



# NUTRITION MENU GUIDE



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# PLATTERS

|                           | Serving Size (oz) | Serving Size (g) | Total Calories (kcal) | Calories from fat (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Total Sugar (g) | Protein (g) |
|---------------------------|-------------------|------------------|-----------------------|--------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|-----------------|-------------|
| REGULAR CHICKEN           | 18                | 521              | 648                   | 93                       | 10            | 3                 | 0             | 245              | 1296        | 79                      | 2                 | 4               | 59          |
| SMALL CHICKEN             | 13                | 356              | 471                   | 65                       | 7             | 2                 | 0             | 163              | 926         | 61                      | 1                 | 2               | 40          |
| REGULAR BEEF GYRO         | 18                | 521              | 939                   | 320                      | 36            | 16                | 1             | 107              | 2700        | 113                     | 2                 | 4               | 41          |
| SMALL BEEF GYRO           | 13                | 356              | 665                   | 217                      | 24            | 11                | 1             | 71               | 1862        | 83                      | 1                 | 2               | 28          |
| REGULAR COMBO             | 18                | 521              | 794                   | 206                      | 23            | 10                | 1             | 176              | 1998        | 96                      | 2                 | 4               | 50          |
| SMALL COMBO               | 13                | 357              | 572                   | 142                      | 16            | 6                 | 0             | 117              | 1401        | 73                      | 1                 | 3               | 34          |
| REGULAR FALAFEL           | 19                | 536              | 1049                  | 375                      | 42            | 7                 | 0             | 0                | 1968        | 139                     | 22                | 6               | 29          |
| SMALL FALAFEL             | 18                | 499              | 914                   | 306                      | 34            | 6                 | 0             | 0                | 1686        | 126                     | 18                | 6               | 25          |
| REGULAR CHICKEN/FALAFEL   | 19                | 536              | 884                   | 265                      | 30            | 5                 | 0             | 122              | 1716        | 109                     | 14                | 5               | 45          |
| SMALL CHICKEN/FALAFEL     | 14                | 386              | 648                   | 182                      | 20            | 4                 | 0             | 82               | 1239        | 85                      | 10                | 4               | 32          |
| REGULAR BEEF GYRO/FALAFEL | 19                | 536              | 1030                  | 378                      | 42            | 12                | 1             | 53               | 2418        | 126                     | 14                | 5               | 36          |
| SMALL BEEF GYRO/FALAFEL   | 14                | 386              | 745                   | 258                      | 29            | 8                 | 0             | 36               | 1707        | 96                      | 10                | 4               | 26          |





# SANDWICHES

|                            | Serving Size (oz) | Serving Size (g) | Total Calories (kcal) | Calories from fat (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Total Sugar (g) | Protein (g) |
|----------------------------|-------------------|------------------|-----------------------|--------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|-----------------|-------------|
| CHICKEN SANDWICH           | 10                | 278              | 419                   | 66                       | 7             | 2                 | 0             | 163              | 904         | 47                      | 2                 | 4               | 41          |
| BEEF GYRO SANDWICH         | 10                | 278              | 613                   | 218                      | 24            | 11                | 1             | 71               | 1840        | 69                      | 2                 | 4               | 29          |
| COMBO SANDWICH             | 10                | 278              | 516                   | 142                      | 16            | 7                 | 0             | 117              | 1372        | 58                      | 2                 | 4               | 35          |
| FALAFEL SANDWICH           | 10                | 276              | 641                   | 232                      | 26            | 4                 | 0             | 0                | 1259        | 82                      | 14                | 5               | 20          |
| CHICKEN/FALAFEL SANDWICH   | 10                | 295              | 597                   | 183                      | 20            | 4                 | 0             | 82               | 1222        | 71                      | 10                | 5               | 32          |
| BEEF GYRO/FALAFEL SANDWICH | 10                | 295              | 694                   | 259                      | 29            | 8                 | 0             | 36               | 1690        | 82                      | 10                | 5               | 26          |



# SIDES

|                        | Serving Size (oz) | Serving Size (g) | Total Calories (kcal) | Calories from fat (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Total Sugar (g) | Protein (g) |
|------------------------|-------------------|------------------|-----------------------|--------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|-----------------|-------------|
| HUMMUS                 | 6                 | 170              | 377                   | 212                      | 24            | 4                 | 0             | 0                | 756         | 29                      | 13                | 0               | 12          |
| BABA GHANOUSH          | 6                 | 170              | 187                   | 128                      | 14            | 2                 | 0             | 0                | 678         | 11                      | 7                 | 0               | 4           |
| TAHINI                 | 6                 | 170              | 481                   | 54                       | 6             | 2                 | 0             | 0                | 864         | 91                      | 4                 | 6               | 16          |
| FALAFEL (PER 2 PIECES) | 3                 | 74               | 269                   | 138                      | 15            | 2                 | 0             | 0                | 564         | 25                      | 8                 | 1               | 8           |
| FRENCH FRIES           | 10                | 283              | 839                   | 320                      | 35            | 6                 | 0             | 0                | 1170        | 121                     | 12                | 0               | 9           |
| PITA (WHOLE LOAF)      | 3                 | 79               | 225                   | 25                       | 3             | 1                 | 0             | 0                | 403         | 42                      | 2                 | 3               | 8           |





# TOPPINGS

|               | Serving Size (oz) | Serving Size (g) | Total Calories (kcal) | Calories from fat (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Total Sugar (g) | Protein (g) |
|---------------|-------------------|------------------|-----------------------|--------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|-----------------|-------------|
| GREEN PEPPERS | 1                 | 28               | 5                     | 0                        | 0             | 0                 | 0             | 0                | 0           | 1                       | 1                 | 1               | 0           |
| ONIONS        | 1                 | 28               | 8                     | 0                        | 0             | 0                 | 0             | 0                | 5           | 2                       | 1                 | 0               | 0           |
| OLIVES        | 1                 | 28               | 49                    | 38                       | 4             | 1                 | 0             | 0                | 547         | 2                       | 2                 | 0               | 0           |
| JALAPENOS     | 1                 | 28               | 5                     | 0                        | 0             | 0                 | 0             | 0                | 247         | 1                       | 1                 | 0               | 0           |



# SAUCE

|                    | Serving Size (oz) | Serving Size (g) | Total Calories (kcal) | Calories from fat (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Total Sugar (g) | Protein (g) |
|--------------------|-------------------|------------------|-----------------------|--------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|-----------------|-------------|
| TAHINI             | 1                 | 28               | 92                    | 68                       | 8             | 1                 | 0             | 0                | 46          | 3                       | 3                 | 0               | 3           |
| WHITE SAUCE PACKET | 2                 | 57               | 330                   | 42                       | 37            | 6                 | 1             | 45               | 420         | 2                       | 0                 | 1               | 1           |
| WHITE SAUCE POUCH  | 1                 | 30               | 170                   | 28                       | 18            | 3                 | 0             | 20               | 210         | 1                       | 0                 | 1               | 0           |
| HOT SAUCE          | 0                 | 7                | 7                     | 2                        | 0             | 0                 | 0             | 0                | 89          | 1                       | 1                 | 0               | 0           |
| BBQ SAUCE          | 0                 | 6                | 11                    | 0                        | 0             | 0                 | 0             | 0                | 56          | 3                       | 0                 | 2               | 0           |





# DESSERTS

|                         | Serving Size (oz) | Serving Size (g) | Total Calories (kcal) | Calories from fat (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Total Sugar (g) | Protein (g) |
|-------------------------|-------------------|------------------|-----------------------|--------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|-----------------|-------------|
| BAKLAVA                 | 2                 | 51               | 230                   | 92                       | 10            | 3                 | 0             | 1                | 89          | 32                      | 4                 | 17              | 3           |
| CHOCOLATE CHIP COOKIES  | 3                 | 85               | 340                   | 120                      | 13            | 6                 | 0             | 35               | 280         | 52                      | 2                 | 34              | 5           |
| CHOCOLATE CHIP BROWNIES | 4                 | 113              | 440                   | 180                      | 21            | 6                 | 0             | 85               | 240         | 62                      | 2                 | 39              | 4           |



# BEVERAGE

| BEVERAGE                      | Serving Size (oz) | Serving Size (g) | Total Calories (kcal) | Calories from fat (kcal) | Total Fat (g) | Saturated fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Total Sugar (g) | Protein (g) |
|-------------------------------|-------------------|------------------|-----------------------|--------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|-----------------|-------------|
| BARQ'S ROOT BEER              | 20                | 567              | 270                   | 0                        | 0             | 0                 | 0             | 0                | 90          | 73                      | 0                 | 73              | 0           |
| COCA-COLA                     | 20                | 567              | 240                   | 0                        | 0             | 0                 | 0             | 0                | 65          | 67                      | 0                 | 67              | 0           |
| DIET COKE                     | 20                | 567              | 0                     | 0                        | 0             | 0                 | 0             | 0                | 85          | 1                       | 0                 | 0               | 0           |
| CHERRY COCA-COLA              | 20                | 567              | 260                   | 0                        | 0             | 0                 | 0             | 0                | 70          | 70                      | 0                 | 70              | 0           |
| COCA-COLA ZERO SUGAR          | 20                | 567              | 0                     | 0                        | 0             | 0                 | 0             | 0                | 65          | 0                       | 0                 | 0               | 0           |
| DR PEPPER                     | 20                | 567              | 240                   | 0                        | 0             | 0                 | 0             | 0                | 75          | 65                      | 0                 | 64              | 0           |
| FANTA ORANGE                  | 20                | 567              | 250                   | 0                        | 0             | 0                 | 0             | 0                | 65          | 67                      | 0                 | 66              | 0           |
| FUZE SWEET TEA                | 20                | 567              | 140                   | 0                        | 0             | 0                 | 0             | 0                | 85          | 37                      | 0                 | 37              | 0           |
| FUZE UNSWEET TEA              | 20                | 567              | 0                     | 0                        | 0             | 0                 | 0             | 0                | 85          | 0                       | 0                 | 0               | 0           |
| FUZE RASPBERRY TEA            | 20                | 567              | 140                   | 0                        | 0             | 0                 | 0             | 0                | 85          | 38                      | 0                 | 37              | 0           |
| GLACEAU VITAMINWATER XXX      | 20                | 567              | 120                   | 0                        | 0             | 0                 | 0             | 0                | 65          | 32                      | 0                 | 31              | 0           |
| GOLD PEAK SWEETENED BLACK TEA | 20                | 567              | 190                   | 0                        | 0             | 0                 | 0             | 0                | 80          | 52                      | 0                 | 52              | 0           |
| HI-C POPPIN' PINK LEMONADE    | 20                | 567              | 220                   | 0                        | 0             | 0                 | 0             | 0                | 160         | 61                      | 0                 | 59              | 0           |
| HI-C FLASHIN FRUIT PUNCH      | 20                | 567              | 260                   | 0                        | 0             | 0                 | 0             | 0                | 120         | 71                      | 0                 | 69              | 0           |
| LUZIANNE                      | 20                | 567              | 0                     | 0                        | 0             | 0                 | 0             | 0                | 0           | 0                       | 0                 | 0               | 0           |
| MELLO YELLO                   | 20                | 567              | 260                   | 0                        | 0             | 0                 | 0             | 0                | 85          | 73                      | 0                 | 73              | 0           |
| MINUTE MAID LEMONADE POM      | 20                | 567              | 240                   | 0                        | 0             | 0                 | 0             | 0                | 115         | 67                      | 0                 | 63              | 0           |
| MINUTE MAID LIGHT LEMONADE    | 20                | 567              | 10                    | 0                        | 0             | 0                 | 0             | 0                | 70          | 3                       | 0                 | 0               | 0           |
| PIBB XTRA                     | 20                | 567              | 230                   | 0                        | 0             | 0                 | 0             | 0                | 90          | 63                      | 0                 | 63              | 0           |
| POWERADE MOUNTAIN BERRY BLAST | 20                | 567              | 140                   | 0                        | 0             | 0                 | 0             | 0                | 190         | 37                      | 0                 | 36              | 0           |
| RITUALS                       | 20                | 567              | 0                     | 0                        | 0             | 0                 | 0             | 0                | 0           | 0                       | 0                 | 0               | 0           |
| SEAGRAM'S GINGER ALE          | 20                | 567              | 220                   | 0                        | 0             | 0                 | 0             | 0                | 75          | 59                      | 0                 | 58              | 0           |
| SPRITE                        | 20                | 567              | 230                   | 0                        | 0             | 0                 | 0             | 0                | 115         | 61                      | 0                 | 61              | 0           |