



ALLERGY GUIDE

		Eggs	Dairy	Soy	Sesame	Wheat (contains gluten)	Tree Nuts	Peanut
BASES	Hummus 🍴				▲			
	Basmati Rice 🍴			○				
	Romaine 🍴							
	Couscous 🍴			○		▲		
	Baba Ghanoush 🍴				▲			
	Pita Bread 🍴			▲		▲		
PROTEINS	Chicken Shawarma				✖	✖		
	Steak			○				
	Falafel 🍴			○				
	Crispy Chicken	▲		○		▲		
TOPPINGS	Chopped Salad 🍴							
	Purple Cabbage 🍴			○				
	Middle Eastern Pickles 🍴							
	Sumac Onions 🍴							
SAUCES	Tahini 🍴				▲			
	Garlic	▲		○				
	S'khug 🍴			○				
	Harissa 🍴							
	Lemon Vinaigrette 🍴			○				
	Nafziki		▲					
EXTRAS	Naf Fries	△		○		△		
	Lentil Soup 🍴			○				
	Baklava 🍴	▲	▲	▲	▲	▲	▲	▲

▲ This product is vegan.

▲ This product contains the allergen listed.

✖ This product is processed in a facility where trace elements of the allergen are present.

○ This product is cooked with a highly refined soy oil but does not trigger a soy allergy.

△ This product is cooked in oil that contains trace elements of an allergen.

Wheat and gluten categories are combined since all Naf Naf Grill gluten-containing items contain wheat.

This chart reflects the ingredients of Naf Naf Grill's product recipes. Foods may come in contact with one another during preparation, which is not reflected on this chart. Naf Naf Grill does not guarantee that cross-contact with allergens will not occur. Ingredient changes may occur before this chart is updated.

Please let us know if you or anyone in your party has a food allergy. For general information on food allergens, visit the Food Allergy Research & Education (FARE) website at <https://www.foodallergy.org>.



NUTRITIONAL INFORMATION

		Portion (oz)	Calories (kcal)	Fat Calories	Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol	Sodium (mg)	Carbohydrates	Fiber (g)	Sugar (g)	Protein (g)
BASE	Baba Ghanoush	5.0	150	100	10	0	0	0	600	15	5	5	5
	Basmati Rice	6.4	290	95	10	0	0	0	545	45	0	0	7
	Couscous	5.0	225	25	5	0	0	0	600	40	5	0	5
	Hummus	5.0	400	300	35	5	0	0	500	20	5	5	5
	Pita Bread (1)	3.7	260	20	2	0	0	0	630	49	4	4	8
	Salad	3.0	15	0	1	0	0	0	5	3	2	1	1
PROTEIN	Chicken Shawarma	4.0	200	80	10	2	0	140	600	0	0	0	28
	Falafel (in a Pita)	3.2	290	145	16	2	0	0	830	32	10	7	10
	Falafel (Bowl)	4.0	360	180	20	2	0	0	1040	40	12	8	12
	Steak	4.0	280	160	18	6	0	100	520	0	0	0	28
TOPPINGS	Chopped Salad	3.2	15	0	0	0	0	0	0	3	0	3	0
	Garlic Sauce	1.0	154	151	17	3	0	8	120	1	0	0	0
	Harissa	1.0	13	6	1	0	0	0	241	2	1	0	0
	Pickles	1.0	5	0	0	0	0	0	230	1	0	0	0
	Purple Cabbage	2.4	50	25	4	0	0	0	385	5	3	3	0
	S'khug	1.0	22	15	2	0	0	0	203	2	1	1	0
	Sumac Onions	0.8	10	0	0	0	0	0	10	2	1	1	1
Tahini Sauce	1.0	71	57	6	1	0	0	145	3	1	0	2	
KID'S MEALS	Kid's Meal Chicken	1.0	488	189	21	4	0	90	656	54	3	26	23
	Kid's Meal Steak	1.0	481	188	21	4	0	43	677	55	3	26	21
	Kid's Meal Falafel	1.0	478	189	21	3	0	0	604	67	6	27	8
SIDES & BEVERAGES	Baba Ghanoush (Swipe in a Pita)	0.5	15	10	1	0	0	0	60	2	1	1	1
	Baba Ghanoush (Add Bowl)	3.0	90	60	6	0	0	0	360	12	3	3	3
	Baba Ghanoush (Small)	4.0	120	80	8	0	0	0	480	12	4	4	4
	Baba Ghanoush (Large)	8.0	240	160	16	0	0	0	960	24	8	8	8
	Basmati Rice (Side)	4.0	180	60	6	0	0	0	340	28	0	0	4
	Falafel (Individual)	0.8	70	35	4	1	0	0	210	8	3	2	3
	Fries	4.0	360	160	16	2	0	0	460	48	4	0	4
	Hummus (Swipe in a Pita)	0.5	40	30	4	1	0	0	50	2	1	1	1
	Hummus (Add Bowl)	3.0	240	180	21	3	0	0	300	12	3	3	3
	Hummus (Small)	4.0	320	240	28	4	0	0	400	16	4	4	4
	Hummus (Large)	8.0	640	480	56	8	0	0	800	32	8	8	8
	Lentil Soup	8.0	200	40	4	0	0	0	880	32	8	0	8

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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