

	Serving Size (oz.)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Poly Fat (g)	Mono Fat (g)	Sodium (mg)
Vegetarian Pita Stroller												
Falafel Stroller	7	360	6	1	0	0	59	12	17	2	2	223
Grape Leaves Stroller	10	378	6	1	0	0	69	3	11	3	3	252
Hommous Stroller	8	365	8	1	0	0	58	10	16	2	3	181
Baba Ghannouj Stroller	8	245	7	1	0	0	37	4	9	3	3	180
Tabbooli Stroller	8	222	2	0	0	0	41	5	9	1	1	238
Mediterranean Stroller	8	187	2	0	0	0	35	3	7	1	1	195
Greek Vegetarian Stroller	8	280	10	7	0	14	34	2	13	1	0	621
Grilled Pita Stroller												
Classic Gyro Stroller	8	527	30	14	0	59	40	3	20	12	1	854
Chicken Pita Stroller												
Grilled Chicken Stroller	8	312	6	1	0	63	33	3	32	2	2	337
Chicken Gyro Stroller	8	307	6	3	0	64	32	2	31	1	1	347

	Serving Size (oz.)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Poly Fat (g)	Mono Fat (g)	Sodium (mg)
Chicken Caesar Stroller	8	350	11	2	0	63	32	2	31	3	6	493
Chicken Dijon Stroller	8	299	3	0	0	63	38	2	30	1	1	401
Chicken BBQ Stroller	8	293	2	0	0	63	38	2	30	1	1	494
Chicken Ranch Stroller	8	357	11	2	0	66	32	2	30	1	1	514
Chicken Buffalo Stroller	8	357	11	2	0	66	32	2	30	1	1	714
Chicken Fajita Stroller	9	316	6	3	0	64	34	3	31	1	1	348
Deli Pita Stroller												
Roasted Turkey with Mayonnaise	8	411	19	6	0	61	31	2	25	2	1	759
Roasted Turkey with Oil & Vinegar	8	368	14	5	0	56	31	2	25	7	2	683
West Coast Stroller	8	395	18	4	0	43	31	2	23	0	0	917
Chicken Salad Stroller	9	530	33	5	0	61	32	3	24	0	0	557
Tuna Salad Stroller	9	538	35	5	0	42	32	3	21	0	1	748
Grilled Platters												

	Serving Size (oz.)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Poly Fat (g)	Mono Fat (g)	Sodium (mg)
Classic Gyro Platter	12	586	34	14	0	59	50	2	19	15	2	900
Chicken Gyro Platter	13	383	9	3	0	64	46	1	31	4	2	406
Vegetarian Platters												
Mazza Platter	16	580	20	2	0	0	82	22	26	7	6	295
Nellie's Rice Platter	9	232	4	0	0	0	42	5	9	2	1	139
Deli Platters												
Chicken Salad Plate	11	464	38	5	0	71	6	2	23	0	0	504
Tuna Salad Plate	11	450	39	5	0	46	6	2	19	0	0	698
Large Salads												
Greek Salad	9	188	14	5	0	13	8	3	9	5	2	556
Garden Salad	8	93	7	1	0	0	6	2	2	4	2	9
Chicken Garden Salad	11	202	9	1	0	63	6	2	26	5	2	191
Mediterranean Salad	11	142	8	4	0	13	11	3	9	1	0	533
The 300 Calorie Delight No Feta	13	173	3	0	0	63	10	3	27	2	1	260

	Serving Size (oz.)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Poly Fat (g)	Mono Fat (g)	Sodium (mg)
The 300 Calorie Delight With Feta	14	251	9	4	0	76	11	3	34	2	1	715
Tabbouli Salad	11	200	9	4	0	13	21	6	12	2	1	607
Grape Leaves Salad	14	266	3	0	0	0	52	3	7	2	1	173
Caesar Salad	5	184	14	3	0	8	10	2	6	3	6	405
Chicken Caesar Salad	8	293	16	3	0	71	10	2	30	4	7	587
Sides												
Hommous	5	350	13	1	0	0	46	13	17	3	4	77
Baba Ghannouj	5	151	12	2	0	0	10	4	5	4	5	75
One Falafel Ball	2	144	2	0	0	0	24	8	9	0	0	62
One Grape Leaf	2	61	1	0	0	0	13	0	1	0	0	33
Rice Pilaf	8	338	6	0	0	0	63	0	8	4	2	244
Moujadra (Nellie's Rice)	8	322	4	0	0	0	60	7	13	2	1	142
Homemade Soups												
Small Lentil Soup	8	78	1	0	0	0	13	3	5	0	0	80

	Serving Size (oz.)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Poly Fat (g)	Mono Fat (g)	Sodium (mg)
Large Lentil Soup	12	117	2	0	0	0	20	5	7	1	0	121
Small Chicken Noodle Soup	8	84	1	0	0	7	13	1	5	0	0	593
Large Chicken Noodle Soup	12	126	2	0	0	11	20	1	7	0	0	889
Side Salads												
Tabbooli Salad No Feta	5	62	2	0	0	0	10	3	3	1	0	78
Tabbooli Salad with Feta	5	92	4	2	0	5	10	3	5	1	0	253
Mediterranean Salad No Feta	5	32	1	0	0	0	5	2	1	1	0	40
Tabbooli Salad with Feta	5	62	3	2	0	5	5	2	4	1	0	215
Desserts												
Baklava	2	176	11	3	0	8	21	1	3	2	5	74
Dressings and Sauces												
Tahini Sauce	1	77	7	1	0	0	3	1	2	3	3	32
Tzatziki Sauce	1	45	4	3	0	1	1	0	1	0	0	31
Oil & Vinegar	1	117	14	1	0	0	0	0	0	9	3	0
Caesar Dressing	1	145	15	2	0	1	2	0	1	4	9	293

	Serving Size (oz.)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Poly Fat (g)	Mono Fat (g)	Sodium (mg)
Honey Dijon Dressing	1	57	1	0	0	0	11	0	0	0	0	132
BBQ Sauce	1	50	0	0	0	0	11	0	0	0	0	312
Creamy Ranch Dressing	1	149	15	2	0	5	2	0	0	0	0	312
Mayonnaise	1	203	22	3	0	10	0	0	0	0	0	152
Cheeses												
Feta Cheese	1	60	5	3	0	10	1	0	5	0	0	350
Provolone Cheese	1	100	8	5	0	25	1	0	7	2	0	115
Parmesan Cheese	1	113	9	6	0	28	0	0	11	0	0	482

All menu items serving sizes are based on an average of 3. (We added three serving weights of a menu item and divided by 3.)

The data for Shab's Nutritional and Dietary Guide was compiled from the following:

- Nutrition analysis supplied by Shab's restaurants' approved food manufacturers
- ESHA database
- Manufacturers' databases
- Reference data from more than 1,300 sources