

The nutritional analysis which produced the nutritional values of the company recipes were derived from supplier nutrition information, the USDA database and an independent lab. Menu items are hand-prepared and nutritional values may vary from the stated amount. This information is updated periodically to reflect our current product offerings.

APPETIZERS	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Total Carbohydrate	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Hummus	285	14	2	0	0	33	992	8	6	12
Baba	239	17	2	0	0	20	940	4	4	7
Tabouli	264	24	3	0	0	12	790	3	3	3
Falafel	602	21	3	0	0	788	2723	32	6	17
Grape Leaves	212	8	1	0	0	27	770	3	2	5
French Fries	839	40	6	0	0	111	611	10	1	9
Spicy Cauliflower	180	15	2	0	0	10	797	5	4	5
Veggie Sticks	41	0	0	0	0	7	886	2	3	1
Kibbie	657	49	10	1	43	42	1708	8	10	18

ROLLED PITAS	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Total Carbohydrate	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Boaz Falafel Rolled	366	8	1	0	0	57	1827	14	5	14
Hummus Falafel Rolled	466	11	1	0	0	67	2286	17	6	18
Tawook Rolled	275	7	1	0	55	28	986	2	2	22
Chicken Shawarma Rolled	261	4	1	0	52	31	1191	3	4	23
Beef Shawarma Rolled	330	12	4	0	56	31	1437	3	4	19
Lamb Rolled	291	12	5	0	32	30	1031	3	4	12
Chicken Curry Rolled	272	7	1	0	38	35	451	4	6	18

ENTREES	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Total Carbohydrate	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Hummus Chicken	432	16	2	0	77	36	1407	9	6	39
Hummus Shawarma	804	58	21	0	115	36	1440	9	7	39
Hummus Falafel	723	26	3	0	0	94	3055	34	11	33
Vegan Combo	827	45	6	0	0	85	3200	24	11	27
Boaz Combo	727	37	6	0	10	79	2826	24	133	28

SOUPS	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Total Carbohydrate	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Lentil Soup	237	7	1	0	0	12	799	1	2	12
Add on Chicken	34	1	0	0	19	0	101	0	0	7

SALADS	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Total Carbohydrate	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Fattoush <i>(no dressing)</i>	379	24	2	0	0	37	1137	7	8	7
Tabouli	351	32	4	0	0	16	1054	4	4	4
Falafel Salad <i>(no dressing)</i>	524	17	2	0	0	72	2499	30	9	23
Shawarma Salad <i>(no dressing)</i>	665	53	20	0	115	19	1289	7	8	31

BUILD YOUR OWN BOWL	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Total Carbohydrate	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Greens	8	0	0	0	0	2	8	1	1	0
Lentils & Brown Rice	255	15	2	0	0	24	137	6	2	7
Brown Rice	266	10	2	0	0	39	13	2	1	5
Beef Shawarma	482	41	18	0	108	1	418	0	0	25
Grilled Chicken	122	2	0	0	67	1	359	0	0	23
Hummus	176	8	1	0	0	20	618	5	3	7
Baba	170	12	2	0	0	14	673	3	3	5
Salata	53	4	1	0	0	5	358	1	2	1
Tabouli	105	10	1	0	0	5	316	1	1	1
Quinoa	32	1	0	0	0	6	2	1	0	1
Tomatoes	10	0	0	0	0	2	3	1	1	0
Cabbage Salad	35	3	0	0	0	2	61	1	1	0
Pickled Turnips	4	0	0	0	0	0	353	0	0	0
Fresh Bean Mix	98	4	1	0	0	11	253	4	1	4
Banana Peppers	5	0	0	0	0	1	2	1	0	0
Shredded Carrots	11	0	0	0	0	3	19	1	1	0
Pickled Cucumbers	4	0	0	0	0	0	283	0	0	0

DRESSINGS	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Total Carbohydrate	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
<i>Based on a 1oz portion</i>										
Boaz Dressing	162	18	2	0	0	1	312	0	0	0
Tahini Lemon Dressing	59	5	1	0	0	2	145	1	0	2
Mango Cilantro Dressing	99	9	2	0	7	2	181	0	2	1
Garlic Sauce	171	18	3	0	10	0	161	0	0	1
Homemade Hot Sauce	86	9	2	0	0	0	525	0	1	0
Fattoush Dressing	108	12	1	0	0	2	411	0	0	0

JUICES AND SMOOTHIES	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Total Carbohydrate	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Mean & Green	100	1	0	0	0	21	397	9	10	5
Energize	153	1	0	0	0	36	338	5	18	4
Detox	212	1	0	0	0	49	301	5	24	5
Immune Booster	109	1	0	0	0	23	100	5	14	4
Anti-Inflammatory	192	1	0	0	0	44	275	6	23	5
Empower	82	1	0	0	0	18	52	3	10	3
Natural Energy	103	1	0	0	0	23	520	9	14	5
Slim Trim	115	1	0	0	0	26	353	7	14	4
Edgy Veggie	239	1	0	0	0	55	593	9	28	7
All Green	173	1	0	0	0	43	54	8	27	3
Tropical Storm	222	0	0	0	0	54	123	3	45	1
Rejuvenate	227	0	0	0	0	55	84	6	43	2
Youthful Glow	244	1	0	0	0	58	214	8	40	2
Strawberry Blast	249	0	0	0	0	62	6	5	48	1
Boost It: Chia Seeds	16	1	0	0	0	1	1	1	0	1
Boost It: Wheat Germ	9	0	0	0	0	1	0	0	0	1
Boost It: Flaxseeds	12	1	0	0	0	1	1	1	0	0

BEVERAGES	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Total Carbohydrate	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Unsweetened Pomegranate Tea	0	0	0	0	0	0	0	0	0	0
Unsweetened Black Tea	0	0	0	0	0	0	0	0	0	0
All Natural Cane Sugar Black Cherry Soda	110	0	0	0	0	28	10	0	28	0
All Natural Cane Sugar Black Lemon Lime	110	0	0	0	0	28	25	0	27	0
All Natural Cane Sugar Black Cola	110	0	0	0	0	28	5	0	28	0
All Natural Cane Sugar Black Diet	0	0	0	0	0	0	25	0	0	0
Camilla Blend Coffee	0	0	0	0	0	0	0	0	0	0
French Roast Coffee	0	0	0	0	0	0	0	0	0	0
Decaf Coffee	0	0	0	0	0	0	0	0	0	0