



# NUTRITIONAL INFORMATION

Last updated: March 2021

	Weight (g)	Calories (kcal)	Fat (g)	Saturated Fat	Trans Fats	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
<b>Pita</b>															
Regular Wrap/Plate	37.5	90	0.4	0.1	0	0	60	19	1	1	3	0	1.2	22	1.1
Large Wrap	60	150	0.5	0.1	0	0	95	30	1	1	5	0	1.2	44	1.4
<b>Toppings</b>															
Carrots	40	0.86	0.1	0.01	0	0	27.6	3.83	1.12	1.9	0.37	6.68	2.36	13.2	0.12
Cheese Curds Reg. Poutine	30	103.7	8.0	4.9	0.4	/	198.4	1.0	/	0.1	6.7	/	/	/	/
Feta Cheese	21.5	56.9	4.5	3.2	/	19.2	240.8	0.8	0	0.8	3.0	91	0	106.4	0.1
Hot Peppers	30	5	0	0	0	0	430	1	1	0	0.2	40	15	44	0
Kale	18	9	0.13	0.02	0	0	7.74	1.8	0.36	/	0.59	2.7	21.6	24.3	0.31
Lettuce	27.5	4.6	0.09	0.01	0	0	2.2	0.9	0.5	0.3	0.3	2.3	1.1	9	0.2
Olives	15	38	3.5	0.3	0	0	337	1.3	0.5	0.1	0.2	/	/	10	0
Onions	5	2.0	0	0	0	0	0.2	0.4	0.09	0.2	0.06	0.1	0.3	1.1	0.01
Pickles	30	4	0	0	0	0	290	1	0	0	0.1	0	0	22	0
Pita Chips (Fattoush Salad)	15	68.5	2.2	0.2	0.01	0	28.1	10.2	0.5	0.7	1.7	0	0	2.5	0.6
Purple Cabbage	40	12.4	0.06	0.01	0	0	10.8	2.95	0.84	1.53	0.57	0.4	22.8	18	0.32
Tomatoes	10	1.8	0.02	0	0	0	0.5	0.3	0.1	0.2	0.09	83.3	1.3	1	0.03
Turnips	18	25.7	0.06	0	0	0	476.4	5.8	1.3	0.1	0.4	0	0.9	21.6	5.8
<b>Main Dish Items</b>															
<b>Our Signature! Chicken Shawarma</b>															
Mixed Grill	56.5	65.1	1.4	0.3	0	35.8	67	0.3	0.1	0.02	11.9	17.1	0.7	4.4	0.2
Reg. Wrap/Bowl/Reg. Poutine	113	130.3	2.9	0.6	0.01	71.6	134	0.6	0.3	0.03	23.8	34.2	1.4	8.9	0.4
Large Wrap/Plate/Lrg. Poutine	170	170.1	4.4	0.9	0.02	107.4	201.1	0.9	0.4	0.05	35.7	51.3	2.1	13.3	0.7
<b>Fire-grilled Chicken Souvlaki</b>															
Mixed Grill/Reg. Wrap/One Skewer Plate	60	108.1	6.7	0.7	0.02	32.2	305.2	0.5	0.05	0.05	10.7	35	1.4	5.1	0.2
Lrg. Wrap/Two Skewer Plate	120	216.2	13.5	1.5	0.04	64.4	610.4	1.1	0.1	0.1	14	69.9	2.8	10.2	0.4
<b>Gourmet Falafel</b>															
Reg. Wrap/Bowl	100	120.2	3.3	0.4	0	0	1034.7	17.8	5.4	1.6	5.7	105.1	7.3	135.8	2.1
Lrg. Wrap/Plate	150	180.3	5	0.6	0	0	1552	26.7	8.2	2.5	8.5	154.7	11	203.7	3.2
<b>Authentic Donair</b>															
Donair Mixed Grill/Reg. Poutine	50	109.6	7.7	3	0	27.3	367	1.3	0.2	0.2	8.3	6.2	0.03	9.1	0.9
Donair Lrg. Poutine	80	175.3	12.3	4.9	0	43.6	587.2	2.1	0.3	0.4	13.2	9.9	0.04	14.6	1.4
Donair Plate	100	219.2	15.3	6.1	0	54.5	734	2.7	0.4	0.5	16.6	12.4	0.05	18.2	1.8
Donair Reg. Wrap	150	328.8	23	9.2	0	81.8	1101	4	0.6	0.8	24.9	18.7	0.07	27.4	2.8
Donair Lrg. Wrap	235	515.1	36.1	14.4	0	128.2	1724.9	6.4	0.9	1.3	39	29.3	0.1	42.9	4.3
<b>Plant Based Bowl</b>															
	592.4	1050.5	57.07	2.51	0	0	3100	114.74	20.1	8.32	31.26	23.34	93.24	193.41	10.75
<b>Protein Bowl</b>															
	531.83	1200.03	96.89	10.06	2.27	109.09	1622.49	49.21	5.41	8.82	38.79	3.62	63.41	181.51	2.17
<b>Sides/Salads *no dressing, feta, olives, pita chips</b>															
Rice	255	582.5	5.6	2.9	0.1	12.1	1071.1	121.9	0	0	10.2	141.1	0	4.82	0.01
Brown Rice	130	144.3	1.17	0.23	0	0	6.5	29.85	2.34	0.45	3.35	0	0	13	0.55
Lentils & Rice	325	506.5	17.9	2.4	0	0	8.8	70.7	13.2	4	17.8	13.4	4.48	39.4	5.5
<b>Fries</b>															
Fries Side on Plates	190	550.3	27.2	5	0.2	1.8	1223.2	69.5	6.9	0.9	7	305.6	0.01	41.4	2
Fries Reg. Poutine	200	579.3	28.6	5.2	0.2	1.9	1287.5	73.2	7.3	1	7.3	321.7	0.01	43.6	2.1
Fries Lrg. Poutine	300	869	42.9	7.8	0.3	2.9	1931.3	109.8	10.9	1.5	11	482.6	0.02	65.4	3.2
<b>Salads</b>															
*Fattoush Side Salad	99	17.1	0.2	0.03	0	0	10.8	3.5	1.4	2	0.9	3034.7	10.3	19.29	0.4
*Greek Side Salad	89.9	15.6	0.2	0.03	0	0	5.1	3.3	1.2	1.8	0.8	2963.4	8.7	21.4	0.4
*Greek Reg. Salad	105	18.4	0.2	0.03	0	0	5.5	3.9	1.3	2.3	0.9	2377.2	11.3	15.7	0.4
*Greek Lrg. Salad	155	27	0.3	0.06	0	0	8.5	5.7	2.1	3.3	1.4	4332.7	15.7	25.6	0.7
Taboule	100	63.8	3.6	0.5	0	0	268	7	1.9	2.2	1.5	1608.1	25.3	24.3	1
<b>Sauces/Dressing</b>															
Donair Sauce	30	87.8	1.7	1	0.05	6.6	25.0	17.1	0	17	1.5	52.5	0.5	6.6	0.05
Garlic Sauce	30	198.1	22.0	1.6	0.5	0	102.3	0.6	0.04	0.11	0.3	28.9	1	3.7	0.08
Gravy	30	94.7	1.7	/	/	/	1512.7	/	/	3.5	1.3	/	/	/	/
Greek Dressing	30	203.7	22.3	3.1	0	0	159	1.7	0.8	0.12	0.2	30.1	0.4	28.5	0.7
House Dressing	30	197.2	22.7	2.4	0	0	210.7	0.6	0.1	0.07	0.1	26.8	0.8	5.8	0.2
Hummus	30	73.5	5.3	0.40	0	0	229.2	4.4	0.8	0.11	1.9	0	0	0.2	0.01
Sriracha Garlic Sauce	30	198.1	22.0	1.6	0.5	0	102.3	1.42	0.04	0.11	0.3	28.9	1	3.7	0.08
Tahini	30	98	8.4	0	0	0	191.62	1.93	0	0	3.53	0	0.02	0.5	0
Turmeric Tahini	30	106.26	8.6	0	0	0	192.48	3.39	0	0	3.55	0	0.58	4.13	0
Tzatziki	30	28.3	2	0	0	1	115.8	1.7	0.02	1.3	0.9	4.1	0.1	0.7	0.01

\*Mezza Lebanese Restaurant Group's nutritional information is based on standard product formulations. Not all menu items may be available on this nutritional chart. Substitutions of products may occur from our suppliers and as such, may not be reflected or immediately updated. While these results have been prepared with care, Mezza Lebanese Restaurant Group can not guarantee the accuracy, therefore, no warranty is implied. During food preparation, individual food items may come into contact with each other, which is not reflected in these charts. We unfortunately cannot guarantee a 100% allergy-free environment. We encourage anyone with food allergies, sensitivities, special dietary needs, questions or concerns to reach out to [contact@mezzarestaurant.com](mailto:contact@mezzarestaurant.com) to obtain the most comprehensive and up-to-date information.