

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	15	3.5 oz	0	0	0	0	0	10	3	2	1	1
	SEASONAL GREENS (POWER 4 MIX)	35	2 oz	4.5	0.5	0	0	0	180	6	3	1	4
	BROWN RICE WITH LENTILS	450	5 oz	19	2	0	0	0	490	94	7	0	11
	VERMICELLI RICE	150	5 oz	45	5	2.5	0	10	210	41	<1	<1	5
Proteins	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
	ROASTED LEMON CHICKEN	210	4 oz	108	12	3	0	115	590	3	0	<1	23
	BEEF SHAWARMA	250	4 oz	63	7	3	0	90	430	2	0	1	30
	BRAISED BEEF	270	4.5 oz	153	17	9	0	100	690	11	3	5	20
	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	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	45	1oz	36	4	0	0	0	260	2	0	<1	0
	ZESTY JALAPEÑO SAUCE	110	1oz	99	11	1	0	0	95	1	0	<1	0
	SALAD DRESSING	80	2oz	27	3	2	0	0	290	13	0	6	0
	RED PEPPER HUMMUS	180	3oz	108	12	3	0	0	420	12	3	3	6
	PITA CRUNCH	70	0.5 oz	27	3	0.5	0	0	100	8	0	<1	1

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	15	3.5 oz	0	0	0	0	0	10	3	2	1	1
	SEASONAL GREENS (POWER 4 MIX)	35	2 oz	4.5	0.5	0	0	0	180	6	3	1	4
	BROWN RICE WITH LENTILS	450	5 oz	19	2	0	0	0	490	94	7	0	11
	VERMICELLI RICE	150	5 oz	45	5	2.5	0	10	210	41	<1	<1	5
Proteins	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
	ROASTED LEMON CHICKEN	210	4 oz	108	12	3	0	115	590	3	0	<1	23
	BEEF SHAWARMA	250	4 oz	63	7	3	0	90	430	2	0	1	30
	BRAISED BEEF	270	4.5 oz	153	17	9	0	100	690	11	3	5	20
	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	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	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	45	1oz	36	4	0	0	0	260	2	0	<1	0
	ZESTY JALAPEÑO SAUCE	110	1oz	99	11	1	0	0	95	1	0	<1	0
	SALAD DRESSING	80	2oz	27	3	2	0	0	290	13	0	6	0
	RED PEPPER HUMMUS	180	3oz	108	12	3	0	0	420	12	3	3	6
	PITA CRUNCH	70	0.5 oz	27	3	0.5	0	0	100	8	0	<1	1

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)
Hot Appetizer & Sides	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
	REKAKAT	110	1ea	63	7	3	0	15	150	6	0	0	4
	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
	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 (mg)	DIETARY FIBER	SUGARS (g)	PROTEIN (g)
Cold Appetizers	LITTLE TABBOULE	280	8.8	225	25	3.5	0	0	520	14	5	5	4
	HUMMUS	380	7	243	27	3	0	0	760	27	5	4	12
	SPICY HUMMUS	310	7	189	21	2.5	0	0	600	24	5	4	10
	BABA GHANNOUJ	230	7	144	16	2.5	0	<5	990	17	7	6	6
	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
	MALFOUF SALAD	390	8.8	351	39	5	0	0	930	12	4	5	2
	RED PEPPER HUMMUS	400	7	234	26	7	0	0	930	26	0	7	13
	MUHAMMARA	280	7	99	11	1.5	0	0	390	28	0	14	7

Sweets

	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)
Sweets	CASHEW BAKLAVA	300	4ea	180	20	7	0	0	140	26	0	13	4
	PISTACHIO BAKLAVA	150	6 ea	90	10	3.5	0	0	70	13	1	6	6
	NAMOURA	120	2 ea	54	6	2	0	5	30	15	1	7	2

NAYA

Allergy & Dietary Information

	ITEM	EGGS	FISH	DAIRY	PEANUTS	TREE NUTS	SHELLFISH	SOYBEAN	SESAME	WHEAT	VEGETARIAN	VEGAN
Bases	ROMAINE LETTUCE										✓	✓
	SEASONAL GREENS										✓	✓
	BROWN RICE WITH LENTILS										✓	✓
	VERMICELLI RICE			✓						✓	✓	
	WHITE PITA									✓	✓	✓
	WHOLE WHEAT PITA									✓	✓	✓
Proteins	CHICKEN SHAWARMA											
	FALAFEL										✓	✓
	CHICKEN KEBAB			✓								
	ROASTED LEMON CHICKEN											
	BEEF SHAWARMA											
	BRAISED BEEF											
	KAFTA LAMB KEBAB											
	CAULIFLOWER								✓		✓	✓
Toppings	ROMAINE LETTUCE										✓	✓
	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										✓	✓
	RED PEPPER HUMMUS								✓		✓	✓
	PITA CRUNCH								✓	✓	✓	✓

*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	SHELLFISH	SOYBEAN	SESAME	WHEAT	VEGETARIAN	VEGAN
Sides & Hot Appetizers	BEEF KIBBE			✓		✓				✓		
	FATAYER									✓	✓	✓
	REKAKAT			✓						✓	✓	
	FALAFEL										✓	✓
	SIDE OF PITA BREAD									✓	✓	✓
	PITA CHIPS								✓	✓	✓	✓
Cold Appetizers	LITTLE TABBOULE									✓	✓	✓
	HUMMUS								✓		✓	✓
	SPICY HUMMUS								✓		✓	
	BABA GHANNOUJ			✓					✓		✓	
	GRAPE LEAVES										✓	✓
	LABNE			✓							✓	
	CUCUMBER YOGURT			✓							✓	
	MALFOUF SALAD										✓	✓
	RED PEPPER HUMMUS								✓		✓	✓
	MUHAMMARA									✓	✓	✓
Sweets	CASHEW BAKLAVA					✓		✓		✓	✓	✓
	PISTACHIO BAKLAVA					✓		✓		✓	✓	✓
	NAMOURA			✓		✓		✓		✓	✓	