



**FLAME & SKEWERS**

## PLATES

### Nutrition Facts

*Serving Size 1 small Chicken(Shawarma or Kabob) plate*

Amount per serving	
Calories 1421.5	Calories from Fat 798.25
<b>Total Fat</b>	94.1 g
Saturated Fat	15.1 g
Polyunsaturated Fat	17.1 g
Monounsaturated Fat	11.3 g
<b>Cholesterol</b>	91.3 mg
<b>Sodium</b>	2380.5 mg
<b>Potassium</b>	598.0 mg
<b>Total Carbohydrates</b>	103.5 g
Suger	10.8 g
Fiber	13.1 g
<b>Protein</b>	49.5 g

### Nutrition Facts

*Serving Size 1 Large Chicken(Shawarma or Kabob) plate*

Amount per serving	
Calories 1916.75	Calories from Fat 1125.25
<b>Total Fat</b>	130.7 g
Saturated Fat	21.9 g
Polyunsaturated Fat	33.0 g
Monounsaturated Fat	21.3 g
<b>Cholesterol</b>	162.5 mg
<b>Sodium</b>	2943.8 mg
<b>Potassium</b>	619.5 mg
<b>Total Carbohydrates</b>	117.2 g
Suger	13.8 g
Fiber	15.8 g
<b>Protein</b>	82.8 g

### Nutrition Facts

*Serving Size 1 small Beef Shawarma plate*

Amount per serving	
Calories 1218	Calories from Fat 621
<b>Total Fat</b>	66.8 g
Saturated Fat	8.5 g
Polyunsaturated Fat	17.1 g
Monounsaturated Fat	15.3 g
<b>Cholesterol</b>	35.0 mg
<b>Sodium</b>	2573.0 mg
<b>Potassium</b>	598.0 mg
<b>Total Carbohydrates</b>	109.7 g
Suger	14.5 g
Fiber	13.6 g
<b>Protein</b>	44.0 g

### Nutrition Facts

*Serving Size 1 Large Beef Shawarma plate*

Amount per serving	
Calories 1690.75	Calories from Fat 951.75
<b>Total Fat</b>	101.19 g
Saturated Fat	14.65 g
Polyunsaturated Fat	32.99 g
Monounsaturated Fat	25.28 g
<b>Cholesterol</b>	70.00 mg
<b>Sodium</b>	3268.75 mg
<b>Potassium</b>	619.50 mg
<b>Total Carbohydrates</b>	123.66 g
Suger	17.28 g
Fiber	14.79 g
<b>Protein</b>	66.77 g

### Nutrition Facts

*Serving Size 1 small Beef Kabob plate*

Amount per serving	
Calories 1399	Calories from Fat 802
<b>Total Fat</b>	91.8 g
Saturated Fat	14.5 g
Polyunsaturated Fat	17.1 g
Monounsaturated Fat	11.3 g
<b>Cholesterol</b>	55.0 mg
<b>Sodium</b>	2513.0 mg
<b>Potassium</b>	598.0 mg
<b>Total Carbohydrates</b>	103.7 g
Suger	10.5 g
Fiber	11.6 g
<b>Protein</b>	39.0 g

### Nutrition Facts

*Serving Size 1 Large Beef Kabob plate*

Amount per serving	
Calories 1871.75	Calories from Fat 1132.75
<b>Total Fat</b>	126.2 g
Saturated Fat	20.7 g
Polyunsaturated Fat	33.0 g
Monounsaturated Fat	21.3 g
<b>Cholesterol</b>	90.0 mg
<b>Sodium</b>	3208.8 mg
<b>Potassium</b>	619.5 mg
<b>Total Carbohydrates</b>	117.7 g
Suger	13.3 g
Fiber	12.8 g
<b>Protein</b>	61.8 g



# FLAME & SKEWERS

## PLATES

### Nutrition Facts

*Serving Size 1 small Lamb Kabob plate*

Amount per serving	
Calories 1449	Calories from Fat 834.5
<b>Total Fat</b>	97.8 g
Saturated Fat	17.2 g
Polyunsaturated Fat	17.8 g
Monounsaturated Fat	14.3 g
<b>Cholesterol</b>	112.5 mg
<b>Sodium</b>	2135.5 mg
<b>Potassium</b>	1000.5 mg
<b>Total Carbohydrates</b>	99.7 g
Suger	9.5 g
Fiber	10.6 g
<b>Protein</b>	45.7 g

### Nutrition Facts

*Serving Size 1 Large Lamb Kabob plate*

Amount per serving	
Calories 1971.75	Calories from Fat 1197.75
<b>Total Fat</b>	138.16 g
Saturated Fat	26.01 g
Polyunsaturated Fat	34.35 g
Monounsaturated Fat	27.32 g
<b>Cholesterol</b>	205.00 mg
<b>Sodium</b>	2453.75 mg
<b>Potassium</b>	1424.50 mg
<b>Total Carbohydrates</b>	109.66 g
Suger	11.28 g
Fiber	10.79 g
<b>Protein</b>	75.07 g

### Nutrition Facts

*Serving Size 1 small Kofta Kabob plate*

Amount per serving	
Calories 1435	Calories from Fat 813
<b>Total Fat</b>	95.5 g
Saturated Fat	16.2 g
Polyunsaturated Fat	17.5 g
Monounsaturated Fat	13.4 g
<b>Cholesterol</b>	79.0 mg
<b>Sodium</b>	2613.0 mg
<b>Potassium</b>	1230.0 mg
<b>Total Carbohydrates</b>	108.1 g
Suger	11.5 g
Fiber	15.2 g
<b>Protein</b>	40.4 g

### Nutrition Facts

*Serving Size 1 Large Kofta Kabob plate*

Amount per serving	
Calories 1943.75	Calories from Fat 1154.75
<b>Total Fat</b>	133.5 g
Saturated Fat	24.1 g
Polyunsaturated Fat	33.7 g
Monounsaturated Fat	25.5 g
<b>Cholesterol</b>	138.0 mg
<b>Sodium</b>	3408.8 mg
<b>Potassium</b>	1883.5 mg
<b>Total Carbohydrates</b>	126.3 g
Suger	15.3 g
Fiber	19.9 g
<b>Protein</b>	64.6 g

### Nutrition Facts

*Serving Size 1 small Falafel plate*

Amount per serving	
Calories 1422	Calories from Fat 666
<b>Total Fat</b>	73.3 g
Saturated Fat	8.5 g
Polyunsaturated Fat	17.1 g
Monounsaturated Fat	15.3 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	3463.0 mg
<b>Potassium</b>	614.0 mg
<b>Total Carbohydrates</b>	161.7 g
Suger	29.5 g
Fiber	12.6 g
<b>Protein</b>	38.0 g

### Nutrition Facts

*Serving Size 1 Large Falafel plate*

Amount per serving	
Calories 2098.75	Calories from Fat 1041.75
<b>Total Fat</b>	114.2 g
Saturated Fat	14.7 g
Polyunsaturated Fat	33.0 g
Monounsaturated Fat	25.3 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	5048.8 mg
<b>Potassium</b>	651.5 mg
<b>Total Carbohydrates</b>	227.7 g
Suger	47.3 g
Fiber	12.8 g
<b>Protein</b>	54.8 g



# FLAME & SKEWERS

## SANDWICHES

### Nutrition Facts

*Serving Size 1 Chicken Shawarma Sandwich*

Amount per serving	
Calories 503.7	Calories from Fat 177.25
<b>Total Fat</b>	22.5 g
Saturated Fat	3.7 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	0.1 g
<b>Cholesterol</b>	81.3 mg
<b>Sodium</b>	1177.5 mg
<b>Potassium</b>	152.0 mg
<b>Total Carbohydrates</b>	39.1 g
Suger	4.1 g
Fiber	3.1 g
<b>Protein</b>	38.4 g

### Nutrition Facts

*Serving Size 1 Cicken kabob Sandwich*

Amount per serving	
Calories 631.5	Calories from Fat 321.25
<b>Total Fat</b>	38.47 g
Saturated Fat	6.725 g
Polyunsaturated Fat	8.12 g
Monounsaturated Fat	4.863 g
<b>Cholesterol</b>	81.25 mg
<b>Sodium</b>	749.5 mg
<b>Potassium</b>	74 mg
<b>Total Carbohydrates</b>	37.97 g
Suger	3.35 g
Fiber	2.5 g
<b>Protein</b>	37.96 g

### Nutrition Facts

*Serving Size 1 Beef Shawarma Sandwich*

Amount per serving	
Calories 391.17	Calories from Fat 90.5
<b>Total Fat</b>	7.7 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	2.1 g
<b>Cholesterol</b>	35.0 mg
<b>Sodium</b>	1332.0 mg
<b>Potassium</b>	72.0 mg
<b>Total Carbohydrates</b>	41.4 g
Suger	5.3 g
Fiber	2.6 g
<b>Protein</b>	30.0 g

### Nutrition Facts

*Serving Size 1 Beef Kabob Sandwich*

Amount per serving	
Calories 536.5	Calories from Fat 210
<b>Total Fat</b>	23.5 g
Saturated Fat	3.2 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.1 g
<b>Cholesterol</b>	45.0 mg
<b>Sodium</b>	951.0 mg
<b>Potassium</b>	444.0 mg
<b>Total Carbohydrates</b>	48.1 g
Suger	4.4 g
Fiber	7.5 g
<b>Protein</b>	29.0 g



## SANDWICHES

### Nutrition Facts

*Serving Size 1 Falafel Sandwich*

Amount per serving	
Calories 523.42	Calories from Fat 138.50
<b>Total Fat</b>	15.0 g
Saturated Fat	0.5 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	2.1 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	1860.3 mg
<b>Potassium</b>	162.0 mg
<b>Total Carbohydrates</b>	78.3 g
Suger	15.7 g
Fiber	2.4 g
<b>Protein</b>	20.0 g

### Nutrition Facts

*Serving Size 1 Beef Kofta Sandwich*

Amount per serving	
Calories 572.5	Calories from Fat 221
<b>Total Fat</b>	27.185 g
Saturated Fat	4.9065 g
Polyunsaturated Fat	0.8915 g
Monounsaturated Fat	2.263 g
<b>Cholesterol</b>	69 mg
<b>Sodium</b>	1051 mg
<b>Potassium</b>	1076 mg
<b>Total Carbohydrates</b>	52.46 g
Suger	5.35 g
Fiber	11.02 g
<b>Protein</b>	30.39 g

### Nutrition Facts

*Serving Size 1 Lamb Kabob Sandwich*

Amount per serving	
Calories 586.5	Calories from Fat 242.5
<b>Total Fat</b>	29.5225 g
Saturated Fat	5.84625 g
Polyunsaturated Fat	1.1975 g
Monounsaturated Fat	3.14675 g
<b>Cholesterol</b>	102.5 mg
<b>Sodium</b>	573.5 mg
<b>Potassium</b>	846.5 mg
<b>Total Carbohydrates</b>	44.12 g
Suger	3.35 g
Fiber	6.47 g
<b>Protein</b>	35.61 g



# FLAME & SKEWERS

## BOWL

### Nutrition Facts

*Serving Size 1 Chicken Shawarma Bowl*

Amount per serving	
Calories 586.38	Calories from Fat 349.63
<b>Total Fat</b>	39.0 g
Saturated Fat	7.1 g
Polyunsaturated Fat	16.3 g
Monounsaturated Fat	10.6 g
<b>Cholesterol</b>	71.3 mg
<b>Sodium</b>	976.9 mg
<b>Potassium</b>	207.8 mg
<b>Total Carbohydrates</b>	29.4 g
Suger	4.9 g
Fiber	3.9 g
<b>Protein</b>	35.2 g

### Nutrition Facts

*Serving Size 1 Cicken kabob Bowl*

Amount per serving	
Calories 586.38	Calories from Fat 349.63
<b>Total Fat</b>	38.99875 g
Saturated Fat	7.0585 g
Polyunsaturated Fat	16.28175 g
Monounsaturated Fat	10.57775 g
<b>Cholesterol</b>	71.25 mg
<b>Sodium</b>	976.875 mg
<b>Potassium</b>	207.75 mg
<b>Total Carbohydrates</b>	29.44125 g
Suger	4.8875 g
Fiber	3.8675 g
<b>Protein</b>	35.23375 g

### Nutrition Facts

*Serving Size 1 Beef Shawarma Bowl*

Amount per serving	
Calories 563.88	Calories from Fat 353.38
<b>Total Fat</b>	36.7 g
Saturated Fat	6.4 g
Polyunsaturated Fat	16.3 g
Monounsaturated Fat	10.6 g
<b>Cholesterol</b>	35.0 mg
<b>Sodium</b>	1109.4 mg
<b>Potassium</b>	207.8 mg
<b>Total Carbohydrates</b>	29.7 g
Suger	4.6 g
Fiber	2.4 g
<b>Protein</b>	24.7 g

### Nutrition Facts

*Serving Size 1 Beef Kabob Bowl*

Amount per serving	
Calories 536.88	Calories from Fat 353.38
<b>Total Fat</b>	36.7 g
Saturated Fat	6.4 g
Polyunsaturated Fat	16.3 g
Monounsaturated Fat	10.6 g
<b>Cholesterol</b>	35.0 mg
<b>Sodium</b>	1109.4 mg
<b>Potassium</b>	207.8 mg
<b>Total Carbohydrates</b>	29.7 g
Suger	4.6 g
Fiber	2.4 g
<b>Protein</b>	24.7 g



## BOWL

### Nutrition Facts

*Serving Size 1 Falafel Bowl*

Amount per serving	
Calories 638.87	Calories from Fat 368.38
<b>Total Fat</b>	40.2 g
Saturated Fat	6.4 g
Polyunsaturated Fat	16.3 g
Monounsaturated Fat	10.6 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	1489.4 mg
<b>Potassium</b>	217.8 mg
<b>Total Carbohydrates</b>	60.7 g
Suger	13.6 g
Fiber	1.4 g
<b>Protein</b>	12.7 g

### Nutrition Facts

*Serving Size 1 Beef Kofta Bowl*

Amount per serving	
Calories 599.90	Calories from Fat 364.38
<b>Total Fat</b>	40.40 g
Saturated Fat	8.17 g
Polyunsaturated Fat	16.66 g
Monounsaturated Fat	12.71 g
<b>Cholesterol</b>	59.00 mg
<b>Sodium</b>	1209.38 mg
<b>Potassium</b>	839.75 mg
<b>Total Carbohydrates</b>	34.03 g
Suger	5.64 g
Fiber	5.92 g
<b>Protein</b>	26.16 g

### Nutrition Facts

*Serving Size 1 Lamb Kabob Bowl*

Amount per serving	
Calories 613.88	Calories from Fat 385.88
<b>Total Fat</b>	42.7 g
Saturated Fat	9.1 g
Polyunsaturated Fat	17.0 g
Monounsaturated Fat	13.6 g
<b>Cholesterol</b>	92.5 mg
<b>Sodium</b>	731.9 mg
<b>Potassium</b>	610.3 mg
<b>Total Carbohydrates</b>	25.7 g
Suger	3.6 g
Fiber	1.4 g
<b>Protein</b>	31.4 g



## SALAD

### Nutrition Facts

*Serving Size 1 Chicken Shawarma Salad*

Amount per serving	
Calories 461.3	Calories from Fat 320.45
<b>Total Fat</b>	35.9 g
Saturated Fat	6.7 g
Polyunsaturated Fat	15.7 g
Monounsaturated Fat	9.6 g
<b>Cholesterol</b>	71.3 mg
<b>Sodium</b>	356.7 mg
<b>Potassium</b>	196.0 mg
<b>Total Carbohydrates</b>	7.5 g
Suger	4.2 g
Fiber	3.1 g
<b>Protein</b>	33.5 g

### Nutrition Facts

*Serving Size 1 Cicken kabob Salad*

Amount per serving	
Calories 461.30	Calories from Fat 320.45
<b>Total Fat</b>	35.9 g
Saturated Fat	6.7 g
Polyunsaturated Fat	15.7 g
Monounsaturated Fat	9.6 g
<b>Cholesterol</b>	71.3 mg
<b>Sodium</b>	356.7 mg
<b>Potassium</b>	196.0 mg
<b>Total Carbohydrates</b>	7.5 g
Suger	4.2 g
Fiber	3.1 g
<b>Protein</b>	33.5 g

### Nutrition Facts

*Serving Size 1 Beef Shawarma Salad*

Amount per serving	
Calories 438.88	Calories from Fat 324.2
<b>Total Fat</b>	33.7 g
Saturated Fat	6.0 g
Polyunsaturated Fat	15.7 g
Monounsaturated Fat	9.6 g
<b>Cholesterol</b>	35.0 mg
<b>Sodium</b>	489.2 mg
<b>Potassium</b>	196.0 mg
<b>Total Carbohydrates</b>	7.7 g
Suger	3.9 g
Fiber	1.6 g
<b>Protein</b>	23.0 g

### Nutrition Facts

*Serving Size 1 Beef Kabob Salad*

Amount per serving	
Calories 438.88	Calories from Fat 324.20
<b>Total Fat</b>	33.7 g
Saturated Fat	6.0 g
Polyunsaturated Fat	15.7 g
Monounsaturated Fat	9.6 g
<b>Cholesterol</b>	35.0 mg
<b>Sodium</b>	489.2 mg
<b>Potassium</b>	196.0 mg
<b>Total Carbohydrates</b>	7.7 g
Suger	3.9 g
Fiber	1.6 g
<b>Protein</b>	23.0 g

### Nutrition Facts

*Serving Size 1 Lamb Kabob Salad*

Amount per serving	
Calories 488.88	Calories from Fat 356.7
<b>Total Fat</b>	39.6 g
Saturated Fat	8.7 g
Polyunsaturated Fat	16.4 g
Monounsaturated Fat	12.6 g
<b>Cholesterol</b>	92.5 mg
<b>Sodium</b>	111.7 mg
<b>Potassium</b>	598.5 mg
<b>Total Carbohydrates</b>	3.7 g
Suger	2.9 g
Fiber	0.6 g
<b>Protein</b>	29.7 g

### Nutrition Facts

*Serving Size 1 Beef Kofta Salad*

Amount per serving	
Calories 474.8	Calories from Fat 335.20
<b>Total Fat</b>	37.3 g
Saturated Fat	7.8 g
Polyunsaturated Fat	16.0 g
Monounsaturated Fat	11.7 g
<b>Cholesterol</b>	59.0 mg
<b>Sodium</b>	589.2 mg
<b>Potassium</b>	828.0 mg
<b>Total Carbohydrates</b>	12.1 g
Suger	4.9 g
Fiber	5.1 g
<b>Protein</b>	24.4 g



# FLAME & SKEWERS

## SALAD

### Nutrition Facts

*Serving Size 1 Greek Salad*

Amount per serving	
<b>Calories 769.8</b>	<b>Calories from Fat 637.20</b>
<b>Total Fat</b>	70.9 g
Saturated Fat	28.3 g
Polyunsaturated Fat	17.2 g
Monounsaturated Fat	22.5 g
<b>Cholesterol</b>	125.0 mg
<b>Sodium</b>	2391.2 mg
<b>Potassium</b>	292.0 mg
<b>Total Carbohydrates</b>	15.0 g
Suger	5.3 g
Fiber	6.4 g
<b>Protein</b>	21.9 g

### Nutrition Facts

*Serving Size 1 Flame Salad*

Amount per serving	
<b>Calories 298.8</b>	<b>Calories from Fat 289.2</b>
<b>Total Fat</b>	32.2 g
Saturated Fat	6.0 g
Polyunsaturated Fat	15.7 g
Monounsaturated Fat	9.6 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	19.2 mg
<b>Potassium</b>	196.0 mg
<b>Total Carbohydrates</b>	3.7 g
Suger	2.9 g
Fiber	0.6 g
<b>Protein</b>	1.0 g

### Nutrition Facts

*Serving Size 1 Fattoush Salad*

Amount per serving	
<b>Calories 508.80</b>	<b>Calories from Fat 290.70</b>
<b>Total Fat</b>	32.2 g
Saturated Fat	6.0 g
Polyunsaturated Fat	15.7 g
Monounsaturated Fat	9.6 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	184.2 mg
<b>Potassium</b>	196.0 mg
<b>Total Carbohydrates</b>	42.7 g
Suger	2.9 g
Fiber	0.6 g
<b>Protein</b>	7.0 g

### Nutrition Facts

*Serving Size 1 Tabbouleh Salad*

Amount per serving	
<b>Calories 310.80</b>	<b>Calories from Fat 289.10</b>
<b>Total Fat</b>	32.16 g
Saturated Fat	6.03 g
Polyunsaturated Fat	15.68 g
Monounsaturated Fat	9.60 g
<b>Cholesterol</b>	0.00 mg
<b>Sodium</b>	19.20 mg
<b>Potassium</b>	254.00 mg
<b>Total Carbohydrates</b>	7.77 g
Suger	3.12 g
Fiber	1.71 g
<b>Protein</b>	1.19 g