE PITA	300	1 ea	22.5	2.5	0	0	0	530	60	2	4	10
	WHOLE WHEAT PITA	230	1 ea	36	4	0	0	0	370	40	7	3	13
	ROMAINE LETTUCE	15	3.5 oz	0	0	0	0	0	10	3	2	1	1
	SEASONAL GREENS (ARCADIAN)	30	3.5 oz	0	0	0	0	0	45	5	2	1	2
	VERMICELLI RICE	150	5 oz	31.5	3.5	1.5	0	5	135	26	<1	<1	3
	TRI-COLOR QUINOA	200	5 oz	40.5	4.5	0	0	0	450	31	3	0	6
Proteins	CHICKEN SHAWARMA	190	4 oz	99	11	2.5	0	115	280	1	0	<1	23
	FALAFEL	300	6 ea	180	20	1.5	0	0	620	41	22	1	13
	CHICKEN KEBAB	110	3 oz	45	5	0	0	45	310	1	0	<1	15
	BRAISED BEEF SHAWARMA	180	4 oz	108	12	6	0	75	1220	4	0	<1	13
	KAFTA LAMB KEBAB	270	4 oz	180	20	8	0	75	530	2	0	<1	18
	CAULIFLOWER	120	4 oz	99	11	1.5	0	0	40	5	3	2	2
Toppings	ROMAINE LETTUCE	5	1 oz	0	0	0	0	0	10	1	<1	0	0
	BABA GHANNOUJ	35	1 oz	22.5	2.5	0	0	0	270	5	<1	<1	<1
	FETA CHEESE	70	1 oz	54	6	4	0	25	260	1	0	1	4
	CUCUMBERS	5	1 oz	0	0	0	0	0	0	1	0	0	0
	CABBAGE SLAW (MALFOUF)	60	1.5 oz	54	6	1	0	0	140	2	<1	<1	0
	HUMMUS	150	2 oz	117	13	1.5	0	0	125	5	2	0	3
	GREEN BELL PEPPER	10	1 oz	0	0	0	0	0	0	0	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	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	80	9	0.5	0	0	0	<1	0	0	0
	CUCUMBER YOGURT	35	1 oz	22.5	2.5	1.5	0	10	35	1	0	1	1
	PITA CRUNCH	70	0.5 oz	27	3	0.5	0	0	100	8	0	1>	1
	FIRE-ROASTED CORN & JALAPEÑOS	45	2 oz	9	1	0	0	0	0	8	2	4	1
	LEMON TAHINI	70	1 oz	54	6	1	0	0	70	3	<1	0	2
	SPICY RED PEPPER SAUCE	45	1 oz	36	4	0	0	0	260	2	0	<1	0
	ZESTY JALAPEÑO SAUCE	110	1 oz	99	11	1	0	0	95	1	0	<1	0
	POMEGRANATE VINAIGRETTE	80	2 oz	27	3	2	0	0	290	13	0	6	0
	TAHINI CEASAR	140	2 oz	108	12	3	0	10	350	6	<1	2	5

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 (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Hot Appetizer & Sides	BEEF KIBBE	80	1 ea	54	6	2	0	15	80	3	<1	<1	4
	SPINACH FATAYER	87	1 ea	16	1.8	0.36	0	0	174	16	0.9	2.4	1.8
	CHEESE REKAKAT	154	3 pcs	62.1	6.9	4.1	0	18	582	21	1.2	1	8
	FALAFEL	45	1 ea	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
	PITA CHIPS	530	5oz	225	25	6	0	0	800	67	3	4	11

Cold Appetizers (GRAB AND GO)

	ITEM	CALORIES	PORTION (OZ)	CAL FROM FAT	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST. (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Cold Appetizers	TABBOULE	280	8.8	225	25	3.5	0	0	520	14	5	5	4
	HUMMUS	650	7	513	57	7	0	0	550	21	7	0	14
	SPICY HUMMUS	520	7	405	45	6	0	0	430	19	7	2	12
	BABA GHANNOUJ	230	7	144	16	2.5	0	<5	950	17	7	6	5
	GRAPE LEAVES	130	5.7	90	10	2.5	0	0	680	26	0	0	3
	LABNE	400	7	333	37	22	0	110	65	7	0	7	13
	CUCUMBER YOGURT	230	7	171	19	11	0	60	240	9	0	8	9
	CABBAGE SLAW (MALFOUF)	390	8.8	351	39	5	0	0	930	12	4	5	2
	TOUM (GARLIC WHIP)	1130	7	1098	122	9	0	0	5	12	0	0	1

Chef's Creations & Limited Time

	ITEM	CALORIES	PORTION	CAL FROM FAT	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST. (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Chef's Creations	THE FALAFEL AND TAHINI ROLL	820	1 ea	387	43	7	0	0	1750	101	19	8	25
	THE CLASSIC CHICKEN BOWL	690	1 ea	306	34	8	0	135	1400	66	5	5	34
	THE CLASSIC BRAISED BEEF BOWL	940	1 ea	522	58	15	0	85	2470	79	8	5	30
	THE GREEK SALAD	570	1 ea	441	49	13	0	50	1780	25	8	11	13

Sweets

	ITEM	CALORIES	PORTION	CAL FROM FAT	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST. (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Sweets	PISTACHIO BAKLAVA	150	6 ea	94.5	10.5	3	0	0	30	15	0	3	3
	SEA SALT CHOCOLATE CHIP COOKIE	240	1 ea	99	11	8	0	35	220	35	4	21	2
	GINGER MOLASSES COOKIE	240	1 ea	90	10	6	0	40	310	34	<1	16	2

NAYA Allergy & Dietary Information

	ITEM	EGGS	FISH	DAIRY	PEANUTS	TREE NUTS	SHELFISH	SOYBEAN	SESAME	WHEAT	VEGETARIAN	VEGAN
Bases	ROMAINE LETTUCE										✓	✓
	SEASONAL GREENS (ARCADIAN)										✓	✓
	VERMICELLI RICE			✓						✓	✓	
	TRI-COLOR QUINOA										✓	✓
	WHITE PITA									✓	✓	✓
	WHOLE WHEAT PITA									✓	✓	✓
Proteins	CHICKEN SHAWARMA											
	FALAFEL										✓	✓
	CHICKEN KEBAB			✓								
	BRAISED BEEF SHAWARMA											
	KAFTA LAMB KEBAB											
	CAULIFLOWER								✓		✓	✓
Toppings	ROMAINE LETTUCE										✓	✓
	BABA GHANNOUJ			✓					✓		✓	
	FETA CHEESE			✓							✓	
	CUCUMBERS										✓	✓
	CABBAGE SLAW										✓	✓
	HUMMUS								✓		✓	✓
	GREEN BELL PEPPERS										✓	✓
	KALAMATA OLIVES										✓	✓
	SUMAC ONIONS										✓	✓
	LEBANESE PICKLES										✓	✓
	PICKLED TURNIPS										✓	✓
	TOMATOES										✓	✓
	TOUM (GARLIC WHIP)										✓	✓
	CUCUMBER YOGURT			✓							✓	
	PITA CRUNCH								✓	✓	✓	✓
	FIRE-ROASTED CORN & JALAPEÑOS										✓	✓
	LEMON TAHINI								✓		✓	✓
	SPICY RED PEPPER SAUCE										✓	✓
	ZESTY JALAPEÑO SAUCE										✓	✓
	POMEGRANATE VINAIGRETTE										✓	✓
	GREEK DRESSING								✓		✓	✓
	TAHINI CEASAR			✓					✓		✓	

*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.

NAYA

Allergy & Dietary Information

	ITEM	EGGS	FISH	DAIRY	PEANUTS	TREE NUTS	SHELFISH	SOYBEAN	SESAME	WHEAT	VEGETARIAN	VEGAN
Sides & Hot Appetizers	BEEF KIBBE			✓						✓		
	SPINACH FATAYER									✓	✓	✓
	CHEESE REKAKAT			✓						✓	✓	
	FALAFEL										✓	✓
	SIDE OF PITA BREAD									✓	✓	✓
	PITA CHIPS								✓	✓	✓	✓
Cold Appetizers	TABBOULE									✓	✓	✓
	HUMMUS								✓		✓	✓
	SPICY HUMMUS								✓		✓	
	BABA GHANNOUJ			✓					✓		✓	
	GRAPE LEAVES										✓	✓
	LABNE			✓							✓	
	CUCUMBER YOGURT			✓							✓	
	CABBAGE SLAW (MALFOUF)										✓	✓
Chef's Creations	THE FALAFEL AND TAHINI ROLL								✓	✓	✓	✓
	THE CLASSIC CHICKEN BOWL			✓					✓	✓		
	THE CLASSIC BRAISED BEEF BOWL			✓					✓	✓		
	THE GREEK SALAD			✓					✓		✓	
Sweets	PISTACHIO BAKLAVA					✓		✓		✓	✓	✓
	SEA SALT CHOCOLATE CHIP COOKIE	✓		✓						✓	✓	
	GINGER MOLASSES COOKIE	✓		✓						✓	✓	