HUMMUS & GARLIC

NUTRITIONAL INFORMATION

Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Added Sugars	Protein
ENTREES											
Bowl Base – Fries (7.5 oz)	350	15 g	3 g	0 g	0 mg	800 mg	55 g	3 g	3 g	0 g	5 g
Bowl Base – Lettuce (6 oz)	35	0 g	0 g	0 g	0 gm	0 mg	7 g	4 g	4 g	0 g	4 g
Bowl Base – Yellow Rice (18oz)	453	31 g	5 g	0 g	0 mg	1827mg	39 g	1 g	1 g	0 g	4 g
Bowl Protein – Chicken (7oz)	264	4 g	3 g	0 g	173 mg	666 mg	2 g	0 g	1 g	0 g	57 g
Bowl Protein - Falafel (6 pc.)	330	22 g	4 g	0 g	0 mg	620 mg	24 g	10 g	4 g	0 g	10 g
Bowl Protein – Shrimp (6 pc.)	185	7 g	1 g	0 g	276 mg	910 mg	4 g	0 g	0 g	0 g	27 g
Bowl Protein – Steak (6 oz)	410	20 g	5 g	0 g	140 mg	1280 mg	2 g	0 g	0 g	0 g	50 g
Chicken, steak, shrimp or falafel bowl toppings w/o base, protein, or sauce (base, protein & sauce listed separately)	186	15 g	3 g	0 g	0 mg	976 mg	12 g	3 g	5 g	1 g	3 g
HG Feast Bowl w/o base & protein (base and protein listed separately – comes with THREE proteins (listed separately)	186	15 g	3g	0 g	0 mg	976 mg	12 g	3 g	5 g	1 g	3 g
Mini Bowl Base – Fries (3.75 oz)	240	15 g	2 g	0 g	0 mg	400 mg	28 g	1 g	1 g	0 g	3 g
Mini Bowl Base – Lettuce (3 oz)	18	0 g	0 g	0 g	0 mg	0 mg	4 g	2 g	2 g	0 g	2 g
Mini Bowl Base – Yellow Rice (9 oz)	420	16 g	2 g	0 g	0 mg	1020 mg	63 g	0 g	0 g	0 g	6 g
Mini Bowl Protein – Chicken (3.5 oz)	132	2 g	2 g	1 g	87 mg	333 mg	1 g	0 g	0 g	0 g	29 g
Mini Bowl Protein – Falafel (3 pc.)	165	11 g	2 g	0 g	0 mg	310 mg	12 g	5 g	2 g	0 g	5 g
Mini Bowl Protein – Shrimp (3 pc.)	93	4 g	1 g	0 g	138 mg	455 mg	4 g	0 g	0 g	0 g	14 g
Mini Bowl Protein – Steak (3 oz)	205	10 g	2 g	0 g	70 mg	640 mg	1 g	0 g	0 g	0 g	25 g
Caesar Shawarma	727	30 g	8 g	0 g	180 mg	1050 mg	71 g	2 g	5 g	1 g	72 g
Grilled Chicken Shawarma	600	20 g	6 g	0 g	173 mg	2115 mg	58 g	4 g	7 g	1 g	69 g
Grilled Steak Shawarma	746	36 g	8 g	0 g	140 mg	2730 mg	58 g	4 g	7 g	1 g	62 g
Shrimp Shawarma (6 pc.)	520	23 g	4 g	0 g	276 mg	2360 mg	60 g	4 g	7 g	1 g	39 g
Traditional Chicken Shawarma	508	15 g	5 g	0 g	173 mg	1470 mg	47 g	1 g	2 g	0 g	66 g
Veggie Falafel Shawarma (6 pc. Falafel)	665	38g	7 g	0 g	0 mg	2070 mg	80 g	13 g	11 g	1 g	21 g
SIDES											
Dill Fries (7.5 oz fries)	790	61 g	12 g	0 g	33 mg	1540 mg	58 g	3 g	3 g	0 g	10 g
Spicy Dill Fries (7.5 oz fries)	736	55 g	12 g	0 g	31 mg	1570 mg	58 g	3 g	3 g	0 g	10 g
French Fries (7.5 oz)	480	29 g	4.5 g	0 g	0 mg	800 mg	55 g	2.5 g	2.5 g	0 g	5 g
Garlic (Small) 18 oz	2150	232 g	33 g	0 g	0 mg	1630 mg	29 g	3 g	1 g	0 g	5 g
Garlic (Large) 27 oz	3225	348 g	50 g	0 g	0 mg	2445 mg	44 g	4 g	2 g	0 g	8 g
Garlic & Pita Triangles (Small) 18oz w/ 2 pita bread	2450	234 g	33 g	0 g	0 mg	1710 mg	117 g	5 g	5 g	0 g	23 g
Garlic & Pita Triangles (Large) 27 oz w/4 pita bread	3825	352 g	50 g	0 g	0 mg	2605 mg	220 g	8 g	10 g	0 g	44 g

Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Added Sugars	Protein
Spicy Hummus – (Small) 18 oz	1980	214 g	31 g	0 g	0 g	2080 mg	32 g	4 g	4 g	4 g	5 g
Spicy Hummus – (Large) 27 oz	2970	320 g	46 g	0 g	0 g	3120 mg	49 g	5 g	5 g	5 g	7 g
Hummus - (Small) 18 oz	1500	111 g	15 g	0 g	0 mg	3540 mg	105 g	28 g	18 g	0 g	37 g
Hummus - (Large) 27 oz	2118	156 g	22 g	0 g	0 mg	4970 mg	149 g	40 g	25 g	0 g	53 g
Hummus & Pita Triangles (Small) 18 oz w/2 pieces of pita bread	1800	113 g	15 g	0 g	0 mg	3620 mg	193 g	30 g	22 g	9 g	55 g
Hummus & Pita Triangles (Large) 27 oz w/4 pieces of pita bread	2718	160 g	22 g	0 g	0 mg	5130 mg	325 g	44 g	26 g	0 g	89 g
Cilantro Jalapeño Hummus – (Small) 18 oz	1365	100 g	14 g	0 g	0 mg	3210 mg	97 g	27 g	17 g	0 g	35 g
Cilantro Jalapeño Hummus – (Large) 27 oz	2050	150 g	20 g	0 g	0 mg	4815 mg	146 g	41 g	26 g	0 g	52 g
Loaded Fries (Spicy Dill Sauce) 11oz fries	1175	69 g	16 g	0 g	206 mg	2115 mg	85 g	4 g	4 g	0 g	71 g
Loaded Fries (Dill Sauce) 11oz fries	1200	69 g	16 g	0 g	207 mg	2100 mg	85 g	4 g	4 g	0 g	71 g
Pita Chips (3 oz)	336	15 g	2 g	0 g	0 mg	55 mg	60 g	1 g	3 g	0 g	12 g
Yellow Rice (Small) 7 oz	327	12 g	2 g	0 g	0 mg	795 mg	49 g	0 g	0 g	0 g	14 g
Yellow Rice (Large) 27oz	1260	48 g	7 g	0 g	0 mg	3060 mg	189 g	3 g	3 g	0 g	17 g
A LA CARTE											
Bag of Pita Chips (3 oz)	336	15 g	2 g	0 g	0 mg	55 mg	60 g	1 g	3 g	0 g	12 g
Caesar Dressing (2 oz)	255	25.5 g	4.9 g	0 g	20 mg	685 mg	4 g	0 g	2 g	2 g	2 g
Cilantro Jalapeño Hummus (2 oz)	154	12 g	2 g	0 g	0 mg	289 mg	10 g	3 g	2 g	0 g	3 g
Dill Ranch Sauce (2 oz)	275	31 g	5 g	0 g	20 mg	275 mg	3 g	0 g	0 g	0 g	0 g
Garlic (2 oz)	250	27 g	4 g	0 g	0 mg	180 mg	4 g	0 g	0 g	0 g	0 g
Spicy Garlic (2 oz)	220	24 g	4 g	0 g	0 mg	230 mg	4 g	0 g	0 g	0 g	0 g
Spicy Dill Ranch Sauce (2 oz)	260	28 g	5 g	0 g	20 mg	255 mg	3 g	0 g	0 g	0 g	0 g
House Dressing (2 oz)	145	16 g	2 g	0 g	0 mg	45 mg	0 g	0 g	0 g	0 g	0 g
Hummus (2oz)	170	12 g	2 g	0 g	0 mg	390 mg	12 g	3 g	2 g	0 g	4 g
Pita Bread (10")	150	1 g	0 g	0 g	0 mg	40 mg	44 g	1 g	2 g	0 g	9 g
Zucchini Falafel (6 pc.)	330	22 g	4 g	0 g	0 mg	620 mg	24 g	9 g	4 g	0 g	9 g
TOPPINGS											
Toppings – Caesar Sauce (.75 oz)	95	10 g	2 g	0 g	7 mg	257 mg	2 g	0 g	1 g	1 g	1 g
Toppings – Cheddar Cheese (.75 oz)	84	7 g	4 g	0 g	19 mg	137 mg	1 g	0 g	0 g	0 g	7 g
Toppings – Cilantro Jalapeño Hummus (.75 oz)	58	5 g	1 g	0 g	0 mg	108 mg	4 g	1 g	1 g	0 g	1 g
Toppings - Crushed Pita Chips (1 oz)	45	1 g	0 g	0 g	0 mg	0 mg	9 g	0 g	0 g	0 g	1 g
Toppings – Dill Ranch Sauce (.75 oz)	125	14 g	2 g	0 g	9 mg	80 mg	1 g	0 g	0 g	0 g	0 g
Toppings – Spicy Dill Ranch Sauce (.75 oz)	98	11 g	2 g	0 g	8 mg	96 mg	1 g	0 g	O g	0 g	0 g
Toppings – Feta Cheese (.75 oz)	60	4 g	3 g	0 g	15 mg	320 mg	1 g	0 g	0 g	0 g	5 g
Toppings – Fries (6-8 pieces)	105	6 g	1 g	0 g	0 mg	170 mg	12 g	0 g	0 g	0 g	1 g
Toppings – Garlic (.75 oz)	94	10 g	2 g	0 g	0 mg	68 mg	1 g	0 g	0 g	0 g	0 g
Toppings – House Dressing (.75 oz)	82	9 g	1 g	0 g	0 mg	230 mg	1 g	0 g	0 g	0 g	0 g

Item	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Added Sugars	Protein
Toppings – Hummus (.75 oz)	64	5 g	1 g	0 g	0 mg	146 mg	5 g	1 g	1 g	0 g	1.5 g
Toppings – Jalapeno (5 pc.)	2	0 g	0 g	0 g	0 mg	78 mg	1 g	0 g	0 g	0 g	1 g
Toppings – Lettuce (1 oz)	6	0 g	0 g	0 g	0 mg	0 mg	1 g	1 g	1 g	0 g	1 g
Toppings - Mild peppers (5 pc.)	2	0 g	0 g	0 g	0 mg	93 mg	1 g	0 g	0 g	0 g	0 g
Toppings – Pickled Onions (1 oz)	11	0 g	0 g	0 g	0 mg	500 mg	2 g	.2 g	2 g	1 g	.1 g
Toppings – Pickles (1 oz)	4	0 g	0 g	0 g	0 mg	260 mg	0 g	0 g	0 g	0 g	0 g
Toppings – Rice (3 oz)	140	5 g	1 g	0 g	0 mg	340 mg	21 g	0 g	0 g	0 g	2 g
Toppings – Tomatoes (1 oz)	5	0 g	0 g	0 g	0 mg	2 mg	1 g	0 g	1 g	0 g	0 g
Toppings – Tourshi (1 oz)	5	0 g	0 g	0 g	0 mg	160 mg	2 g	2 g	0 g	0 g	2 g
DESSERTS											
Banana Vanilla Wafer Parfait	370	20 g	15 g	0 g	0 mg	230 mg	47 g	0 g	34 g	25 g	3 g
Lemon Velvet Cake	550	29 g	9 g	0 g	75 mg	270 mg	68 g	0 g	48 g	0 g	5 g
Salted Caramel Pretzel Brownie	365	18 g	8 g	0 g	23 mg	365 mg	52 g	2 g	41 g	5 g	5 g
Strawberry Shortcake Parfait	472	20 g	17 g	9 g	55 g	235 mg	67 g	0 g	51 g	50 g	4 g