

NAYA

Nutritional Information

Bowls & Salads

	ITEM	CALORIES	PORTION	CAL FROM FAT	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST. (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER	SUGARS (g)	PROTEIN (g)
Bases	ROMAINE LETTUCE	15	3.5 oz	0	0	0	0	0	10	3	2	1	1
	SEASONAL GREENS (POWER 4 MIX)	35	2 oz	4.5	0.5	0	0	0	180	6	3	1	4
	BROWN RICE WITH LENTILS	450	5 oz	19	2	0	0	0	490	94	7	0	11
	VERMICELLI RICE	150	5 oz	45	5	2.5	0	10	210	41	<1	<1	5
Proteins	CHICKEN SHAWARMA	190	4 oz	99	11	2.5	0	115	280	1	0	<1	23
	FALAFEL	220	5 ea	99	11	0.5	0	40	590	40	22	0	12
	CHICKEN KEBAB	150	4 oz	63	7	0	0	60	410	2	0	<1	20
	BEEF SHAWARMA	250	4 oz	135	15	3	0	90	430	2	0	1	31
	BRAISED BEEF	270	4.5 oz	153	17	9	0	100	690	11	3	5	20
	KAFTA LAMB KEBAB	270	4 oz	180	20	8	0	75	530	2	0	<1	18
	CAULIFLOWER	120	4 oz	99	11	1.5	0	0	40	5	3	2	2
Toppings	ROMAINE LETTUCE	5	1 oz	0	0	0	0	0	10	1	<1	0	0
	BABA GHANNOUJ	70	2 oz	40.5	4.5	1	0	0	280	11	2	2	2
	FETA CHEESE	70	1 oz	54	6	4	0	25	260	1	0	1	4
	CUCUMBERS	5	1 oz	0	0	0	0	0	0	1	0	0	0
	CABBAGE SLAW	60	1.5 oz	54	6	1	0	0	140	2	<1	<1	0
	HUMMUS	230	2.5 oz	180	20	2.5	0	0	270	10	3	0	5
	JALAPEÑOS	0	0.5 oz	0	0	0	0	0	<1	0	<1	0	0
	KALAMATA OLIVES	30	0.5 oz	36	3	0	0	0	90	<1	0	0	0
	SUMAC ONIONS	15	1 oz	0	0	0	0	0	20	3	<1	1	0
	LEBANESE PICKLES	5	1 oz	0	0	0	0	0	610	2	0	0	0
	PICKLED TURNIPS	5	1 oz	0	0	0	0	0	470	1	0	1	0
	TOMATOES	10	1.5 oz	0	0	0	0	0	0	2	<1	1	0
	TOUM (GARLIC WHIP)	80	0.5 oz	72	8	0.5	0	0	70	<1	0	0	0
	CUCUMBER YOGURT	35	1 oz	27	3	2	0	10	50	1	1	1	1
	LEMON TAHINI	70	1 oz	54	6	1	0	0	70	3	<1	0	2
	SPICY RED PEPPER SAUCE	45	1 oz	36	4	0	0	0	260	2	0	<1	0
	ZESTY JALAPEÑO SAUCE	110	1 oz	99	11	1	0	0	95	1	0	<1	0
	POMEGRANATE VINAIGRETTE	80	2 oz	27	3	2	0	0	290	13	0	6	0
	RED PEPPER HUMMUS	180	3 oz	108	12	3	0	0	420	12	3	3	6
	PITA CRUNCH	70	0.5 oz	27	3	0.5	0	0	100	8	0	<1	1

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Nutritional Information

Rolls

ITEM	CALORIES	PORTION	CAL FROM FAT	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST. (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER	SUGARS (g)	PROTEIN (g)	
Bases	WHITE PITA	300	1ea	22.5	2.5	0	0	530	60	2	4	10	
	WHOLE WHEAT PITA	230	1ea	36	4	0	0	370	40	7	3	13	
	ROMAINE LETTUCE	15	3.5 oz	0	0	0	0	10	3	2	1	1	
	SEASONAL GREENS (POWER 4 MIX)	35	2 oz	4.5	0.5	0	0	180	6	3	1	4	
	BROWN RICE WITH LENTILS	450	5 oz	19	2	0	0	490	94	7	0	11	
	VERMICELLI RICE	150	5 oz	45	5	2.5	0	10	210	41	<1	5	
Proteins	CHICKEN SHAWARMA	190	4 oz	99	11	2.5	0	115	280	1	0	<1	23
	FALAFEL	180	4 ea	81	9	0.5	0	0	480	33	18	0	10
	CHICKEN KEBAB	110	3 oz	45	5	0	0	45	310	1	0	<1	15
	BEEF SHAWARMA	250	4 oz	135	15	3	0	90	430	2	0	1	31
	BRAISED BEEF	270	4.5 oz	153	17	9	0	100	690	11	3	5	20
	KAFTA LAMB KEBAB	270	4 oz	180	20	8	0	75	530	2	0	<1	18
	CAULIFLOWER	120	4 oz	99	11	1.5	0	0	40	5	3	2	2
	ROMAINE LETTUCE	5	1 oz	0	0	0	0	10	1	<1	0	0	
Toppings	BABA GHANNOUJ	35	1 oz	22.5	2.5	0	0	0	140	6	<1	<1	<1
	FETA CHEESE	70	1 oz	54	6	4	0	25	260	1	0	1	4
	CUCUMBERS	5	1 oz	0	0	0	0	0	1	0	0	0	
	CABBAGE SLAW	60	1.5 oz	54	6	1	0	0	140	2	<1	<1	0
	HUMMUS	130	1.5 oz	90	10	1.5	0	0	95	4	1	0	3
	JALAPEÑOS	0	0.5 oz	0	0	0	0	0	<1	0	<1	0	
	KALAMATA OLIVES	30	0.5 oz	36	3	0	0	0	90	<1	0	0	0
	SUMAC ONIONS	15	1 oz	0	0	0	0	0	20	3	<1	1	0
	LEBANESE PICKLES	5	1 oz	0	0	0	0	0	610	2	0	0	0
	PICKLED TURNIPS	5	1 oz	0	0	0	0	0	470	1	0	1	0
	TOMATOES	10	1.5 oz	0	0	0	0	0	0	2	<1	1	0
	TOUM (GARLIC WHIP)	80	0.5 oz	72	8	0.5	0	0	70	<1	0	0	0
	CUCUMBER YOGURT	35	1 oz	27	3	2	0	10	50	1	1	1	1
	LEMON TAHINI	70	1 oz	54	6	1	0	0	70	3	<1	0	2
	SPICY RED PEPPER SAUCE	45	1 oz	36	4	0	0	0	260	2	0	<1	0
	ZESTY JALAPEÑO SAUCE	110	1 oz	99	11	1	0	0	95	1	0	<1	0
	POMEGRANATE VINAIGRETTE	80	2 oz	27	3	2	0	0	290	13	0	6	0
	RED PEPPER HUMMUS	180	3 oz	108	12	3	0	0	420	12	3	3	6
	PITA CRUNCH	70	0.5 oz	27	3	0.5	0	0	100	8	0	<1	1

NAYA

Nutritional Information

Hot Appetizers & Sides

ITEM	CALORIES	PORTION	CAL FROM FAT	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST. (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER	SUGARS (g)	PROTEIN (g)
Hot Appetizer & Sides	BEEF KIBBE	80	1ea	54	6	2	0	15	80	3	<1	<1
	FATAYER	87	1ea	16	1.8	0.36	0	0	174	16	0.9	2.4
	REKAKAT	150	3 pcs	37.8	4.2	1.2	0.6	3	690	21	1.2	0.4
	FALAFEL	45	1ea	18	2	0	0	0	110	8	4	0
	SIDE OF PITA BREAD	120	1ea	0	0	0	0	0	190	26	1	1
	PITA CHIPS	530	5oz	225	25	6	0	0	800	67	3	4

Cold Appetizers (GRAB AND GO)

Item	Calories	Portion (oz)	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber	Sugars (g)	Protein (g)	
Cold Appetizers	TABBOULE	280	8.8	225	25	3.5	0	0	520	14	5	5	4
	HUMMUS	650	7	513	57	7	0	0	550	21	7	0	14
	SPICY HUMMUS	520	7	405	45	6	0	0	430	19	7	2	12
	BABA GHANNOUJ	230	7	144	16	2.5	0	<5	990	17	7	6	6
	GRAPE LEAVES	130	5.7	90	10	2.5	0	0	680	26	0	0	3
	LABNE	400	7	333	37	22	0	110	65	7	0	7	13
	CUCUMBER YOGURT	230	7	171	19	11	0	60	240	9	0	8	9
	CABBAGE SLAW (MALFOUF)	390	8.8	351	39	5	0	0	930	12	4	5	2
	RED PEPPER HUMMUS	400	7	234	26	7	0	0	930	26	0	7	13

Sweets

NAYA

Allergy & Dietary Information

Bases

	ITEM	EGGS	FISH	DAIRY	PEANUTS	TREE NUTS	SHELFISH	SOYBEAN	SESAME	WHEAT	VEGETARIAN	VEGAN
Bases	ROMAINE LETTUCE										✓	✓
	SEASONAL GREENS										✓	✓
	BROWN RICE WITH LENTILS										✓	✓
	VERMICELLI RICE			✓						✓	✓	
	WHITE PITA									✓	✓	✓
	WHOLE WHEAT PITA									✓	✓	✓
Proteins	CHICKEN SHAWARMA											
	FALAFEL										✓	✓
	CHICKEN KEBAB			✓								
	BEEF SHAWARMA											
	BRAISED BEEF											
	KAFTA LAMB KEBAB											
Toppings	CAULIFLOWER								✓		✓	✓
	ROMAINE LETTUCE										✓	✓
	BABA GHANNOUJ			✓					✓		✓	
	FETA CHEESE			✓							✓	
	CUCUMBERS										✓	✓
	CABBAGE SLAW										✓	✓
Toppings	HUMMUS								✓		✓	✓
	JALAPEÑOS										✓	✓
	KALAMATA OLIVES										✓	✓
	SUMAC ONIONS										✓	✓
	LEBANESE PICKLES										✓	✓
	PICKLED TURNIPS										✓	✓
Toppings	TOMATOES										✓	✓
	TOUM (GARLIC WHIP)										✓	✓
	CUCUMBER YOGURT			✓							✓	
	LEMON TAHINI								✓		✓	✓
	SPICY RED PEPPER SAUCE										✓	✓
	ZESTY JALAPEÑO SAUCE										✓	✓
Toppings	POMEGRANATE VINAIGRETTE										✓	✓
	RED PEPPER HUMMUS								✓		✓	✓
	PITA CRUNCH								✓	✓	✓	✓

*Foods in this restaurant are processed in a kitchen that produces dishes with milk, wheat, soybean, fish, tree nuts, peanuts, sesame, eggs, and egg products.

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Allergy & Dietary Information

	ITEM	EGGS	FISH	DAIRY	PEANUTS	TREE NUTS	SHELFISH	SOYBEAN	SESAME	WHEAT	VEGETARIAN	VEGAN
Sides & Hot Appetizers	BEEF KIBBE			✓		✓				✓		
	FATAYER									✓	✓	✓
	REKAKAT			✓						✓	✓	
	FALAFEL										✓	✓
	SIDE OF PITA BREAD									✓	✓	✓
	PITA CHIPS								✓	✓	✓	✓
Cold Appetizers	TABBOULE									✓	✓	✓
	HUMMUS								✓		✓	✓
	SPICY HUMMUS								✓		✓	
	BABA GHANNOUJ			✓					✓		✓	
	GRAPE LEAVES										✓	✓
	LABNE			✓							✓	
	CUCUMBER YOGURT			✓							✓	
	CABBAGE SLAW (MALFOUF)										✓	✓
	RED PEPPER HUMMUS								✓		✓	✓
Sweets	PISTACHIO BAKLAVA					✓		✓		✓	✓	✓