

Roti Nutrition Guide

Bowls

Item	Serving	Cal	Fat	Sat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Added	Protein
Za'atar Chicken Bowl	511	640	28	8	0	140	750	62	<1	4	1	33
Harissa Chicken Bowl	511	530	23	2.5	0	55	730	59	2	5	1	18
Mezze Protein Bowl	616	990	58	9	0	225	2890	55	8	5	0	64
Steak and Brussels Bowl	469	530	23	3.5	0	60	2130	53	2	3	1	27
Double Chicken Keto	568	650	39	7	0	225	3370	20	8	8	0	52
Rainbow Veggie Bowl	433	400	23	4	0	15	610	42	4	9	2	10
LTO-Harvest Bowl	460	570	31	6	0	130	1150	46	5	6	1	31
LTO-Mike Hot Honey Harissa Bowl	554	860	46	9	0	140	1310	76	1	15	2	33
LTO-Citrus Grilled Shrimp Bowl	646	800	47	6	0	185	1020	68	2	15	8	32
Feast For Two	853	1070	43	7	0	205	1010	115	5	5	0	53

Salads

Item	Serving	Cal	Fat	Sat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Added	Protein
Roti Greek Salad	480	560	38	5	0	105	1040	31	5	8	3	26
Salmon and Kale Salad	471	550	31	4.5	0	55	630	51	8	5	0	32
Mediterranean Sunset Salad	412	500	37	13	0	125	1220	19	3	10	2	23
Harissa Chopped Salad	384	360	25	4	0	65	830	20	5	8	1	16
LTO-Harvest Salad	454	540	31	6	0	110	850	39	3	4	1	27
LTO-Citrus Grilled Shrimp Salad	341	220	16	3	0	45	480	12	2	7	2	9
LTO-Mike Hot Honey Harissa	391	550	40	6	0	115	1320	25	2	16	2	24
Catering-Individual Salad w/o main	184	50	1.5	0	0	0	125	10	2	4	0	2
Catering-Individual Rice Bowl w/o main	340	320	9	0.5	0	0	50	54	<1	3	0	5

Pitas, Wraps and Sandwiches

Item	Serving	Cal	Fat	Sat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Added	Protein
Steak Burger Pita	526	760	34	10	0.5	135	4460	63	8	18	13	54
Falafel Street Pita	415	930	51	4.5	5	0	1900	99	16	21	6	26
Chicken Roti and Tahini Pita	398	700	35	6	0	200	1060	52	7	8	6	50
LTO-Mike Hot Honey Harissa Wrap	414	880	25	5	0	115	2220	111	3	9	<1	41
LTO-Mike Hot Honey Harissa Pita	427	890	46	8	0	215	2140	66	6	21	7	51
LTO-Mike Hot Honey Harissa Sandwich	284	670	41	6	3	185	1250	48	1	8	1	27
LTO-Citrus Grilled Shrimp Wrap	549	940	37	6	0	190	1710	116	4	13	7	45
LTO-Citrus Grilled Shrimp Pita	667	1030	59	10	0	375	1690	75	7	29	20	61
Roasted Veggie Pita	441	670	29	3.5	0	15	1140	86	13	17	7	19
Catering-Sandwich w/o main	172	250	0	0	0	0	490	48	2	1	0	9

Sides and Toppings

Item	Serving	Cal	Fat	Sat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Added	Protein
Persian Cucumbers-1.5 oz	43	10	0.5	0	0	0	20	2	0	1	0	0
Persian Cucumbers-side-4 oz	170	45	2.5	0	0	0	75	6	<1	3	0	1
Sumac Tomatoes-1 oz	28	10	0	0	0	0	0	1	0	0	0	0
Sumac Tomatoes-side	170	60	2.5	0	0	0	10	7	2	2	0	2
Catering-Sumac Tomatoes and Persian Cucumbers-3oz	85	25	1	0	0	0	20	3	<1	1	0	1
Lemony Brussels Sprouts-1oz	28	20	1	0	0	0	95	2	<1	1	0	1
Lemony Brussels Sprouts-side	99	70	4	0.5	0	0	320	8	3	2	0	3
Curried Carrot-1.5oz	28	15	0	0	0	0	25	3	1	2	0	0
Curried Carrot-side	113	60	1.5	0	0	0	90	12	2	8	0	1
Chickpea Salad-1.5 oz	28	45	2	0	0	0	170	5	1	1	0	2
Chickpea Salad-side	142	220	10	1	0	0	850	26	7	5	0	8
Roasted Veggies-1oz	28	20	1.5	0	0	0	20	2	1	1	0	0
Roasted Veggies-side	170	120	8	1	0	0	120	12	3	5	0	3
Crispy Brussel Sprouts-1oz	28	20	1	0	0	0	25	2	1	1	0	1
Crispy Brussel Sprouts-side	113	80	3.5	0	0	0	105	10	4	2	0	4

Item	Serving	Cal	Fat	Sat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Added	Protein
Roasted Summer Veggies-1.5oz	43	15	1	0	0	0	35	2	<1	1	0	1
Roasted Summer Veggies-side	170	60	3.5	0	0	0	130	7	2	5	0	3
Purple Cabbage-1 oz	28	5	0	0	0	0	5	1	0	1	0	0
Purple Cabbage-side	85	20	0.5	0	0	0	20	3	<1	2	0	1
Falafel-3 piece	85	220	13	1	0	0	390	21	4	4	0	7
Fries-side	173	500	38	4	0	0	740	42	2	0	0	4
Roasted Corn-1 oz	28	35	0.5	0	0	0	0	6	2	2	0	1
Feta-.5 oz	14	35	3	2	0	15	130	1	0	1	0	2
Pickled Onion-.5 oz	14	5	0	0	0	0	20	1	0	1	1	0
Hot Peppers-.5 oz	14	5	0	0	0	0	160	1	0	0	0	0
Olives-.5 oz	14	30	3	0	0	0	220	0	0	0	0	0

Mains

Item	Serving	Cal	Fat	Sat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Added	Protein
Chicken Roti-3 oz	85	150	8	2	0	100	210	1	0	0	0	19
Harissa Chicken-3 oz	85	140	10	1	0	50	270	0	0	0	0	10
Sumac Steak- 3oz	85	150	8	2.5	0	55	1560	0	0	0	0	19
Salmon -1 skewer-3oz	85	130	11	2	0	55	50	0	0	0	0	19
Falafel-4 pieces	113	290	17	1	0	0	520	28	6	5	0	9
Roasted Veggies-3oz-main	85	60	4	0.5	0	0	60	6	2	3	0	1
Roasted Summer Veggies-3oz-main	85	30	1.5	0	0	0	65	4	1	2	0	1

Bases

Item	Serving	Cal	Fat	Sat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Added	Protein
Saffron Rice	227	280	7	0	0	0	5	48	0	0	0	4
Cauliflower Rice	227	110	5	0	0	0	2110	8	5	6	0	5
Kale Blend	35	15	0	0	0	0	10	2	1	1	0	1
Greens and Grains Base	149	150	4	0	0	0	15	26	1	1	0	3
Fries	229	580	44	4.5	0	0	860	49	2	0	0	5

Sauces and Dips

Item	Serving	Cal	Fat	Sat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Added	Protein
Red S'hug-1oz	28	30	1	0	0	0	180	6	<1	4	3	0
Green S'hug-1 oz	28	70	8	1	0	0	130	1	0	0	0	0
Roasted Red Pepper-1oz	28	70	7	1	0	10	130	1	0	0	0	0
Garlic Sauce-1oz	28	40	3	0.5	0	5	230	2	0	1	1	2
Tahini Sauce-1oz	28	90	8	1	0	0	150	4	<1	0	0	3
Citrus Vinaigrette-1oz	28	80	8	0.5	0	0	130	2	0	2	1	0
Hot Honey Harissa-1oz	28	130	11	0.5	0	0	340	9	0	6	0	0
LTO-Green Goddess Tahini-1oz	28	90	9	1	0	0	230	2	0	0	0	1
Mediterranean Yogurt Dip-1oz	28	35	2.5	1.5	0	10	55	1	0	0	0	2
Mediterranean Yogurt Dip-side	170	210	15	9	0.5	50	320	7	0	2	0	11
Mediterranean Yogurt Dip w/ Pita	255	590	35	11	0.5	50	720	53	2	4	2	18
Fiery Roti Dip-1oz	28	40	3.5	1	0	5	70	2	0	1	1	1
Fiery Roti Dip-side	170	250	20	7	0	35	420	12	1	6	4	9
Fiery Roti Dip w/ Pita	255	630	40	9	0	35	820	58	3	8	5	16
Hummus-1oz	28	45	2.5	0	0	0	105	4	2	1	0	2
Hummus-side	170	280	16	2.5	0	0	640	24	10	3	0	13
Hummus w/ Pita	255	660	36	4	0	0	1040	70	12	5	2	20

Add-ons

Item	Serving	Cal	Fat	Sat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Added	Protein
Mini Pita	57	120	0	0	0	0	190	26	1	1	1	4
Sandwich Pita	100	220	1.5	0	0	0	330	43	5	6	6	9
Laffa Wrap	88	230	2.5	0	0	0	440	45	1	4	3	8
Gluten Free Pita	55	120	1	0.5	0	0	240	24	5	2	0	3
Pita Chips	28	130	7	0	0	0	135	15	1	1	1	2
Catering-Fruit Cup	85	45	0	0	0	0	0	11	1	9	0	1

Desserts

Item	Serving	Cal	Fat	Sat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Added	Protein
Chocolate Chip Cookie	65	330	16	9	0	40	290	43	2	26	26	4
Cookie Box	1300	6600	320	180	0	800	5800	860	40	520	520	80
Cheesecake	74	270	18	14	0	50	220	25	1	18	18	3
Brownie	91	340	21	9	0	55	120	55	2	31	21	5
Baklava	57	260	11	1.5	0	0	280	37	3	17	17	4
Triple Delight Platter	1525	6220	369	218	0	960	4120	687	30	486	415	80
Cheesecake Box-9 ct	669	2410	162	130	0	430	2000	220	6	162	161	31

Beverages

Item	Serving	Cal	Fat	Sat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Added	Protein
Mango Lime Black Tea	591	160	0	0	0	0	0	42	0	39	37	0
Strawberry Hibiscus Black Tea	591	160	0	0	0	0	0	37	0	37	31	0
Black Tea	591	0	0	0	0	0	0	0	0	0	0	0
Lemonade	591	290	0	0	0	0	15	77	0	73	73	0
Sprite	591	230	0	0	0	0	115	61	<1	61	61	0
Coca-Cola Zero	591	0	0	0	0	0	65	0	<1	0	0	0
Diet Coke	591	10	0	0	0	0	190	1	<1	1	1	0
Coca-Cola	591	240	0	0	0	0	65	65	<1	65	65	0
Fanta Orange	591	250	0	0	0	0	65	66	<1	66	66	0
Powerade Mountain Berry Blast	591	130	0	0	0	0	180	35	0	35	33	0

Disclaimer: While we work to keep nutritional information current, menu offerings, supplier inputs, and preparation methods can change. This guide is intended as a customer reference and should not be treated as a guarantee for allergen-free preparation.