

ALLERGEN & DIETARY CHART

		GLUTEN	SOY PROTEIN	DAIRY	EGGS	NUTS	SESAME	CORIANDER /CILANTRO	GARLIC	SOY BEAN OIL	VEGAN	VEGETARIAN
BREADS	Pita*	Diagonal								Diagonal	Diagonal	Diagonal
	Laffa	Diagonal	Diagonal				Diagonal			Diagonal	Diagonal	Diagonal
	Gluten-Free Pita				Diagonal							Diagonal
PROTEINS	Chicken Roti							Diagonal	Diagonal			
	Chicken Kabob							Diagonal	Diagonal			
	Steak Roti						Diagonal	Diagonal	Diagonal			
	Falafel							Diagonal	Diagonal		Diagonal	Diagonal
	Salmon											
	Lamb Meatballs			Diagonal	Diagonal				Diagonal			
SIDES/TOPPINGS	Roti Rice							Diagonal	Diagonal		Diagonal	Diagonal
	Hummus						Diagonal		Diagonal		Diagonal	Diagonal
	Tomato & Cucumber								Diagonal		Diagonal	Diagonal
	Red Cabbage Slaw								Diagonal		Diagonal	Diagonal
	Couscous		Diagonal					Diagonal			Diagonal	Diagonal
	Fresh Vegetables								Diagonal		Diagonal	Diagonal
	Mixed Greens								Diagonal		Diagonal	Diagonal
	Grilled Eggplant								Diagonal		Diagonal	Diagonal
	Olives								Diagonal		Diagonal	Diagonal
	Feta Cheese			Diagonal							Diagonal	Diagonal
	Lemon Oregano Pickles										Diagonal	Diagonal
	Pickled Onions										Diagonal	Diagonal
	Chopped Cilantro							Diagonal			Diagonal	Diagonal
	SAUCES	Dill, Yogurt & Cucumber			Diagonal					Diagonal		Diagonal
Garlic				Diagonal	Diagonal				Diagonal		Diagonal	Diagonal
Green S'hug								Diagonal	Diagonal		Diagonal	Diagonal
Red S'hug								Diagonal	Diagonal		Diagonal	Diagonal
Roasted Red Pepper				Diagonal	Diagonal			Diagonal	Diagonal		Diagonal	Diagonal
Tahini							Diagonal		Diagonal		Diagonal	Diagonal
Red Wine Vinaigrette*										Diagonal	Diagonal	Diagonal
FLATBREADS	Cheese Flatbread	Diagonal		Diagonal					Diagonal		Diagonal	Diagonal
	Chicken Roti Flatbread	Diagonal		Diagonal				Diagonal	Diagonal		Diagonal	Diagonal
	Vegetarian Flatbread	Diagonal		Diagonal			Diagonal		Diagonal		Diagonal	Diagonal
	Lamb Meatball Flatbread	Diagonal		Diagonal	Diagonal			Diagonal	Diagonal		Diagonal	Diagonal
EXTRAS/DESSERTS	Lentil							Diagonal	Diagonal		Diagonal	Diagonal
	Hummus						Diagonal		Diagonal		Diagonal	Diagonal
	Spicy Feta Hummus			Diagonal			Diagonal		Diagonal		Diagonal	Diagonal
	Pita Chips	Diagonal						Diagonal	Diagonal		Diagonal	Diagonal
	Baklava*	Diagonal	Diagonal			Diagonal			Diagonal		Diagonal	Diagonal
Chocolate Chip Cookie	Diagonal	Diagonal		Diagonal	Diagonal					Diagonal	Diagonal	

*contains honey