



MODERN MEDITERRANEAN

ALLERGEN & DIETARY CHART

	Gluten	Soy Protein	Dairy	Eggs	Nuts	Sesame	Coriander/ Cilantro	Garlic	Soy Bean Oil	Vegan	Vegetarian
BREADS											
Pita	X								X	X*	X
Laffa	X	X				X			X	X	X
Gluten-Free Pita										X	X
PROTEINS											
Chicken Roti							X	X	X		
Chicken Kabob							X	X	X		
Steak Roti						X	X	X	X		
Falafel							X	X		X	X
Salmon Kabob									X		
Spicy Lamb Meatballs			X	X				X			
SIDES/TOPPINGS											
Roti Rice							X	X	X	X	X
Hummus						X		X		X	X
Tomato & Cucumber								X	X	X	X
Red Cabbage Slaw									X	X	X
Couscous	X						X	X	X	X	X
Fresh Vegetables								X	X	X	X
Mixed Greens										X	X
Grilled Eggplant Salad							X	X	X	X	X
Quinoa Cauliflower Tabbouleh					X				X	X*	X
Olives										X	X
Feta Cheese			X								X
Lemon Oregano Pickles										X	X
Pickled Onions										X	X
Chopped Cilantro							X			X	X
SAUCES/DRESSINGS											
Dill Yogurt & Cucumber			X					X			X
Roasted Red Pepper			X	X			X	X	X		X
S'hug							X	X	X	X	X
Tahini						X		X		X	X
Garlic			X	X				X	X		X
Green S'hug							X	X	X	X	X
Red Wine Vinaigrette									X	X*	X
APPETIZERS/DESSERTS											
Hummus						X		X		X	X
Spicy Feta Hummus			X			X	X	X	X		X
Pita Chips	X						X	X	X	X	X
Baklava	X	X			X				X	X*	X
Chocolate Chip Cookie	X	X		X	X						X
SOUP											
Lentil							X	X		X	X
FLATBREAD PIZZA											
Cheese Flatbread	X		X					X			X
Chicken Roti Flatbread	X		X				X	X	X		
Vegetarian Flatbread	X		X			X		X	X		X
Spicy Lamb Meatball Flatbread	X		X	X				X			
CATERING											
Mediterranean Chopped Salad	X						X	X	X		X
Pickled Onion & Kalamata Olive Hummus						X		X		X	X
Stacy's Pita Chips	X									X	X
White Chocolate Macadamia Nut Cookie	X	X	X	X	X						X
Sugar Cookie	X	X	X	X	X						X
Dessert Bars	X	X	X	X	X						X

*Items contain Honey