

Nutritional Information

SALAD, APPETIZERS, SIDES

Vegetarian **V**

Vegan **VG**

Gluten Free **GF**

Lactose Free **LF**

Egg Free **EF**



ADVISORY NOTE

There may be traces of allergens. Please advise staff of any allergy restrictions.

- * All items are Tree Nut Free and Peanut Free, excluding Baklawa (made in different facility).
- * No corn products used in our recipes whatsoever.
- * Soy is used in making Chicken Kebab / Souvlaki.
- * Some items and sauces may include Sesame.
- * All our sauces and cheeses are Pasteurized.

SALAD, APPETIZERS, SIDES	Total Serving G	Calories Cal	Total Fat G	Saturated Fat G	Trans Fat G	Cholesterol MG	Sodium MG	Carbohydrates G	Fiber G	Sugars G	Protein G	Vitamin A %	Vitamin C %	Calcium Ca%	Iron Fe%	Vegetarian V	Vegan VG	Gluten Free GF	Lactose Free LF	Egg Free EF	Dietary Options
Taboule	113	101	0.5	0	0	0	69.4	21	5	0.8	5	22	28.4	3	9	V	VG		LF	EF	
TOTAL	113	101	1	0	0	0	69	21	5	1	5	22	28	3	9						
Hummus	94	176	13.6	2.6	0	0	65	10.4	3.1	3	4.5	1	13	8	26	V	VG		LF	EF	Without Pita GF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
TOTAL	174	276	15	3	0	0	315	25	4	4	10	1	13	8	41						
Baba Ganoush	113	104	7	0.5	0	0	10	9	1	3	1.3	0	5.2	5	1	V	VG		LF	EF	Without Pita GF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
TOTAL	193	204	8	1	0	0	260	24	2	4	6	0	5	5	16						
Medium Greek Salad	120	69	1.5	0	0	0	97	9	2.5	1	2.7	8	66	3	5	V		GF		EF	Without Feta Cheese VG LF
Feta	28	80	6	1.5	0	15	80	1	0	1	5	2	0	2	0						

Dressing	40	99	18	2.6	0	0	6.5	3.9	0	3.9	0	0	0	0	0	
TOTAL	188	248	26	4	0	0	184	14	3	6	8	10	66	5	5	
Large Greek Salad	240	138	3	0	0	0	194	18	5	2	5.4	16	132	6	10	V GF EF Without Feta Cheese VG LF
Feta	56	160	12	3	0	30	160	2	0	2	10	4	0	4	0	
Dressing	80	198	36	5.2	0	0	13	7.8	0	7.8	0	0	0	0	0	
TOTAL	376	496	51	8	0	30	367	28	5	12	15	20	132	10	10	
Medium Garden Salad	120	44	0	0	0	0	7.1	8.5	2.5	1	2.7	8	66	3	5	V VG GF LF EF
Dressing	40	99	18	2.6	0	0	6.5	3.9	0	3.9	0	0	0	0	0	
TOTAL	160	143	18	3	0	0	14	12	3	5	3	8	66	3	5	
Large Garden Salad	240	88	0	0	0	0	14.2	17	5	2	5.4	16	132	6	10	V VG GF LF EF
Dressing	80	198	36	5.2	0	0	13	7.8	0	7.8	0	0	0	0	0	
TOTAL	320	286	36	5	0	0	27	25	5	10	5	16	132	6	10	
Medium Caesar Salad	120	19	0	0	0	0	4.8	2.4	0	1.2	1.2	0	0	2	4	V LF Without Pita Croutons GF
Pita Croutons	16	30	1	0	0	0	250	10	1	1	1	0	0	0	3	Without Garlic Sauce VG EF
Dressing	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	17.6	3.5	
TOTAL	186	319	17	2	0	17	519	12	1	5	2	0	0	20	11	
Large Caesar Salad	240	38	0	0	0	0	9.6	4.8	0	2.4	2.4	0	0	4	8	V LF Without Pita Croutons GF
Pita Croutons	32	60	2	0	0	0	500	20	2	2	2	0	0	0	6	Without Garlic Sauce VG EF
Dressing	100	540	32	4.4	0	34	528	0	0	5.2	0	0	0	35.2	7	
TOTAL	372	638	34	4	0	34	1038	25	2	8	4	0	0	39	21	
Medium Fattoush Salad	120	44	0	0	0	0	7.1	8.5	2.5	1	2.7	8	66	3	5	V VG LF EF Without Pita Croutons GF
Pita Croutons	16	30	1	0	0	0	250	10	1	1	1	0	0	0	3	
Dressing	40	99	18	2.6	0	0	6.5	3.9	0	3.9	0	0	0	0	0	
TOTAL	176	173	19	3	0	0	264	22	4	6	4	8	66	3	8	
Large Fattoush Salad	240	88	0	0	0	0	14.2	17	5	2	5.4	16	132	6	10	V VG LF EF Without Pita Croutons GF
Pita Croutons	32	60	2	0	0	0	500	20	2	2	2	0	0	0	6	
Dressing	80	198	36	5.2	0	0	13	7.8	0	7.8	0	0	0	0	0	

TOTAL	352	346	38	5	0	0	527	45	7	12	7	16	132	6	16						
Medium Chicken Salad	113	200	4.5	1	0	75	100	1	3	2	35	10	12	5	11		GF	LF	Without Garlic Sauce EF		
Dressing	40	99	18	2.6	0	0	6.5	3.9	0	3.9	0	0	0	0	0						
Sauce(s)	30	180	9.5	1.3	0	10	150	0	1.5	0	0.3	0	0	10	2						
TOTAL	183	479	32	5	0	85	257	5	4.5	6	35	10	12	15	13						
Large Chicken Salad	226	400	9	2	0	150	200	2	4	4	70	20	24	10	22		GF	LF	Without Garlic Sauce EF		
Dressing	80	198	36	5.2	0	0	13	7.8	0	7.8	0	0	0	0	0						
Sauce(s)	60	360	19	2.6	0	20	300	0	3	0	1.2	0	0	20	4						
TOTAL	366	958	64	10	0	170	513	10	7	12	71	20	24	30	26						
Medium Beef Salad	113	207	6.5	2.5	0	43	125	1	2	2	28	10	12	10	8		GF	LF	Without Garlic Sauce EF		
Dressing	40	176	18	2.6	0	0	6.5	3.9	0	3.9	0	0	0	0	0						
Sauce(s)	30	180	9.5	1.3	0	10	150	0	1.5	0	0.3	0	0	10	2						
TOTAL	183	563	34	6	0	53	282	5	4	6	28	10	12	20	10						
Large Beef Salad	226	414	13	5	0	86	250	2	4	4	56	20	24	20	16		GF	LF	Without Garlic Sauce EF		
Dressing	80	352	36	5.2	0	0	13	7.8	0	7.8	0	0	0	0	0						
Sauce(s)	60	360	19	2.6	0	20	300	0	3	0	0.6	0	0	20	4						
TOTAL	366	1126	68	13	0	106	550	10	7	12	57	20	24	40	20						
Small Rice	135	67.5	0	0	0	0	0	13.7	0	0	1.4	0	0	0	2.8	V	GF	LF	Without Garlic Sauce VG EF		
Sauce(s)	30	180	9.5	1.3	0	10	150	0	1.5	0	0	0	0	10	2						
TOTAL	165	248	10	1	0	10	150	14	2	0	1	0	0	10	5						
Medium Rice	270	135	0	0	0	0	0	27.4	0	0	2.8	0	0	0	5.6	V	GF	LF	Without Garlic Sauce VG EF		
Sauce(s)	60	360	19	2.6	0	20	300	0	3	0	0	0	0	20	4						
TOTAL	330	495	19	3	0	20	300	27	3	0	3	0	0	20	10						
Large Rice	540	270	0	0	0	0	0	54.8	0	0	5.6	0	0	0	11.2	V	GF	LF	Without Garlic Sauce VG EF		
Sauce(s)	120	720	38	5.2	0	40	600	0	6	0	0	0	0	40	8						
TOTAL	660	990	38	5	0	40	600	55	6	0	6	0	0	40	20						
Small Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8	V	VG	*GF	LF	EF	* Ask if no croutons were

																			placed in Fryer GF		
TOTAL	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8						
Medium Fries	400	520	14	2	0	0	4	32	8	0	8	0	24	0	16	V	VG	*GF	LF	EF	* Ask if no croutons were placed in Fryer GF
TOTAL	400	520	14	2	0	0	4	32	8	0	8	0	24	0	16						
Large Fries	800	1040	28	4	0	0	8	64	16	0	16	0	48	0	32	V	VG	*GF	LF	EF	* Ask if no croutons were placed in Fryer GF
TOTAL	800	1040	28	4	0	0	8	64	16	0	16	0	48	0	32						
Falafel (5 pieces)	113	77	3.5	0.59	0	0	42.9	8.24	3.53	1.1	3	1.18	0	1.2	4.7	V		GF		EF	Without Tzatziki Sauce VG LF
Sauce(s)	28	150	15	1	0	0	20	6.8	1.8	1	5	0	0	10	2						
TOTAL	141	227	19	2	0	0	63	15	5	2	8	1	0	11	7						
Veggies	300	77	0.6	0.13	0	15	40	1	8	0	0	80	80	4	30	V	VG	GF	LF	EF	
TOTAL	300	77	1	0	0	15	40	1	8	0	0	80	80	4	30						
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	V	VG			LF	EF
TOTAL	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
Coco Twist	50	145	7.1	2	0.1	0	0	3.2	6	15	2.8	7	0	4	7	V		GF			* Contains Coconut
TOTAL	50	145	7	2	0	0	0	3	6	15	3	7	0	4	7						
Baklawa	50	140	5	0.8	0.8	0	35	13	0	6.5	1	0	0	4	1	V					* Contains Nuts
TOTAL	50	140	5	1	1	0	35	13	0	6.5	1	0	0	4	1						
Small Just Chicken	200	255	7.2	1.5	0	130	75	0	0.4	0	60	4	0	4	11			GF	LF	EF	
TOTAL	200	255	7	2	0	130	75	0	0.4	0	60	4	0	4	11						
Medium Just Chicken	400	510	14.4	3	0	260	150	0	0.8	0	120	8	0	8	22			GF	LF	EF	
TOTAL	400	510	14	3	0	260	150	0	0.8	0	120	8	0	8	22						
Large Just Chicken	720	918	25.9	5.4	0	468	270	0	1.5	0	216	14.4	0	14.4	39.6			GF	LF	EF	
TOTAL	720	918	26	5	0	468	270	0	1.5	0	216	14	0	14	40						
Small	200	267	11	4.25	0	73.1	127	0	0	0	47.6	0	0	13.6	6.8			GF	LF	EF	

Nutritional Information

Vegetarian **V**

Vegan **VG**



WRAPS

Gluten Free **GF**

Lactose Free **LF**

Egg Free **EF**

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WRAPS	Total Serving G	Calories Cal	Total Fat G	Saturated Fat G	Trans Fat G	Cholesterol MG	Sodium MG	Carbohydrates G	Fiber G	Sugars G	Protein G	Vitamin A %	Vitamin C %	Calcium Ca%	Iron Fe%	Vegetarian V	Vegan VG	Gluten Free GF	Lactose Free LF	Egg Free EF	Dietary Options
Regular Chicken Shawarma	113	150	4.5	1	0	75	50	0	2.2	0	35	2	0	3	7				LF		Without Garlic Sauce EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15						
Veggie Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2						
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5						
TOTAL	247	545	22	3	0	92	589	16	4	5	41	7	6	22	28						
Super Chicken Shawarma	200	255	7.2	1.5	0	130	75	0	4	0	60	4	0	4	11				LF		Without Garlic Sauce EF
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30						
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4						
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9						

TOTAL	436	868	32	5	0	154	979	31	8	8	71	13	11	31	50	
Regular Beef Shawarma	113	157	6.5	2.5	0	43	75	0	0	0	28	0	0	8	4	Without Garlic Sauce EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	
Veggie Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2	Without Tzatziki Sauce LF
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	2	0	0	18	3.5	
TOTAL	247	552	24	5	0	60	614	16	2	5	35	5	6	27	25	
Super Beef Shawarma	200	267	11	4.3	0	73	127	0	0	0	48	0	0	14	6.8	Without Garlic Sauce EF
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30	
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4	Without Tzatziki Sauce LF
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	2.5	0	0	25	4.9	
TOTAL	436	880	35	7	0	97	1031	31	4	8	61	9	11	41	46	
Regular Lamb Shawarma	113	248	15.3	7.9	0.6	102	92	0	0	0	22.6	0	0	1	6	Without Garlic Sauce EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	
Veggie Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2	Without Tzatziki Sauce LF
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	2	0	0	18	3.5	
TOTAL	247	643	32	10	1	119	631	20	2	5	30	5	6	20	27	
Super Lamb Shawarma	200	440	30	14	1.2	180	162	0	0	0	40	0	0	1.8	10.6	Without Garlic Sauce EF
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30	
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4	Without Tzatziki Sauce LF
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	2.5	0	0	25	4.9	
TOTAL	436	1053	54	17	1	204	1066	31	4	8	53	9	11	29	50	
Regular Veggie Shawarma	113	91	0.6	0	0	0	99	18	6.6	2.6	9.1	0	70	5.2	7.8	V VG LF EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	
Veggie Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2	

Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	2	0	0	18	3.5	
TOTAL	247	486	18	2	0	17	638	34	9	7	16	5	76	24	28	
Super Veggie Shawarma	200	155	1	0	0	0	168	31	11	4.4	15	0	119	8.8	13	V VG LF EF
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30	
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4	
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	2.5	0	0	25	4.9	
TOTAL	436	768	25	3	0	24	1072	62	15	12	28	9	130	36	52	
Regular Beef Kofta	113	155	5.7	2	0	45	75	5	0.8	1.2	23	7	5.6	2.8	13	EF Without Tzatziki Sauce LF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	
Veggie Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	2	0	0	18	3.5	
TOTAL	247	550	23	4	0	62	614	21	3	6	30	12	12	21	33	
Super Beef Kofta	200	248	9.6	3.4	0	77	127	8.5	1.4	1.9	40	12	9.5	4.7	21	EF Without Tzatziki Sauce LF
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30	
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4	
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	2.5	0	0	25	4.9	
TOTAL	436	861	34	6	0	100	1031	40	5	10	53	21	21	32	60	
Regular Chicken Kebab	113	130	3	0.5	0	70	130	0	0	0	24	0	0	0	2	EF Without Tzatziki Sauce LF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	
Veggie Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5	
TOTAL	247	525	20	3	0	87	669	16	2	5	29	5	6	19	23	
Super Chicken Kebab	200	208	5.1	0.9	0	119	205	0	0	0	41	0	0	0	3.4	EF Without Tzatziki Sauce LF
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30	

Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4	
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9	
TOTAL	436	821	30	4	0	143	1109	31	4	8	51	9	11	27	42	
Regular Osmow's Special	113	112	2.1	0.7	0	63	85	0	0	0	21	0	2.8	0	2.8	
Pita	80	100	1	0	0	0	0	15	1	1	5	0	0	0	15	
Veggie Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2	
Pineapple (1 slice)	7	21	0	0	0	0	0	7	0.7	6	0	0	5	0	0.7	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5	
TOTAL	254	528	19	3	0	80	374	23	3	11	27	5	14	19	25	
Super Osmow's Special	200	179	3.5	1.2	0	107	145	0	0	0	36	0	4.8	0	4.7	
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30	
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4	
Pineapple	7	21	0	0	0	0	0	7	0.7	6	0	0	5	0	0.7	
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9	
TOTAL	443	813	28	4	0	131	1049	38	5	14	47	9	21	27	45	
Regular Shish Taouk	113	112	2.1	0.7	0	63	87	0	0	0	21	0	2.8	0	2.8	EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	
Veggie Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5	
TOTAL	247	507	19	3	0	80	626	16	2	5	26	5	9	19	23	
Super Shish Taouk	200	179	3.5	1.2	0	107	148	0	0	0	36	0	4.8	0	4.7	EF
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30	
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4	
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0	0	0	25	4.9	
TOTAL	436	792	28	4	0	131	1052	31	4	8	46	9	16	27	44	

Regular Falafel	113	77	3.5	0.6	0	0	43	8.2	3.5	1.1	3	1.2	0	1.2	4.7	V	EF	Without Tzatziki Sauce VG LF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15			
Veggie Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2			
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	2	0	0	18	3.5			
TOTAL	247	472	21	3	0	17	582	24	6	6	10	6	6	20	25			
Super Falafel	200	130	6	1	0	0	73	14	6	2	5	2	0	2	8	V	EF	Without Tzatziki Sauce VG LF
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30			
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4			
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	2.5	0	0	25	4.9			
TOTAL	436	743	30	4	0	24	977	45	10	10	18	11	11	29	47			
Regular Philly Cheese Steak	113	157	6.4	2.5	0	43	72	0	0	0	28	0	0	8	4			Without Philly Sauce EF
Bun	85	178	9.5	3.7	1.1	117	335	21	1.1	1.6	8.5	8	1.1	5.3	11			Without Cheese LF
Cheese	15	46	3	1.8	0	7.8	101	0.6	0	0	4.2	2.4	0	12	0			
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5			
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5			
TOTAL	265	677	35	10	1	185	787	22	2	5	42	11	3	43	19			
Regular Philly Cheese Steak Wrap	113	157	6.4	2.5	0	43	72	0	0	0	28	0	0	8	4			Without Philly Sauce EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15			Without Cheese LF
Cheese	15	46	3	1.8	0	7.8	101	0.6	0	0	4.2	2.4	0	12	0			
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5			
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5			
TOTAL	260	598	26	7	0	68	702	17	2	5	39	4	2	38	24			
Super Philly Cheese Steak	200	267	11	4.3	0	73	122	0	0	0	48	0	0	14	6.8			Without Philly Sauce EF

Bun	160	335	18	7	2	220	630	39	2	3	16	15	2	10	20	Without Cheese LF
Cheese	25	77	5	3	0	13	168	1	0	0	7	4	0	20	0	
Veggie Ingredients	3	35	0	0	0	0	23	1	1.5	1.5	0	1.5	2.3	0.4	0.8	
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9	
TOTAL	458	1092	56	17	2	330	1312	41	4	8	72	21	4	69	32	
Super Philly Cheese Steak Wrap	200	267	11	4.3	0	73	122	0	0	0	48	0	0	14	6.8	Without Philly Sauce EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	Without Cheese LF
Cheese	25	77	5	3	0	13	168	1	0	0	7	4	0	20	0	
Veggie Ingredients	3	35	0	0	0	0	23	1	1.5	1.5	0	1.5	2.3	0.4	0.8	
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9	
TOTAL	378	857	39	10	0	110	932	17	3	7	61	6	2	59	28	
Regular Philly Cheese Lamb Wrap	113	248	15.3	7.9	0.6	102	92	0	0	0	22.6	0	0	1	6	Without Philly Sauce EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	Without Cheese LF
Cheese	15	46	3	1.8	0	7.8	101	0.6	0	0	4.2	2.4	0	12	0	
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5	
TOTAL	260	689	35	12	1	127	722	16	2	5	32	3	2	31	25	
Super Philly Cheese Lamb Wrap	200	440	30	14	1.2	180	162	0	0	0	40	0	0	1.8	10.6	Without Philly Sauce EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	Without Cheese LF
Cheese	25	77	5	3	0	13	168	1	0	0	7	4	0	20	0	
Veggie Ingredients	3	35	0	0	0	0	23	1	1.5	1.5	0	1.5	2.3	0.4	0.8	
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9	
TOTAL	378	1030	58	20	1	217	972	17	3	6	53	6	2	47	31	

Regular Philly Chicken	113	150	4.4	1	0	75	100	0	2.2	0	35	2	0	3	7	Without Philly Sauce EF
Bun	85	178	9.5	3.7	1.1	117	335	21	1.1	1.6	8.5	8	1.1	5.3	11	Without Cheese LF
Cheese	15	46	3	1.8		7.8	101	0.6	0	0	4.2	2.4	0	12	0	
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5	
TOTAL	265	670	33	9	1	217	815	22	4	6	48	13	3	38	22	
Regular Philly Chicken Wrap	113	150	4.4	1	0	75	100	0	2.2	0	35	2	0	3	7	Without Philly Sauce EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	Without Cheese LF
Cheese	15	46	3	1.8		7.8	101	0.6	0	0	4.2	2.4	0	12	0	
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5	
TOTAL	260	591	24	5	0	100	730	17	4	4	40	4	2	33	27	
Super Philly Chicken	200	266	7.2	1.5	0	130	150	0	4	0	60	4	0	4	11	Without Philly Sauce EF
Bun	160	335	18	7	2	220	630	39	2	3	16	15	2	10	20	Without Cheese LF
Cheese	25	77	5	3	0	13	168	1	0	0	7	4	0	20	0	
Veggie Ingredients	3	35	0	0	0	0	23	1	1.5	1.5	0	1.5	2.3	0.4	0.8	
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9	
TOTAL	458	1091	53	15	2	387	1340	41	8	8	84	25	4	59	37	
Super Philly Chicken Wrap	200	266	7.2	1.5	0	130	150	0	4	0	60	4	0	4	11	Without Philly Sauce EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15	Without Cheese LF
Cheese	25	77	5	3	0	13	168	1	0	0	7	4	0	20	0	
Veggie Ingredients	3	35	0	0	0	0	23	1	1.5	1.5	0	1.5	2.3	0.4	0.8	
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9	
TOTAL	378	856	35	8	0	167	960	17	7	7	73	10	2	49	32	

Regular Philly Veggie	113	99	2	1	0	12	110	16	1	0.5	5	1	0	5	8	✓	Without Philly Sauce EF
Bun	85	178	9.5	3.7	1.1	117	335	21	1.1	1.6	8.5	8	1.1	5.3	11		Without Cheese LF
Cheese	15	46	3	1.8	0	7.8	101	0.6	0	0	4.2	2.4	0	12	0		Without Both VG
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5		
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5		
TOTAL	265	619	31	9	1	154	825	38	3	6	19	12	3	40	23		
Regular Philly Veggie Wrap	113	99	2	1	0	12	110	16	1	0.5	5	1	0	5	8	✓	Without Philly Sauce EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15		Without Cheese LF
Cheese	15	46	3	1.8	0	7.8	101	0.6	0	0	4.2	2.4	0	12	0		Without Both VG
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5		
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5		
TOTAL	260	540	22	5	0	38	740	33	3	6	15	4	2	35	28		
Super Philly Veggie	200	169	3.4	1.7	0	20	187	28	2	1	10	2	0	10	15	✓	Without Philly Sauce EF
Bun	160	335	18	7	2	220	630	39	2	3	16	15	2	10	20		Without Cheese LF
Cheese	25	77	5	3	0	13	168	1	0	0	7	4	0	20	0		Without Both VG
Veggie Ingredients	3	35	0	0	0	0	23	1	1.5	1.5	0	1.5	2.3	0.4	0.8		
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9		
TOTAL	458	994	49	15	2	277	1377	69	6	9	34	23	4	65	41		
Super Philly Veggie Wrap	200	169	3.4	1.7	0	20	187	28	2	1	10	2	0	10	15	✓	Without Philly Sauce EF
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15		Without Cheese LF
Cheese	25	77	5	3	0	13	168	1	0	0	7	4	0	20	0		Without Both VG
Veggie Ingredients	3	35	0	0	0	0	23	1	1.5	1.5	0	1.5	2.3	0.4	0.8		

PLATTERS

ADVISORY NOTE

There may be traces of allergens. Please advise staff of any allergy restrictions.

- * All items are Tree Nut Free and Peanut Free, excluding Baklawa (made in different facility).
- * No corn products used in our recipes whatsoever.
- * Soy is used in making Chicken Kebab / Souvlaki.
- * Some items and sauces may include Sesame.
- * All our sauces and cheeses are Pasteurized.

PLATTERS	Total Serving G	Calories Cal	Total Fat G	Saturated Fat G	Trans Fat G	Cholesterol MG	Sodium MG	Carbohydrates G	Fiber G	Sugars G	Protein G	Vitamin A %	Vitamin C %	Calcium Ca%	Iron Fe%	Vegetarian V	Vegan VG	Gluten Free GF	Lactose Free LF	Egg Free EF	Dietary Options	
Chicken Shawarma	226	300	9	2	0	150	100	0	4.4	0	70	4	0	6	14			GF	LF		Without Garlic Sauce EF	
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4							
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5							
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	1	0	0	36	7							
TOTAL	891	1185	59	9	0	184	642	54	7	10	78	12	66	45	34							
Beef Shawarma	226	301	13	4.8	0	83	144	0	0	0	54	0	0	16	7.6			GF			Without Garlic Sauce EF	
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4						Without Tzatziki Sauce LF	
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5							
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	5	0	0	36	7							
TOTAL	891	1186	16	4	0	51	230	0	3	2	65	2	66	55	28							

Lamb Shawarma	226	497	33.9	15.8	1.4	204	184	0	0	0	45.2	0	0	2	12	GF	Without Garlic Sauce EF
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4		Without Tzatziki Sauce LF
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5		
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	5	0	0	36	7		
TOTAL	891	1382	84	23	1	238	726	54	3	10	57	8	66	41	32		
Osmow's Special	200	179	3.5	1.2	0	107	145	0	0	0	36	0	4.8	0	4.7	GF	
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3		
Pineapple (2 slices)	7	21	0	0	0	0	0	7	0.7	6	0	0	5	0	0.7		
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5		
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	5	0	0	18	3.5		
TOTAL	687	748	38	6	0	124	423	48	4	14	47	8	71	21	21		
Shish Taouk	200	179	3.5	1.2	0	107	148	0	0	0	36	0	4.8	0	4.7	GF	EF
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3		
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5		
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5		
TOTAL	680	727	38	6	0	124	426	41	3	8	42	8	71	21	20		
Chicken Kebab	200	208	5.1	0.9	0	119	205	0	0	0	41	0	0	0	3.4	GF	EF Without Tzatziki Sauce LF
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3		
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5		
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5		
TOTAL	680	756	39	6	0	136	483	41	3	8	47	8	66	21	18		
Beef Kofta	200	248	9.6	3.4	0	77	127	8.5	1.4	1.9	40	12	9.5	4.7	21		EF Without Tzatziki Sauce LF
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3		
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5		
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	2.5	0	0	18	3.5		
TOTAL	680	796	44	8	0	94	405	50	4	9	49	20	76	25	36		
Osmow's Mixed Grill	452	570	16	4.4	0	259	330	5.8	2.3	1.2	68	9	8.4	5.8	24		
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4		
Pineapple	7	21	0	0	0	0	0	7	0.7	6	0	0	5	0	0.7		

(2 slices)																
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	2.5	0	0	18	3.5	
TOTAL	1081	1206	50	9	0	276	608	67	6	15	78	17	74	27	42	
Philly Cheese Steak	200	267	11	4.3	0	73	122	0	0	0	48	0	0	14	6.8	
Bun	160	335	18	7	2	220	630	39	2	3	16	15	2	10	20	
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3	
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	2.5	0	0	18	3.5	
TOTAL	840	1150	63	16	2	310	1030	80	5	11	73	23	68	44	42	
Philly Chicken	200	266	7.2	1.5	0	130	150	0	4	0	62	4	0	4	11	
Bun	160	335	18	7	2	220	630	39	2	3	16	15	2	10	20	
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3	
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	2.5	0	0	18	3.5	
TOTAL	840	1149	59	13	2	367	1058	80	9	11	87	27	68	35	46	
Philly Veggie	200	169	3.4	1.7	0	20	187	28	2	1	10	2	0	10	15	
Bun	160	335	18	7	2	220	630	39	2	3	16	15	2	10	20	
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3	
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5	
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	2.5	0	0	18	3.5	
TOTAL	840	1052	55	14	2	257	1095	108	7	12	35	25	68	41	50	

Without Philly
Sauce **EF**

Without Cheese
LF

Without Philly
Sauce **EF**

Without Cheese
LF

Without Philly
Sauce **EF**

Without Cheese
LF

Without Both
VG

V

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ON THE	Total Serving G	Calories Cal	Total Fat G	Saturated Fat G	Trans Fat G	Cholesterol MG	Sodium MG	Carbohydrates G	Fiber G	Sugars G	Protein G	Vitamin A %	Vitamin C %	Calcium Ca%	Iron Fe%	Vegetarian V	Vegan VG	Gluten Free GF	Lactose Free LF	Egg Free EF	Dietary Options
Medium Chicken On The Rocks	113	150	4.5	1	0	75	50	0	2.2	0	35	2	0	3	7			GF	LF		Without Garlic Sauce EF
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3						
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9						
TOTAL	453	663	27	4	0	99	419	29	2.2	4	39	2	0	28	18						
Large Chicken On The Rocks	226	300	9	2	0	150	100	0	4.4	0	70	4	0	6	14			GF	LF		Without Garlic Sauce EF
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4						
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	1	0	0	36	7						
TOTAL	731	1042	41	6	0	184	628	42	4.4	5	75	4	0	42	29						
Medium Chicken On The Stix	113	150	4.5	1	0	75	50	0	2.2	0	35	2	0	3	7			GF	LF		Without Garlic Sauce EF

Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8			
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9			
TOTAL	383	788	34	5	0	99	421	16	6	4	40	2	12	28	20			
Large Chicken On The Stix	226	300	9	2	0	150	100	0	4.4	0	70	4	0	6	14	GF	LF	Without Garlic Sauce EF
Fries	300	390	11	1.5	0	9	3	24	6	0	6	0	18	0	12			
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	1	0	0	36	7			
TOTAL	626	1230	52	8	0	193	631	24	10	5	77	4	18	42	33			
Medium Chicken On The Veggies	113	150	4.5	1	0	75	50	0	2.2	0	35	2	0	3	7	GF	LF	Without Garlic Sauce EF
Veggies with Seasoning	227	166	18	2.6	0	0	9.5	6.9	0	3.9	0	24	24	0.5	0.3			
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	0.7	0	0	13	2.5			
TOTAL	375	508	34	5	0	86	193	7	2.2	6	36	26	24	17	10			
Large Chicken On The Veggies	226	300	9	2	0	150	100	0	4.4	0	70	4	0	6	14	GF	LF	Without Garlic Sauce EF
Veggies with Seasoning	340	279	32	4.7	0	0	14	10	0	7	0	36	36	0.8	0.4			
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	1	0	0	13	2.5			
TOTAL	601	771	53	8	0	161	247	10	4.4	9	71	40	36	20	17			
Medium Beef On The Rocks	113	157	6.5	2.5	0	43	75	0	0	0	28	0	0	8	4	GF	LF	Without Garlic Sauce EF
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3			Without Tzatziki Sauce LF
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	4.5	0	0	25	4.9			
TOTAL	453	670	29	6	0	67	444	29	0	4	36	0	0	33	15			
Large Beef On The Rocks	226	314	13	5	0	86	150	0	0	0	56	0	0	16	8	GF	LF	Without Garlic Sauce EF
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4			Without Tzatziki Sauce LF
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	5	0	0	36	7			
TOTAL	731	1056	45	9	0	120	678	42	0	5	65	0	0	52	23			
Medium Beef On The Stix	113	157	6.5	2.5	0	43	75	0	0	0	28	0	0	8	4	GF	LF	Without Garlic Sauce EF
Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8			Without Tzatziki Sauce LF
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	4.5	0	0	25	4.9			

TOTAL	383	795	36	7	0	67	446	16	4	4	37	0	12	33	17			
Large Beef On The Stix	226	314	13	5	0	86	150	0	0	0	56	0	0	16	8	GF	LF	Without Garlic Sauce EF
Fries	300	390	11	1.5	0	9	3	24	6	0	6	0	18	0	12			Without Tzatziki Sauce LF
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	5	0	0	36	7			
TOTAL	626	1244	56	11	0	129	681	24	6	5	67	0	18	52	27			
Medium Lamb On The Rocks	113	248	15.3	7.9	0.6	102	92	0	0	0	22.6	0	0	1	6	GF	LF	Without Garlic Sauce EF
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3			Without Tzatziki Sauce LF
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	4.5	0	0	25	4.9			
TOTAL	453	761	37	11	1	126	461	29	0	4	30	0	0	26	17			
Large Lamb On The Rocks	226	497	33.9	15.8	1.4	204	184	0	0	0	45.2	0	0	2	12	GF	LF	Without Garlic Sauce EF
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4			Without Tzatziki Sauce LF
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	5	0	0	36	7			
TOTAL	731	1239	66	20	1	238	712	42	0	5	55	0	0	38	27			
Medium Lamb On The Stix	113	248	15.3	7.9	0.6	102	92	0	0	0	22.6	0	0	1	6	GF	LF	Without Garlic Sauce EF
Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8			Without Tzatziki Sauce LF
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	4.5	0	0	25	4.9			
TOTAL	383	886	44	12	1	126	463	16	4	4	31	0	12	26	19			
Large Lamb On The Stix	226	497	33.9	15.8	1.4	204	184	0	0	0	45.2	0	0	2	12	GF	LF	Without Garlic Sauce EF
Fries	300	390	11	1.5	0	9	3	24	6	0	6	0	18	0	12			Without Tzatziki Sauce LF
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	5	0	0	36	7			
TOTAL	626	1427	77	22	1	247	715	24	6	5	56	0	18	38	31			
Medium Beef On The Veggies	113	157	6.5	2.5	0	43	75	0	0	0	28	0	0	8	4	GF	LF	Without Garlic Sauce EF
Veggies with Seasoning	227	166	18	2.6	0	0	9.5	6.9	0	3.9	0	24	24	0.5	0.3			
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	0.7	0	0	13	2.5			
TOTAL	375	515	36	7	0	54	218	7	0	6	29	24	24	22	7			

Large Beef On The Veggies	226	314	13	5	0	86	150	0	0	0	56	0	0	16	8		GF	LF	Without Garlic Sauce EF
Veggies with Seasoning	340	279	32	4.7	0	0	14	10	0	7	0	36	36	0.8	0.4				
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	5	0	0	13	2.5				
TOTAL	601	785	57	11	0	97	297	10	0	9	61	36	36	30	11				
Medium Lamb On The Veggies	113	248	15.3	7.9	0.6	102	92	0	0	0	22.6	0	0	1	6		GF	LF	Without Garlic Sauce EF
Veggies with Seasoning	227	166	18	2.6	0	0	9.5	6.9	0	3.9	0	24	24	0.5	0.3				
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	0.7	0	0	13	2.5				
TOTAL	375	606	44	12	1	113	235	7	0	6	23	24	24	15	9				
Large Lamb On The Veggies	226	497	33.9	15.8	1.4	204	184	0	0	0	45.2	0	0	2	12		GF	LF	Without Garlic Sauce EF
Veggies with Seasoning	340	279	32	4.7	0	0	14	10	0	7	0	36	36	0.8	0.4				
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	5	0	0	13	2.5				
TOTAL	601	968	77	22	1	215	331	10	0	9	50	36	36	16	15				
Medium Falafel On The Rocks	113	77	3.5	0.6	0	0	43	8.2	3.5	1.1	3	1.2	0	1.2	4.7	V	GF	LF	Without Garlic Sauce VG EF
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3				
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	4.5	0	0	25	4.9				
TOTAL	453	590	26	4	0	24	412	37	4	5	11	1	0	26	16				
Large Falafel On The Rocks	226	144	7	1.2	0	0	86	16	7	2.2	6	2.4	0	2.4	9.4	V	GF	LF	Without Garlic Sauce VG EF
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4				
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	5	0	0	36	7				
TOTAL	731	886	39	6	0	34	614	58	7	7	15	2	0	38	25				
Medium Falafel On The Stix	113	77	3.5	0.6	0	0	43	8.2	3.5	1.1	3	1.2	0	1.2	4.7	V	GF	LF	Without Garlic Sauce VG EF
Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8				
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	4.5	0	0	25	4.9				
TOTAL	383	715	33	5	0	24	414	24	8	5	12	1	12	26	18				
Large Falafel On The Stix	226	144	7	1.2	0	0	86	16	7	2.2	6	2.4	0	2.4	9.4	V	GF	LF	Without Garlic Sauce VG EF

DAILY SPECIALS

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DAILY SPECIALS	Total Serving G	Calories Cal	Total Fat G	Saturated Fat G	Trans Fat G	Cholesterol MG	Sodium MG	Carbohydrates G	Fiber G	Sugars G	Protein G	Vitamin A %	Vitamin C %	Calcium Ca%	Iron Fe%	Vegetarian V	Vegan VG	Gluten Free GF	Lactose Free LF	Egg Free EF	Dietary Options	
Monday Special Beef Kofta	100	124	4.8	1.7	0	38	63	4.3	0.7	0.9	20	6	4.7	2.3	11						EF Without Tzatziki Sauce LF	
Rice	230	115	0	0	0	0	0	25	0	0	2.7	0	0	0	5.4							
Garden Salad	125	111	13	2	0	0	11	9	1.9	3.8	2.1	6.2	51	2.3	3.8							
Sauce(s)	49	264	16	2.1	0	17	259	0	0	2.5	2.4	0	0	18	3.4							
TOTAL	504	614	34	6	0	55	333	38	3	7	27	12	56	23	24							
Tuesday Special Philly Chicken	200	266	7.2	1.5	0	130	150	0	4	0	62	4	0	4	11						EF Without Philly Sauce	
Rice	230	115	0	0	0	0	0	25	0	0	2.7	0	0	0	5.4							
Garden Salad	125	111	13	2	0	0	11	9	1.9	3.8	2.1	6.2	51	2.3	3.8							
Sauce(s)	49	264	16	2.1	0	17	259	0	0	2.5	2.4	0	0	18	3.4							
TOTAL	604	756	36	6	0	147	420	34	6	6	69	10	51	24	24							

Wednesday Special Eggplant Platter	100	25	0	0	0	0	0	5	3.5	1	0	0	4.6	0	0	V	EF	Without Tzatziki Sauce VG LF	
Rice	230	115	0	0	0	0	0	25	0	0	2.7	0	0	0	5.4			Without Pita on the side AND on Salad GF	
Garden Salad	125	111	13	2	0	0	11	9	1.9	3.8	2.1	6.2	51	2.3	3.8				
Sauce(s)	40	216	13	1.8	0	14	211	0	0	2.1	4	0	0	14	2.8				
TOTAL	495	467	26	4	0	14	222	39	5	7	9	6	56	16	12				
Thursday Special Osmow's Special	100	89	1.7	0.6	0	53	72	0	0	0	18	0	2.4	0	2.3		GF		
Rice	230	115	0	0	0	0	0	25	0	0	2.7	0	0	0	5.4				
Pineapple (1 slice)	3.5	10	0	0	0	0	0	3.5	0.4	3	0	0	2.5	0	0.4				
Garden Salad	125	111	13	2	0	0	11	9	1.9	3.8	2.1	6.2	51	2.3	3.8				
Sauce(s)	49	264	16	2.1	0	17	259	0	0	2.5	2.4	0	0	18	3.4				
TOTAL	508	590	57	5	0	70	342	38	2	9	25	6	56	20	15				
Friday Special Falafel Platter	68	46	2.1	0.4	0	0	26	4.9	2.1	0.7	1.8	0.7	0	0.7	2.8	V	EF	Without Tzatziki Sauce VG LF	
Rice	230	115	0	0	0	0	0	25	0	0	2.7	0	0	0	5.4			Without Pita on the side AND on Salad GF	
Garden Salad	125	111	13	2	0	0	11	9	1.9	3.8	2.1	6.2	51	2.3	3.8				
Sauce(s)	42	226	13	1.9	0	14	211	0	0	2.2	4	0	0	14	2.9				
TOTAL	465	498	28	4	0	14	248	39	4	7	11	7	51	17	15				
Saturday Special Shish Taouk	100	89	1.7	0.6	0	53	72	0	0	0	18	0	2.4	0	2.3		GF	EF	
Rice	230	115	0	0	0	0	0	25	0	0	2.7	0	0	0	5.4				
Garden Salad	125	111	13	2	0	0	11	9	1.9	3.8	2.1	6.2	51	2.3	3.8				
Sauce(s)	49	264	16	2.1	0	17	259	0	0	2.5	2.4	0	0	18	3.4				
TOTAL	504	580	31	5	0	70	342	34	2	5	25	6	53	20	15				
Sunday Special Chicken Kebab	100	104	2.5	0.5	0	59	102	0	0	0	20	0	0	0	1.7		GF	EF	Without Tzatziki Sauce LF
Rice	230	115	0	0	0	0	0	25	0	0	2.7	0	0	0	5.4				

Garden Salad	125	111	13	2	0	0	11	9	1.9	3.8	2.1	6.2	51	2.3	3.8	
Sauce(s)	49	264	16	2.1	0	17	259	0	0	2.5	2.4	0	0	18	3.4	
TOTAL	504	594	39	6	0	136	483	41	3	8	47	8	66	21	18	
Everyday Special	120	152	4.6	1	0	75	50	0	2.3	0	35	2.1	0	3.1	7.1	Without Philly Sauce EF
Rice	230	115	0	0	0	0	0	25	0	0	2.7	0	0	0	5.4	
Garden Salad	125	111	13	2	0	0	11	9	1.9	3.8	2.1	6.2	51	2.3	3.8	
Sauce(s)	42	226	13	1.9	0	14	211	0	0	2.2	4	0	0	14	2.9	
TOTAL	517	611	36	5	0	89	272	34	4	6	44	8	51	19	19	

SPECIALTY DISHES

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SPECIALTY DISHES	Total Serving G	Calories Cal	Total Fat G	Saturated Fat G	Trans Fat G	Cholesterol MG	Sodium MG	Carbohydrates G	Fiber G	Sugars G	Protein G	Vitamin A %	Vitamin C %	Calcium Ca%	Iron Fe%	Vegetarian V	Vegan VG	Gluten Free GF	Lactose Free LF	Egg Free EF	Dietary Options	
Medium Half & Half Chicken	113	150	4.5	1	0	75	50	0	2.2	0	35	2	0	3	7			GF	LF		Without Garlic Sauce EF	
Half Rice & Half Fries	235	198	3.5	0.5	0	0	1	23	2	0	3.6	0	6	0	7.2							
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9							
TOTAL	418	726	30	5	0	99	420	23	4	4	40	2	6	28	19							
Large Half & Half Chicken	226	300	9	2	0	150	100	0	4.4	0	70	4	0	6	14			GF	LF		Without Garlic Sauce EF	
Half Rice & Half Fries	353	296	5.2	0.7	0	3.5	1.5	33	3	0	5.2	0	9	0	10							
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	1	0	0	36	7							
TOTAL	679	1136	46	7	0	188	630	33	7	5	76	4	9	42	31							

Medium Half & Half Beef	113	157	6.5	2.5	0	43	75	0	0	0	28	0	0	8	4	GF	LF	Without Garlic Sauce EF	
Half Rice & Half Fries	235	198	3.5	0.5	0	0	1	23	2	0	3.6	0	6	0	7.2				
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	4.5	0	0	25	4.9				
TOTAL	418	733	32	6	0	67	445	23	2	4	37	0	6	33	16				
Large Half & Half Beef	226	314	13	5	0	86	150	0	0	0	56	0	0	16	8	GF	LF	Without Garlic Sauce EF	
Half Rice & Half Fries	353	296	5.2	0.7	0	3.5	1.5	33	3	0	5.2	0	9	0	10				
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	5	0	0	36	7				
TOTAL	679	1150	50	10	0	124	680	33	3	5	66	0	9	52	25				
Medium Half & Half Lamb	113	248	15.3	7.9	0.6	102	92	0	0	0	22.6	0	0	1	6	GF	LF	Without Garlic Sauce EF	
Half Rice & Half Fries	235	198	3.5	0.5	0	0	1	23	2	0	3.6	0	6	0	7.2				
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	4.5	0	0	25	4.9				
TOTAL	418	824	39	9	0	126	462	23	2	4	37	0	6	26	18				
Large Half & Half Lamb	226	497	33.9	15.8	1.4	204	184	0	0	0	45.2	0	0	2	12	GF	LF	Without Garlic Sauce EF	
Half Rice & Half Fries	353	296	5.2	0.7	0	3.5	1.5	33	3	0	5.2	0	9	0	10				
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	5	0	0	36	7				
TOTAL	679	1333	71	21	1	242	714	33	3	5	55	0	9	38	29				
Medium Half & Half Falafel	113	77	3.5	0.6	0	0	43	8.2	3.5	1.1	3	1.2	0	1.2	4.7	V	GF	LF	Without Garlic Sauce VG EF
Half Rice & Half Fries	235	198	3.5	0.5	0	0	1	23	2	0	3.6	0	6	0	7.2				
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	4.5	0	0	25	4.9				
TOTAL	418	653	29	4	0	24	413	31	6	5	12	1	6	26	17				
Large Half & Half Falafel	226	144	7	1.2	0	0	86	16	7	2.2	6	2.4	0	2.4	9.4	V	GF	LF	Without Garlic Sauce VG EF
Half Rice & Half Fries	353	296	5.2	0.7	0	3.5	1.5	33	3	0	5.2	0	9	0	10				
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	5	0	0	36	7				
TOTAL	679	980	44	6	0	38	616	49	10	7	16	2	9	38	27				

Falafel Platter	113	77	3.5	0.6	0	0	43	8.2	3.5	1.1	3	1.2	0	1.2	4.7	V	EF	Without Tzatziki Sauce VG LF
Hummus & Baba Ganoush	104	140	10	1.5	0	0	37	9.5	2	3	3.5	0.5	9	7	14			Without Pita on the side AND on Salad GF
Fattouch Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5			
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15			
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0	0	0	18	3.5			
TOTAL	507	730	49	7	0	17	608	45	9	13	14	10	75	29	42			
Veggie (Eggplant) Shawarma Platter	200	51	0	0	0	0	0	11	0.7	2	0	0	9.2	0	0	V	EF	Without Tzatziki Sauce VG LF
Hummus & Baba Ganoush	104	140	10	1.5	0	0	37	9.5	2	3	3.5	0.5	9	7	14			Without Pita on the side AND on Salad GF
Fattouch Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5			
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15			
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	2.2	0	0	18	3.5			
TOTAL	594	704	45	6	0	17	565	48	6	14	13	9	84	28	38			
Medium Chicken Shawarma Poutine	113	150	4.5	1	0	75	50	0	2.2	0	35	2	0	3	7			
Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8			
Cheese Curds	32	100	8	5	0	30	190	2	0	0	7	10	0	20	0			
Gravy	29	95	1.6	0.5	0.8	22	71	19	0.4	1	1.2	4.5	0.3	1.2	0.4			
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	0.3	0	0	13	2.5			
TOTAL	409	797	32	9	1	138	446	37	7	3	48	17	12	37	18			
Large Chicken Shawarma Poutine	226	300	9	2	0	150	100	0	4.4	0	70	4	0	6	14			
Fries	300	390	11	1.5	0	9	3	24	6	0	6	0	18	0	12			
Cheese Curds	43	143	11	7.2	0	43	272	2.9	0	0	10	14	0	29	0			
Gravy	44	144	2.4	0.7	1.2	33	107	29	0.7	1.5	1.8	6.8	0.5	1.8	0.5			
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	1	0	0	13	2.5			
TOTAL	648	1169	45	13	1	246	615	56	11	3	89	25	18	49	29			

Medium Beef Shawarma Poutine	113	157	6.5	2.5	0	43	75	0	0	0	28	0	0	8	4	
Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8	
Cheese Curds	32	100	8	5	0	30	190	2	0	0	7	10	0	20	0	
Gravy	29	95	1.6	0.5	0.8	22	71	19	0.4	1	1.2	4.5	0.3	1.2	0.4	
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	0.3	0	0	13	2.5	
TOTAL	409	804	34	11	1	106	471	37	4	3	41	15	12	42	15	
Large Beef Shawarma Poutine	226	314	13	5	0	86	150	0	0	0	56	0	0	16	8	
Fries	300	390	11	1.5	0	9	3	24	6	0	6	0	18	0	12	
Cheese Curds	43	143	11	7.2	0	43	272	2.9	0	0	10	14	0	29	0	
Gravy	44	144	2.4	0.7	1.2	33	107	29	0.7	1.5	1.8	6.8	0.5	1.8	0.5	
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	1	0	0	13	2.5	
TOTAL	648	1183	48	16	1	182	665	56	7	4	75	21	19	60	23	
Medium Lamb Shawarma Poutine	113	248	15.3	7.9	0.6	102	92	0	0	0	22.6	0	0	1	6	
Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8	
Cheese Curds	32	100	8	5	0	30	190	2	0	0	7	10	0	20	0	
Gravy	29	95	1.6	0.5	0.8	22	71	19	0.4	1	1.2	4.5	0.3	1.2	0.4	
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	0.3	0	0	13	2.5	
TOTAL	409	895	43	16	1	165	488	37	4	3	35	15	12	35	17	
Large Lamb Shawarma Poutine	226	497	33.9	15.8	1.4	204	184	0	0	0	45.2	0	0	2	12	
Fries	300	390	11	1.5	0	9	3	24	6	0	6	0	18	0	12	
Cheese Curds	43	143	11	7.2	0	43	272	2.9	0	0	10	14	0	29	0	
Gravy	44	144	2.4	0.7	1.2	33	107	29	0.7	1.5	1.8	6.8	0.5	1.8	0.5	
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	1	0	0	13	2.5	
TOTAL	648	1366	69	27	3	300	699	56	7	3	64	21	19	46	27	

ADVISORY NOTE

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- * No corn products used in our recipes whatsoever.
- * Soy is used in making Chicken Kebab / Souvlaki.
- * Some items and sauces may include Sesame.
- * All our sauces and cheeses are Pasteurized.

BEYOND THE ROCKS / STIX / VEGGIES	Total Serving G	Calories Cal	Total Fat G	Saturated Fat G	Trans Fat G	Cholesterol MG	Sodium MG	Carbohydrates G	Fiber G	Sugars G	Protein G	Vitamin A %	Vitamin C %	Calcium Ca%	Iron Fe%	Vegetarian V	Vegan VG	Gluten Free GF	Lactose Free LF	Egg Free EF	Dietary Options
Medium Beyond The Rocks	113	180	5	0	0	0	250	1	0	0	15	0	0	2	15	V		GF	LF		Without Garlic Sauce EF VG
Rice	270	135	0	0	0	0	0	29	0	0	3.2	0	0	0	6.3						
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9						
TOTAL	453	693	27	3	0	24	619	30	0	4	19	0	0	27	26						
Large Beyond The Rocks	226	360	10	0	0	0	500	2	0	0	30	0	0	4	30	V		GF	LF		Without Garlic Sauce EF VG
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4						
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	1	0	0	36	7						
TOTAL	731	1102	42	4	0	34	1028	44	0	5	35	0	0	40	45						
Medium Beyond The Stix	113	180	5	0	0	0	250	1	0	0	15	0	0	2	15	V		GF	LF		Without Garlic Sauce EF VG

Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8	
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9	
TOTAL	383	818	34	4	0	24	621	17	4	4	20	0	12	27	28	
Large Beyond The Stix	226	360	10	0	0	0	500	2	0	0	30	0	0	4	30	V GF LF Without Garlic Sauce EF VG
Fries	300	390	11	1.5	0	9	3	24	6	0	6	0	18	0	12	
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	1	0	0	36	7	
TOTAL	626	1290	53	6	0	43	1031	26	6	5	37	0	18	40	39	
Medium Beyond On The Chickpeas	113	180	5	0	0	0	250	1	0	0	15	0	0	2	15	V
Chickpeas	347	709	31.8	5.9	0	0	1100	89.7		2.7	19.9			14	41	
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9	
TOTAL	530	1267	58.8	8.9	0	24	1719	90.7	0	6.3	35.6	0	0	41	60.9	
Large Beyond On The Chickpeas	226	360	10	0	0	0	500	2	0	0	30	0	0	4	30	V
Chickpeas	410	926	46.4	8.7	0	0	1289	108.3		4.1	24			17	51	
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	1	0	0	36	7	
TOTAL	736	1826	88.4	13.1	0	34	2317	110.3	0	9.3	55	0	0	57	88	
Medium Beyond The Veggies	113	180	5	0	0	0	250	1	0	0	15	0	0	2	15	V GF LF Without Garlic Sauce EF VG
Veggies with Seasoning	227	166	18	2.6	0	0	9.5	6.9	0	3.9	0	24	24	0.5	0.3	
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	0.7	0	0	13	2.5	
TOTAL	375	538	34	4	0	11	393	8	0	6	16	24	24	16	18	
Large Beyond The Veggies	226	360	10	0	0	0	500	2	0	0	30	0	0	4	30	V GF LF Without Garlic Sauce EF VG
Veggies with Seasoning	340	279	32	4.7	0	0	14	10	0	7	0	36	36	0.8	0.4	
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	1	0	0	13	2.5	
TOTAL	601	831	53	6	0	11	647	12	0	9	31	36	36	18	33	

BEYOND WRAPS

Regular Beyond Shawarma	113	180	5	0	0	0	250	1	0	0	15	0	0	2	15	V	LF	Without Garlic Sauce EF VG
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15			
Veggie Ingredients	4	25	0	0	0	0	25	0.5	1	1	0	5	6	1	2			
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5			
TOTAL	247	575	22	2	0	17	789	17	2	5	21	5	6	21	36			
Super Beyond Shawarma	200	321	8.9	0	0	0	446	1.8	0	0	27	0	0	3.6	27	V	LF	Without Garlic Sauce EF VG
Pita	160	200	2	0	0	0	500	30	2	2	10	0	0	0	30			
Veggie Ingredients	6	35	0	0	0	0	35	1	2	2	0	9	11	2	4			
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9			
TOTAL	436	934	33	3	0	24	1350	33	4	8	38	9	11	29	66			
Regular Beyond Philly Wrap	113	180	5	0	0	0	250	1	0	0	15	0	0	2	15	V		Without Philly Sauce EF VG
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15			Without Cheese LF
Cheese	15	46	3	1.8	0	7.8	101	0.6	0	0	4.2	2.4	0	12	0			
Veggie Ingredients	2	25	0	0	0	0	15	0.5	1	1	0	1	1.5	0.3	0.5			
Sauce(s)	50	270	16	2.2	0	17	264	0	0	2.6	0.5	0	0	18	3.5			
TOTAL	260	621	25	4	0	25	880	17	2	5	25	3	2	32	34			
Super Beyond Philly Wrap	200	321	8.9	0	0	0	446	1.8	0	0	27	0	0	3.6	27	V		Without Philly Sauce EF VG
Pita	80	100	1	0	0	0	250	15	1	1	5	0	0	0	15			Without Cheese LF
Cheese	25	77	5	3	0	13	168	1	0	0	7	4	0	20	0			
Veggie Ingredients	3	35	0	0	0	0	23	1	1.5	1.5	0	1.5	2.3	0.4	0.8			
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9			
TOTAL	378	911	37	6	0	37	1256	19	3	6	40	6	2	51	48			

BEYOND PLATTER

Beyond Shawarma Platter	226	360	10	0	0	0	500	2	0	0	30	0	0	4	30	V	GF	LF	Without Garlic Sauce EF VG
Rice	405	202	0	0	0	0	0	42	0	0	4.4	0	0	0	8.4				
Garden Salad	160	143	18	2.6	0	0	14	12	2.5	4.9	2.7	8	66	3	5				
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	1	0	0	36	7				
TOTAL	891	1185	59	9	0	184	642	54	7	10	78	12	66	45	34				

BEYOND SALAD

Medium Beyond Salad	113	180	5	0	0	0	250	1	0	0	15	0	0	2	15	V	GF	LF	Without Garlic Sauce EF VG
Dressing	40	99	18	2.6	0	0	6.5	3.9	0	3.9	0	0	0	0	0				
Sauce(s)	30	180	9.5	1.3	0	10	150	0	1.5	0	0.3	0	0	10	2				
TOTAL	183	459	33	4	0	10	407	5	2	4	15	0	0	12	17				
Large Beyond Salad	226	360	10	0	0	0	500	2	0	0	30	0	0	2	30	V	GF	LF	Without Garlic Sauce EF VG
Dressing	80	198	36	5.2	0	0	13	7.8	0	7.8	0	0	0	0	0				
Sauce(s)	60	360	19	2.6	0	20	300	0	3	0	1.2	0	0	20	4				
TOTAL	366	918	65	8	0	20	813	10	3	8	31	0	0	22	34				

BEYOND SPECIALTY DISHES

Medium Beyond Half & Half	113	180	5	0	0	0	250	1	0	0	15	0	0	2	15	V	GF	LF	Without Garlic Sauce EF VG
Half Rice & Half Fries	235	198	3.5	0.5	0	0	1	23	2	0	3.6	0	6	0	7.2				
Sauce(s)	70	378	22	3	0	24	369	0	0	3.6	0.7	0	0	25	4.9				
TOTAL	418	756	31	4	0	24	619	24	2	4	19	0	6	27	27				
Large Beyond Half & Half	226	360	10	0	0	0	500	2	0	0	30	0	0	4	30	V	GF	LF	Without Garlic Sauce EF VG

Half Rice & Half Fries	353	296	5.2	0.7	0	3.5	1.5	33	3	0	5.2	0	9	0	10		
Sauce(s)	100	540	32	4.4	0	34	528	0	0	5.2	1	0	0	36	7		
TOTAL	679	1196	47	5	0	38	1030	35	3	5	36	0	9	40	47		
Medium Beyond Shawarma Poutine	113	180	5	0	0	0	250	1	0	0	15	0	0	2	15		
Fries	200	260	7	1	0	0	2	16	4	0	4	0	12	0	8		
Cheese Curds	32	100	8	5	0	30	190	2	0	0	7	10	0	20	0		
Gravy	29	95	1.6	0.5	0.8	22	71	19	0.4	1	1.2	4.5	0.3	1.2	0.4		
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	0.3	0	0	13	2.5		
TOTAL	409	827	33	8	1	63	646	38	4	3	28	15	12	36	26		
Large Beyond Shawarma Poutine	226	360	10	0	0	0	500	2	0	0	30	0	0	4	30		
Fries	300	390	11	1.5	0	9	3	24	6	0	6	0	18	0	12		
Cheese Curds	43	143	11	7.2	0	43	272	2.9	0	0	10	14	0	29	0		
Gravy	44	144	2.4	0.7	1.2	33	107	29	0.7	1.5	1.8	6.8	0.5	1.8	0.5		
Sauce(s)	35	192	11	1.5	0	11	133	0	0	1.8	1	0	0	13	2.5		
TOTAL	648	1229	45	11	1	96	1015	58	7	3	49	21	19	48	35		
BEYOND DAILY SPECIAL																	
Beyond Everyday Special	113	180	5	0	0	0	250	1	0	0	15	0	0	2	15	113	Without Philly Sauce EF
Rice	230	115	0	0	0	0	0	25	0	0	2.7	0	0	0	5.4	230	
Garden Salad	125	111	13	2	0	0	11	9	1.9	3.8	2.1	6.2	51	2.3	3.8	125	
Sauce(s)	42	226	13	1.9	0	14	211	0	0	2.2	4	0	0	14	2.9	42	
TOTAL	510	632	31	4	0	14	472	35	2	6	24	6	51	18	27	510	

SAUCES

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Sauces	Total Serving G	Calories Cal	Total Fat G	Saturated Fat G	Trans Fat G	Cholesterol MG	Sodium MG	Carbohydrates G	Fiber G	Sugars G	Protein G	Vitamin A %	Vitamin C %	Calcium Ca%	Iron Fe%	Vegetarian V	Vegan VG	Gluten Free GF	Lactose Free LF	Egg Free EF
Garlic	42	227	13	1.8	0	14	222	0	0	2.2	0.4	0	0	15	2.9	V		GF	LF	
TOTAL	42	227	13	2	0	14	222	0	0	2	0	0	0	15	3					
Light & Vegan Garlic		420	44	3	0	0	400	6	0	2	0.2			0	1	V	VG	GF	LF	EF
TOTAL		420	44	3	0	0	400	6	0	2	0.2			0	1					
Tahini	21	113	11	0.7	0	0	15	5.1	1.3	0.7	3.8	0	0	7.5	1.5	V	VG	GF	LF	EF
TOTAL	21	113	11	1	0	0	15	5	1	1	4	0	0	8	2					
Philly	42	227	13	1.8	0	14	222	0	0	2.2	0.4	0	0	15	2.9	V		GF	LF	
TOTAL	42	227	13	2	0	14	222	0	0	2	0	0	0	15	3					
Tzatziki	28	40	3	1	0	5	115	1	0	0	1	2	0	2	0	V		GF		EF
TOTAL	28	40	3	1	0	5	115	1	0	0	1	2	0	2	0					
Salad Dressing	40	176	18	2.6	0	0	6.5	3.9	0	3.9	0	0	0	0	0	V	VG	GF	LF	EF
TOTAL	40	176	18	3	0	0	7	4	0	4	0	0	0	0	0					

Gravy	100	329	5.4	1.58	0.06	2.8	75	66.7	1.5	3.4	4	0	0	0	0	EF
TOTAL	100	329	5	2	0	3	75	67	2	3	4	0	0	0	0	