

Pita square

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avocado hummus

Vegan, Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

CONTAINS: SESAME SEEDS

INGREDIENTS: Chickpeas Dry, Avocados, Parsley, Salt - Fine, Tahini

Calories 470, Protein 18g, Carbohydrates 48g

baked kufta

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

INGREDIENTS: Jasmine White Rice, Black Pepper, Cucumber, Cumin
Ground, Romaine Lettuce, Salt - Fine, Tomatoes, Red Onions, Beef Ground -
7%

Calories 610, Protein 33g, Carbohydrates 97g

chicken kabab with rice and salad

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

INGREDIENTS: Jasmine White Rice, Black Pepper, Cucumber, Garlic
Powder, Paprika, Romaine Lettuce, Olive Oil, Onion Powder, Chicken Breast
Boneless Skinless, Red Pepper Ground, Salt - Fine, Tomatoes, White Pepper,
Red Onions

Calories 590, Protein 35g, Carbohydrates 99g

chicken leg with rice and salad

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

INGREDIENTS: Jasmine White Rice, Black Pepper, Cucumber, Garlic
Powder, Romaine Lettuce, Chicken Leg Quarter Skin On, Vegetable Oil, Salt -
Fine, Tomatoes, Red Onions, Tomato Paste

Calories 790, Protein 33g, Carbohydrates 103g

falafel with rice and salad

Vegan, Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,

INGREDIENTS: Jasmine White Rice, Cucumber, Coriander Ground, Cumin

Ground, Romaine Lettuce, Parsley, Salt - Fine, Tomatoes, Red Onions,
Chickpeas Dry
Calories 680, Protein 25g, Carbohydrates 132g

chicken shawarma

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,
INGREDIENTS: Chicken Thighs Boneless Skinless, Jasmine White Rice,
Black Pepper, Cucumber, Coriander Ground, Cumin Ground, Garlic Powder,
Paprika, Romaine Lettuce, Salt - Fine, Tomatoes, Red Onions
Calories 580, Protein 31g, Carbohydrates 98g

cucumber and yogurt salad

Vegetarian, Gluten Free, Corn Free, Tree Nut Free, Peanut Free,
CONTAINS: MILK
INGREDIENTS: Cucumber, Plain Lowfat Yogurt, Mint Dried, Salt - Fine, Garlic
Fresh
Calories 170, Protein 17g, Carbohydrates 24g

falafel with rice and salad

Vegan, Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,
INGREDIENTS: Jasmine White Rice, Cucumber, Coriander Ground, Cumin
Ground, Romaine Lettuce, Parsley, Salt - Fine, Tomatoes, Red Onions,
Chickpeas Dry
Calories 680, Protein 25g, Carbohydrates 132g

lamb gyro with rice and salad

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,
INGREDIENTS: Jasmine White Rice, Black Pepper, Lamb and Beef,
Cucumber, Cumin Ground, Cloves Ground, Romaine Lettuce, Salt - Fine,
Tomatoes, Red Onions
Calories 820, Protein 34g, Carbohydrates 101g

salad with hummus

Vegan, Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,
CONTAINS: SESAME SEEDS
INGREDIENTS: Chickpeas Dry, Romaine Lettuce, Tomatoes, Cucumber, Red
Onions, Salt - Fine, Tahini
Calories 530, Protein 25g, Carbohydrates 72g

tilapia fish with rice and salad

Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,
CONTAINS: TILAPIA
INGREDIENTS: Jasmine White Rice, Black Pepper, Cucumber, Cumin
Ground, Garlic Powder, Paprika, Romaine Lettuce, Salt - Fine, Tomatoes, Red

Onions, Tilapia
Calories 600, Protein 38g, Carbohydrates 101g

shephred salad

Vegan, Gluten Free, Dairy Free, Corn Free, Tree Nut Free, Peanut Free,
INGREDIENTS: Cucumber, Tomatoes, Onions - Diced, Parsley, Salt - Fine,
Sumac

Calories 80, Protein 4g, Carbohydrates 17g

powered by parsley 