

NUTRITIONAL INFORMATION						
Menu Item	Cal	Fat	Carbs	Vegan	Gluten Free	Halal
Taouk Chicken	155	3.4g	6g		✓	✓
Turmeric Chicken	175	4.8g	6g		✓	✓
Sumac Chicken	150	5g	5g		✓	✓
Baked Beef Shawarma	250	12.2g	2.6g		✓	
Baked Kafta Meatballs	300	19.6g	2.8g		✓	
Fassoulia with Lamb	240	7g	15g		✓	✓
Wild Thyme Cauliflower	180	11.2g	20.7g	✓	✓	
Moussaka Ratatouille	100	7g	10g	✓	✓	
Hummus	133	9g	9g	✓	✓	
Minted Yogurt	36	1.9g	2.9g		✓	
Semsom Eggplant	41	0.14g	8.4g	✓	✓	
Summer Salad	10	0g	2g	✓	✓	
Beans Medley	70	0.5g	12g	✓	✓	
Beet Moutabbal	140	11g	5g	✓	✓	
Balila Chickpeas	70	0.5g	12g	✓	✓	
Potato Salad	100	6g	10g	✓	✓	
Toum (Garlic Whip)	10	0g	2g		✓	
Cabbage Salad	50	4.4g	2.7g	✓	✓	
Spring Greens	19	0.34g	3.73g	✓	✓	
Turmeric Brown Rice	317	13.25g	45.06g	✓	✓	
Wrap	310	9g	51g			

Dear Customers,

Some of our recipes have changed! Please find below the allergens list per item
 Though our facility is nuts free, we cannot guarantee the absence of traces of nuts in our products
 Feel free to ask our team should you have additional questions
 Catering sized batches can be adapted to any restriction you might have

Food	Gluten	Dairy	Vegetarian	Vegan	Spicy	Garlic	Onions	Nuts	Soy	Added sugar
Mains										
Taouk chicken										
Sumac chicken		x				x				
Oven-baked shawarma						x	x			x (OJ)
Fassoulia w lamb					x	x	x			
Wild-Thyme cauliflower			x	x						
Moussaka ratatouille			x	x		x	x			
Turmeric brown rice			x	x						
Flavors										
Hummus			x	x						
Minted yogurt		x	x			x				
Semsum eggplant			x	x	x (mild)					
Summer salad			x	x						
Beet moutabbal			x	x				No nuts but sesame seeds		
Balila chickpeas			x	x						
Beans medley			x	x						
Potato salad			x	x						
Toum (Garlic whip)			x			x				
Sauces										
Tahini sauce			x	x				No nuts but sesame seeds		
Spicy tahini sauce			x	x	x (mild)			No nuts but sesame seeds		
Shatta tahini		x	x	x	x (mild)			No nuts but sesame seeds		
Pomegranate vinaigrette			x	x						
Rose Water vinaigrette			x	x						
Turmeric tahini			x	x				No nuts but sesame seeds		
Lemon oil sauce			x	x						
Sides										
Fattoush	x (pita on the side)		x	x			x			
Tabboule	x (bulgur)		x	x			x			
Quinoa	x		x	x			x			
Moughrabiyei	x		x	x				x		
Lentil			x	x				x		
Desserts										
Turmeric muffin	x		x	x				No nuts but sesame seeds		
Chocolate halva muffin	x		x	x				No nuts but sesame seeds		
Cardamom cranberry muffin	x		x	x						

Have a question? Email us at info@semsomeatery.com