



	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol Fat (g)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
SANDWICHES - One Flatbread, Lettuce, Tomato												
Chicken Sandwich	1	440	110	13	2.5	0	75	520	43	4	5	36
Beef Sandwich	1	440	120	14	3	0	45	490	43	4	5	34
Lamb Sandwich	1	410	120	14	3.5	0	55	515	43	4	5	27
Shrimp Sandwich	1	380	90	11	2	0	170	655	43	4	5	27
Pork Sandwich	1	450	130	16	3.5	0	70	500	43	4	5	33
Veggie Sandwich	1	340	90	11	2	0	0	465	52	7	10	11
Kibbeh Sandwich	1	460	150	18	6	0	35	1065	49	5	6	26
Falafel Sandwich	1	490	160	18	2	0	0	1005	67	11	8	18
SALADS												
Chicken Salad	1	310	80	9	1.5	0	75	265	25	6	7	32
Beef Salad	1	310	90	10	2	0	45	235	25	6	7	30
Lamb Salad	1	280	90	10	2.5	0	55	260	25	6	7	23
Shrimp Salad	1	250	60	7	1	0	170	400	25	6	7	23
Pork Salad	1	320	100	12	2.5	0	70	245	25	6	7	29
Veggie Salad	1	210	60	7	1	0	0	210	34	9	12	7
Kibbeh Salad	1	330	120	14	5	0	35	810	31	7	8	22
Falafel Salad	1	360	130	14	1	0	0	750	49	13	10	14
PLATTERS - 6 oz. Rice, Cucumber, Tomato, and Red Onion Salad, 1/2 Flatbread												
Chicken Platter	1	600	160	18.5	3	0	75	1135	70	3	3	36
Beef Platter	1	600	170	19.5	3.5	0	45	1105	70	3	3	34
Lamb Platter	1	570	170	19.5	4	0	55	1130	70	3	3	27
Shrimp Platter	1	540	140	16.5	2.5	0	170	1270	70	3	3	27
Pork Platter	1	610	180	21.5	4	0	70	1115	70	3	3	33
Veggie Platter	1	500	140	16.5	2.5	0	0	1080	79	6	8	11
Kibbeh Platter	1	620	200	23.5	6.5	0	35	1680	76	4	4	26
Falafel Platter	1	650	210	23.5	2.5	0	0	1620	94	10	6	18
Soup + Salad Platter	1	250	70	8	1	0	0	675	38	6	8	7
CLUB RED PLATTER-1/2 Bread, 1/2 Rice of Regular Platter												
Chicken Platter	1	410	128	14.5	3	0	75	735	36	3	3	32
Beef Platter	1	410	138	15.5	3.5	0	45	705	36	3	3	30
Lamb Platter	1	380	138	15.5	4	0	55	730	36	3	3	23
Shrimp Platter	1	350	108	12.5	2.5	0	170	870	36	3	3	23
Pork Platter	1	420	148	17.5	4	0	70	715	36	3	3	29
Veggie Platter	1	310	108	12.5	2.5	0	0	680	45	6	8	7
Kibbeh Platter	1	430	168	19.5	6.5	0	35	1280	42	4	4	22
Falafel Platter	1	460	178	19.5	2.5	0	0	1220	60	10	6	14
SIDES												
Cucumber, Tomato, and Red Onion Salad	3 oz.	40	25	3	0	0	0	220	3	1	2	1
Tabouleh	3 oz.	100	70	8	1	0	0	320	8	2	1	1
Hummus	3 oz.	190	110	13	2	0	0	390	16	3	0	4
Sesame Beans	3 oz.	90	60	7	1	0	0	110	6	2	2	1
Marinated Grilled Veggie Salad	3 oz.	60	40	4.5	0.5	0	0	190	5	2	3	1
Roasted Eggplant Salad	3 oz.	60	35	4	0.5	0	0	380	7	3	3	1
French Fries	3.5 oz.	145	43.2	4.8	1.2	0	0	500	23.2	3	0.2	2.5
Onion Rings	3.5 oz.	190	80	9	2.5	0	0	300	25	2	5	2
Grilled Flatbread	3.0 oz.	240	40	5	1	0	0	400	40	3	3	8
Pita Chips	2.8 oz.	210	20	2	0.5	0	0	410	39	3	1	8
SAUCES												
Cucumber-Yogurt	1.5 oz.	45	30	3.5	0.5	0	0	160	2	0	2	1
Roasted Red Pepper	1.5 oz.	30	15	2	0	0	0	190	3	1	1	0
Sesame-Lemon Vinaigrette	1.5 oz.	270	260	30	4	0	0	105	2	0	1	0
Creamy Cilantro-Lime	1.5 oz.	110	90	11	3.5	0	15	280	5	0	2	1
KEBOBS												
Grilled Chicken with Fresh Herbs	1	190	70	8	1.5	0	75	115	0	0	0	27
Chili-Rubbed Beef Sirloin	1	190	80	9	2	0	45	85	0	0	0	25
Rosemary-Rubbed Leg of Lamb	1	160	80	9	2.5	0	55	110	0	0	0	18
Lemon-Garlic Shrimp	1	130	50	6	1	0	170	250	0	0	0	18
Pork Loin with African Spices	1	200	90	11	2.5	0	70	95	0	0	0	24
Vegetbles with Basil Oil	1	90	50	6	1	0	0	60	9	3	5	2
Kibbeh	1	210	110	13	5	0	35	660	6	1	1	17
Falafel	1	240	120	13	1	0	0	600	24	7	3	9

Nutritional information is based on calculated results from Sticks KeBob Shop standardized recipes, representative values provided by suppliers, published resources, and analysis using industry standard software. This information is provided solely by Sticks KeBob Shop as a courtesy for its customers and the values cannot be guaranteed.