



# Sassool Nutrition Info

Menu Item	Serving	Calories	Fat (g)	Chol. (mg)	Protein (g)	Carbs (g)	Sugar (g)	Fiber (g)	Sodium (mg)
Chicken and Potato in Lemon Garlic	4 oz	180	8	40	20	5	1	1	200
Basmati Rice with Chicken	4 oz	160	5	25	9	12	1	0	170
Chicken and Pasta with Bechamel	4 oz	200	9	36	11	18	1	0	160
Chicken Curry with Vegetables	4 oz	190	7	40	17	14	4	2	230
Lebanese Spaghetti	4 oz	205	9	24	8	19	2	1	200
Salmon w/Curry Rice	1 piece	400	15	100	38	22	0	1	150
Stuffed Eggplant	1 piece	255	13	40	14	12	7	5	160
Spanakopita	1 piece	317	23	66	9	19	5	2	540
Beef Kabob	1 kabob	200	8	80	30	0	0	0	85
Chicken Kabob	1 kabob	180	6	85	28	0	0	0	125
Kafta Kabob	1 kabob	205	11	70	23	0	0	0	300
Lamb Kabob	1 kabob	200	7	80	28	0	0	0	90
Kafta Burger (with pita bun)	1 burger	345	18	80	30	5	1	1	400
Veggie Burger (with pita bun)	1 burger	260	12	0	10	28	1	5	330
Lentil Soup	8 oz	76	1	0	4	12	1	2	250
Chicken Soup	8 oz	102	3	22	12	5	1	1	180
Garlic Paste	2 oz	100	13	0	0	0	0	0	20
House Dressing	2 oz	80	9	0	0	1	0	0	45
Tahini Dressing	2 oz	70	7	0	1	2	0	0	45
Sweetheart Salad	4 oz	115	8	0	1	9	2	2	150
Lebanese Potato Salad	4 oz	106	4	0	2	15	2	2	173
Chocolate Chip Cookies	Each	604	32	94	7	80	48	3	405
Chocolate Oatmeal Cranberry Cookies	each	496	28	145	10	58	28	5	200
Vegan Chocolate Crinkle Cookies	each	318	12	0	4	48	23	3	60

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Menu Item	Category	GLUTEN FREE	DAIRY FREE	NUT FREE	SOY FREE	EGG FREE	Vegan	Vegetarian
Autumn Root Salad	Salad	x	x		x	x	x	x
Black Bean Salad	Salad	x	x	x	x	x	x	x
Cabbage Salad	Salad	x	x	x	x	x	x	x
Chicken Salad	Salad	x	x		x			
Chickpea Salad	Salad	x	x	x	x	x	x	x
Corn Salad	Salad	x	x	x	x	x	x	x
Cous Cous	Salad		x	x	x	x	x	x
Fatoush	Salad	x	x	x	x	x	x	x
Fruit Salad	Salad	x	x	x	x	x	x	x
Healthy Zaatar Salad	Salad	x		x	x	x		x
Kale Salad	Salad	x	x		x	x	x	x
Lentil Salad	Salad	x	x	x	x	x	x	x
Mediterranean Chicken Salad	Salad	x	x	x	x	x		
Mediterranean Tuna Salad	Salad	x	x	x	x	x		
Orzo Pasta Salad	Salad			x	x	x		x
Roasted Beets Salad	Salad	x	x	x	x	x	x	x
Super Salad	Salad	x	x		x	x	x	x
Sweet Potato Salad	Salad	x	x	x	x	x	x	x
Tabouli	Salad		x	x	x	x	x	x
Tabouli w/Quinoa	Salad	x	x	x	x	x	x	x
Falafel (2 pieces)	Side	x	x	x	x	x	x	x
Grapeleaves (2 Pieces)	Side	x	x	x	x	x	x	x
Kibbeh	Side	x	x		x	x		
Veggie Kibbeh	Side		x	x	x	x	x	x
Baba Ghanouj	Dips	x	x	x	x	x	x	x
Hummus	Dips	x	x	x	x	x	x	x
Jalapeno Hummus	Dips	x	x	x	x	x	x	x
Labneh	Dips	x		x	x	x		x
Tatziki	Dips	x		x	x	x		x
Cabbage Delight	Hot Item		x	x	x	x	x	x
Eggplant Ratatouille	Hot Item	x	x	x	x	x	x	x
Lebanese Green beans	Hot Item	x	x	x	x	x	x	x
Lebanese Rice	Hot Item		x	x	x	x	x	x
Makloube	Hot Item	x	x	x	x	x		
Mjadarah	Hot Item	x	x	x	x	x	x	x
Roasted Vegetables	Hot Item	x	x	x	x	x	x	x
Vegetable Lasagna	Hot Item	x		x	x	x		x
White Rice (with Kabobs)	Hot Item	x	x	x	x	x		
Chicken and Potato in Lemon Garlic	Hot Special	x	x	x	x	x		
Basmati Rice with Chicken	Hot Special	x	x	x	x	x		
Chicken and Pasta with Bechamel	Hot Special			x	x	x		
Chicken Curry with Vegetables	Hot Special	x		x	x	x		
Lebanese Spaghetti	Hot Special		x	x	x	x		
Salmon w/Curry Rice	Hot Special	x	x	x	x	x		
Stuffed Eggplant	Hot Special	x	x		x	x		
Spanakopita	Hot Special			x	x	x		x
Beef Kabob	Grill	x	x	x	x	x		
Chicken Kabob	Grill	x	x	x	x	x		
Kafta Kabob	Grill	x	x	x	x	x		
Lamb Kabob	Grill	x	x	x	x	x		
Kafta Burger (with pita bun)	Grill		x	x	x	x		
Veggie Burger (with pita bun)	Grill		x	x	x	x	x	x
Lentil Soup	Soup	x	x	x	x	x	x	x
Chicken Soup	Soup	x	x	x	x	x		
Garlic Paste	Sauce	x	x	x	x	x	x	x
House Dressing	Dressing	x	x	x	x	x	x	x
Tahini Dressing	Dressing	x	x	x	x	x	x	x