

NUTRITIONAL GUIDE

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APPETIZERS

DOLMEH

Dolmeh

Nutrition Facts

Serving size 1 serving (144 g)
Servings per container 1

Amount per serving

Calories 250

Calories from fat 120

% Daily Value *

Total fat 13 g 20%
Saturated fat 1 g 6%
Trans fat 0 g

Cholesterol 0 mg 0%

Sodium 690 mg 29%

Total carbohydrates 28 g 9%

Dietary fiber 4 g 14%

Sugars 2 g

Protein 2 g

Vitamin A 4% • Vitamin C 2%

Calcium 4% • Iron 8%

* % Daily Values are based on a 2000 calorie diet.

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FALAFEL APPETIZER

Falafel Appetizer

Nutrition Facts

Serving size 1 serving (240 g)
Servings per container 1

Amount per serving

Calories 690

Calories from fat 440

% Daily Value *

Total fat 50 g 77%
Saturated fat 6 g 31%
Trans fat 0 g

Cholesterol 0 mg 0%

Sodium 1080 mg 45%

Total carbohydrates 49 g 16%

Dietary fiber 13 g 53%

Sugars 7 g

Protein 18 g

Vitamin A 15% • Vitamin C 15%

Calcium 35% • Iron 60%

* % Daily Values are based on a 2000 calorie diet.

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HUMMUS

Hummus

Nutrition Facts

Serving size 1 serving (174 g)
Servings per container 1

Amount per serving

Calories 430

Calories from fat 240

% Daily Value *

Total fat 27 g 41%
Saturated fat 2 g 11%
Trans fat 0 g

Cholesterol 0 mg 0%

Sodium 270 mg 11%

Total carbohydrates 39 g 13%

Dietary fiber 11 g 43%

Sugars 7 g

Protein 13 g

Vitamin A 8% • Vitamin C 8%

Calcium 10% • Iron 25%

* % Daily Values are based on a 2000 calorie diet.

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KASHK-O-BADEMJAN

Kashk-o-bademjan

Nutrition Facts

Serving size 1 serving (173 g)
Servings per container 1

Amount per serving

Calories 600

Calories from fat 560

% Daily Value *

Total fat 63 g 97%
Saturated fat 11 g 55%
Trans fat 0 g

Cholesterol 20 mg 7%

Sodium 130 mg 5%

Total carbohydrates 9 g 3%

Dietary fiber 2 g 9%

Sugars 4 g

Protein 2 g

Vitamin A 8% • Vitamin C 6%

Calcium 10% • Iron 20%

* % Daily Values are based on a 2000 calorie diet.

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MUST-O-MOOSEER

Must-o-mooseer

Nutrition Facts

Serving size 1 serving (164 g)
Servings per container 1

Amount per serving

Calories 100

Calories from fat 40

% Daily Value *

Total fat 4.5 g 7%
Saturated fat 3 g 15%
Trans fat 0 g

Cholesterol 20 mg 6%

Sodium 820 mg 34%

Total carbohydrates 10 g 3%

Dietary fiber 0 g 0%

Sugars 7 g

Protein 5 g

Vitamin A 6% • Vitamin C 4%

Calcium 20% • Iron 2%

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SALADS (WITH BREAD)

GARDEN SALAD (LARGE) - NO DRESSING

Garden Salad (Large) - No Dressing

Nutrition Facts

Serving size 17.5 oz (496 g)
Servings per container None

Amount per serving

Calories 370

Calories from fat 90

	% Daily Value *
Total fat 10 g	16%
Saturated fat 4.5 g	23%
Trans fat 0 g	
Cholesterol 25 mg	8%
Sodium 1350 mg	56%
Total carbohydrates 59 g	20%
Dietary fiber 8 g	32%
Sugars 10 g	
Protein 14 g	
Vitamin A 170%	Vitamin C 80%
Calcium 20%	Iron 25%

* % Daily Values are based on a 2000 calorie diet.

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GARDEN SALAD (SMALL) - NO DRESSING

Garden Salad (Small) - No Dressing

Nutrition Facts

Serving size 11.6 oz (329 g)
Servings per container None

Amount per serving

Calories 330

Calories from fat 80

	% Daily Value *
Total fat 9 g	14%
Saturated fat 4.5 g	23%
Trans fat 0 g	
Cholesterol 25 mg	8%
Sodium 1270 mg	53%
Total carbohydrates 52 g	17%
Dietary fiber 5 g	22%
Sugars 6 g	
Protein 12 g	
Vitamin A 90%	Vitamin C 45%
Calcium 20%	Iron 20%

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MEDITERRANEAN SALAD (LARGE) - NO DRESSING

Mediterranean Salad (Large) - No Dressing

Nutrition Facts

Serving size 15.5 oz (440 g)
Servings per container None

Amount per serving

Calories 470

Calories from fat 150

	% Daily Value *
Total fat 17 g	26%
Saturated fat 5 g	25%
Trans fat 0 g	
Cholesterol 25 mg	8%
Sodium 740 mg	31%
Total carbohydrates 69 g	23%
Dietary fiber 8 g	32%
Sugars 18 g	
Protein 15 g	
Vitamin A 180%	Vitamin C 90%
Calcium 25%	Iron 30%

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MEDITERRANEAN SALAD (SMALL) - NO DRESSING

Mediterranean Salad (Small) - No Dressing

Nutrition Facts

Serving size 9.2 oz (261 g)
Servings per container None

Amount per serving

Calories 340

Calories from fat 80

	% Daily Value *
Total fat 9 g	14%
Saturated fat 2.5 g	13%
Trans fat 0 g	
Cholesterol 10 mg	4%
Sodium 580 mg	24%
Total carbohydrates 55 g	18%
Dietary fiber 5 g	19%
Sugars 9 g	
Protein 10 g	
Vitamin A 90%	Vitamin C 45%
Calcium 10%	Iron 20%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S SALAD (LARGE) - NO DRESSING

Moby's Salad (Large) - No Dressing

Nutrition Facts

Serving size 16.5 oz (468 g)
Servings per container None

Amount per serving

Calories 370

Calories from fat 90

	% Daily Value *
Total fat 10 g	15%
Saturated fat 4.5 g	23%
Trans fat 0 g	
Cholesterol 25 mg	8%
Sodium 1350 mg	56%
Total carbohydrates 58 g	19%
Dietary fiber 8 g	31%
Sugars 9 g	
Protein 13 g	
Vitamin A 170%	Vitamin C 70%
Calcium 20%	Iron 25%

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SHIRAZI SALAD WITH HOUSE DRESSING (NO BREAD)

Shirazi Salad with House Dressing (No Bread)

Nutrition Facts

Serving size 81.7 oz (2317 g)
Servings per container None

Amount per serving

Calories 510

Calories from fat 90

	% Daily Value *
Total fat 10 g	15%
Saturated fat 1.5 g	9%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 200 mg	8%
Total carbohydrates 103 g	34%
Dietary fiber 23 g	90%
Sugars 53 g	
Protein 20 g	
Vitamin A 230%	Vitamin C 410%
Calcium 40%	Iron 60%

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SPINACH SALAD (LARGE) - NO DRESSING

Spinach Salad (Large) - No Dressing

Nutrition Facts

Serving size 10.7 oz (302 g)
Servings per container None

Amount per serving

Calories 190

Calories from fat 80

	% Daily Value *
Total fat 9 g	13%
Saturated fat 4.5 g	23%
Trans fat 0 g	
Cholesterol 25 mg	8%
Sodium 1060 mg	44%
Total carbohydrates 20 g	7%
Dietary fiber 6 g	22%
Sugars 5 g	
Protein 9 g	
Vitamin A 200%	Vitamin C 80%
Calcium 25%	Iron 20%

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SPINACH SALAD (SMALL) - NO DRESSING

Spinach Salad (Small) - No Dressing

Nutrition Facts

Serving size 10.1 oz (286 g)
Servings per container None

Amount per serving

Calories 160

Calories from fat 40

	% Daily Value *
Total fat 4.5 g	7%
Saturated fat 2.5 g	12%
Trans fat 0 g	
Cholesterol 15 mg	4%
Sodium 580 mg	24%
Total carbohydrates 24 g	8%
Dietary fiber 5 g	20%
Sugars 7 g	
Protein 7 g	
Vitamin A 120%	Vitamin C 60%
Calcium 15%	Iron 15%

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GARDEN SALAD (LARGE) - NO DRESSING

Garden Salad (Large) - No Dressing

Nutrition FactsServing size 14.6 oz (415 g)
Servings per container None**Amount per serving****Calories** 170

Calories from fat 80

	% Daily Value *
Total fat 9 g	13%
Saturated fat 4.5 g	23%
Trans fat 0 g	
Cholesterol 25 mg	8%
Sodium 930 mg	39%
Total carbohydrates 19 g	6%
Dietary fiber 7 g	27%
Sugars 9 g	
Protein 8 g	
Vitamin A 170%	Vitamin C 80%
Calcium 20%	Iron 10%

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GARDEN SALAD (SMALL) - NO DRESSING

Garden Salad (Small) - No Dressing

Nutrition FactsServing size 1 serving (234 g)
Servings per container 1**Amount per serving****Calories** 90

Calories from fat 40

	% Daily Value *
Total fat 4.5 g	7%
Saturated fat 2.5 g	11%
Trans fat 0 g	
Cholesterol 15 mg	4%
Sodium 700 mg	29%
Total carbohydrates 10 g	3%
Dietary fiber 4 g	16%
Sugars 5 g	
Protein 4 g	
Vitamin A 90%	Vitamin C 45%
Calcium 10%	Iron 6%

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MEDITERRANEAN SALAD (LARGE) - NO DRESSING

Mediterranean Salad (Large) - No Dressing

Nutrition FactsServing size 1 serving (359 g)
Servings per container 1**Amount per serving****Calories** 270

Calories from fat 140

	% Daily Value *
Total fat 15 g	24%
Saturated fat 5 g	24%
Trans fat 0 g	
Cholesterol 25 mg	8%
Sodium 320 mg	13%
Total carbohydrates 28 g	9%
Dietary fiber 6 g	26%
Sugars 17 g	
Protein 10 g	
Vitamin A 180%	Vitamin C 90%
Calcium 25%	Iron 20%

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MEDITERRANEAN SALAD (SMALL) - NO DRESSING

Mediterranean Salad (Small) - No Dressing

Nutrition FactsServing size 1 serving (179 g)
Servings per container 1**Amount per serving****Calories** 130

Calories from fat 70

	% Daily Value *
Total fat 8 g	12%
Saturated fat 2.5 g	12%
Trans fat 0 g	
Cholesterol 10 mg	4%
Sodium 160 mg	7%
Total carbohydrates 14 g	5%
Dietary fiber 3 g	13%
Sugars 8 g	
Protein 5 g	
Vitamin A 90%	Vitamin C 45%
Calcium 10%	Iron 8%

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MOBY'S SALAD (LARGE) - NO DRESSING

Moby's Salad (Large) - No Dressing

Nutrition FactsServing size 1 serving (386 g)
Servings per container 1**Amount per serving****Calories** 170

Calories from fat 70

	% Daily Value *
Total fat 8 g	13%
Saturated fat 4.5 g	23%
Trans fat 0 g	
Cholesterol 25 mg	8%
Sodium 920 mg	39%
Total carbohydrates 18 g	6%
Dietary fiber 6 g	26%
Sugars 8 g	
Protein 7 g	
Vitamin A 170%	Vitamin C 70%
Calcium 20%	Iron 10%

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SHIRAZI SALAD WITH HOUSE DRESSING (NO BREAD)

Shirazi Salad (with Dressing)

Nutrition FactsServing size 1 serving (184 g)
Servings per container 1**Amount per serving****Calories** 100

Calories from fat 60

	% Daily Value *
Total fat 7 g	11%
Saturated fat 1 g	5%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 95 mg	4%
Total carbohydrates 9 g	3%
Dietary fiber 2 g	8%
Sugars 4 g	
Protein 2 g	
Vitamin A 15%	Vitamin C 35%
Calcium 4%	Iron 6%

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SPINACH SALAD (LARGE) - NO DRESSING

Spinach Salad (Large) - No Dressing

Nutrition FactsServing size 1 serving (287 g)
Servings per container 1**Amount per serving****Calories** 150

Calories from fat 70

	% Daily Value *
Total fat 8 g	13%
Saturated fat 4.5 g	23%
Trans fat 0 g	
Cholesterol 25 mg	8%
Sodium 990 mg	41%
Total carbohydrates 13 g	4%
Dietary fiber 5 g	21%
Sugars 5 g	
Protein 8 g	
Vitamin A 200%	Vitamin C 80%
Calcium 25%	Iron 20%

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SPINACH SALAD (SMALL) - NO DRESSING

Spinach Salad (Small) - No Dressing

Nutrition FactsServing size 1 serving (176 g)
Servings per container 1**Amount per serving****Calories** 80

Calories from fat 40

	% Daily Value *
Total fat 4.5 g	7%
Saturated fat 2.5 g	11%
Trans fat 0 g	
Cholesterol 15 mg	4%
Sodium 500 mg	21%
Total carbohydrates 8 g	3%
Dietary fiber 3 g	13%
Sugars 3 g	
Protein 5 g	
Vitamin A 120%	Vitamin C 50%
Calcium 15%	Iron 10%

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SALAD DRESSING

ADD HOUSE DRESSING (LARGE)

Add House Dressing (Large)

Nutrition Facts	
Serving size 1 serving (56 g)	
Servings per container 1	
Amount per serving	
Calories 130	
Calories from fat 120	
% Daily Value *	
Total fat 14 g	21%
Saturated fat 2 g	9%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 170 mg	7%
Total carbohydrates 4 g	1%
Dietary fiber 0 g	0%
Sugars 1 g	
Protein 0 g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 4%

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ADD HOUSE DRESSING (SMALL)

Add House Dressing (Small)

Nutrition Facts	
Serving size 1 serving (28 g)	
Servings per container 1	
Amount per serving	
Calories 70	
Calories from fat 60	
% Daily Value *	
Total fat 7 g	10%
Saturated fat 1 g	5%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 85 mg	4%
Total carbohydrates 2 g	1%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 0 g	
Vitamin A 0%	Vitamin C 8%
Calcium 2%	Iron 2%

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ADD ITALIAN DRESSING (LARGE)

Add Italian Dressing (Large)

Nutrition Facts	
Serving size 1 serving (56 g)	
Servings per container 1	
Amount per serving	
Calories 280	
Calories from fat 280	
% Daily Value *	
Total fat 32 g	49%
Saturated fat 4.5 g	24%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 910 mg	38%
Total carbohydrates 2 g	1%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 0 g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 0%

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ADD ITALIAN DRESSING (SMALL)

Add Italian Dressing (Small)

Nutrition Facts	
Serving size 1 serving (28 g)	
Servings per container 1	
Amount per serving	
Calories 140	
Calories from fat 140	
% Daily Value *	
Total fat 16 g	25%
Saturated fat 2.5 g	12%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 450 mg	19%
Total carbohydrates 1 g	0%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 0 g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 0%

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ADD POMEGRANATE DRESSING (LARGE)

Add Pomegranate Dressing (Large)

Nutrition Facts	
Serving size 1 serving (56 g)	
Servings per container 1	
Amount per serving	
Calories 160	
Calories from fat 140	
% Daily Value *	
Total fat 16 g	24%
Saturated fat 2 g	11%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 390 mg	16%
Total carbohydrates 7 g	2%
Dietary fiber 0 g	0%
Sugars 6 g	
Protein 0 g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 2%

* % Daily Values are based on a 2000 calorie diet.

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ADD POMEGRANATE DRESSING (SMALL)

Add Pomegranate Dressing (Small)

Nutrition Facts	
Serving size 1 serving (28 g)	
Servings per container 1	
Amount per serving	
Calories 80	
Calories from fat 70	
% Daily Value *	
Total fat 8 g	12%
Saturated fat 1 g	5%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 200 mg	8%
Total carbohydrates 3 g	1%
Dietary fiber 0 g	0%
Sugars 3 g	
Protein 0 g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%

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ADD RANCH DRESSING (LARGE)

Add Ranch Dressing (Large)

Nutrition Facts	
Serving size 1 serving (56 g)	
Servings per container 1	
Amount per serving	
Calories 280	
Calories from fat 270	
% Daily Value *	
Total fat 30 g	47%
Saturated fat 4.5 g	24%
Trans fat 0 g	
Cholesterol 10 mg	3%
Sodium 570 mg	24%
Total carbohydrates 4 g	1%
Dietary fiber 0 g	0%
Sugars 2 g	
Protein 0 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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ADD RANCH DRESSING (SMALL)

Add Ranch Dressing (Small)

Nutrition Facts	
Serving size 1 serving (28 g)	
Servings per container 1	
Amount per serving	
Calories 140	
Calories from fat 130	
% Daily Value *	
Total fat 15 g	23%
Saturated fat 2.5 g	12%
Trans fat 0 g	
Cholesterol 5 mg	2%
Sodium 280 mg	12%
Total carbohydrates 2 g	1%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 0 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* % Daily Values are based on a 2000 calorie diet.

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ADD RANCH DRESSING (SMALL)

Garden Salad (Large) - No Dressing

Nutrition Facts	
Serving size 1 serving (415 g)	
Servings per container 1	
Amount per serving	
Calories 170	
Calories from fat 80	
% Daily Value *	
Total fat 9 g	13%
Saturated fat 4.5 g	23%
Trans fat 0 g	
Cholesterol 25 mg	8%
Sodium 930 mg	39%
Total carbohydrates 19 g	6%
Dietary fiber 7 g	27%
Sugars 9 g	
Protein 8 g	
Vitamin A 170%	Vitamin C 80%
Calcium 20%	Iron 10%

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SANDWICHES AND PLATTERS

GROUND LAMB SANDWICH

Ground Lamb Sandwich

Nutrition Facts

Serving size 1 serving (535 g)
Servings per container 1

Amount per serving

Calories 750

Calories from fat 200

	% Daily Value *
Total fat 23 g	35%
Saturated fat 11 g	57%
Trans fat 0 g	
Cholesterol 110 mg	37%
Sodium 1720 mg	72%
Total carbohydrates 98 g	33%
Dietary fiber 6 g	23%
Sugars 12 g	
Protein 39 g	
Vitamin A 20%	Vitamin C 20%
Calcium 30%	Iron 45%

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MOBY'S GYRO PLATTER

Moby's Gyro Platter

Nutrition Facts

Serving size 1 serving (839 g)
Servings per container 1

Amount per serving

Calories 1290

Calories from fat 690

	% Daily Value *
Total fat 78 g	120%
Saturated fat 28 g	138%
Trans fat 0 g	
Cholesterol 140 mg	47%
Sodium 2180 mg	91%
Total carbohydrates 102 g	34%
Dietary fiber 8 g	33%
Sugars 8 g	
Protein 44 g	
Vitamin A 100%	Vitamin C 45%
Calcium 30%	Iron 40%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S GYRO SANDWICH

Moby's Gyro Sandwich

Nutrition Facts

Serving size 1 serving (693 g)
Servings per container 1

Amount per serving

Calories 1330

Calories from fat 670

	% Daily Value *
Total fat 75 g	116%
Saturated fat 29 g	144%
Trans fat 0 g	
Cholesterol 160 mg	53%
Sodium 2910 mg	121%
Total carbohydrates 110 g	37%
Dietary fiber 8 g	34%
Sugars 14 g	
Protein 52 g	
Vitamin A 25%	Vitamin C 20%
Calcium 45%	Iron 60%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S JOOJEH PLATTER

Moby's Joojeh Platter

Nutrition Facts

Serving size 1 serving (742 g)
Servings per container 1

Amount per serving

Calories 850

Calories from fat 260

	% Daily Value *
Total fat 29 g	45%
Saturated fat 8 g	38%
Trans fat 0 g	
Cholesterol 120 mg	39%
Sodium 1590 mg	66%
Total carbohydrates 96 g	32%
Dietary fiber 6 g	26%
Sugars 6 g	
Protein 48 g	
Vitamin A 90%	Vitamin C 50%
Calcium 20%	Iron 25%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S JOOJEH SANDWICH

Moby's Joojeh Sandwich

Nutrition Facts

Serving size 1 serving (596 g)
Servings per container 1

Amount per serving

Calories 890

Calories from fat 230

	% Daily Value *
Total fat 26 g	41%
Saturated fat 9 g	45%
Trans fat 0 g	
Cholesterol 135 mg	45%
Sodium 2320 mg	97%
Total carbohydrates 104 g	35%
Dietary fiber 7 g	27%
Sugars 12 g	
Protein 57 g	
Vitamin A 20%	Vitamin C 25%
Calcium 35%	Iron 45%

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MOBY'S KUBIDEH PLATTER

Moby's Kubideh Platter

Nutrition Facts

Serving size 1 serving (674 g)
Servings per container 1

Amount per serving

Calories 720

Calories from fat 230

	% Daily Value *
Total fat 26 g	39%
Saturated fat 9 g	46%
Trans fat 0 g	
Cholesterol 75 mg	25%
Sodium 1150 mg	48%
Total carbohydrates 90 g	30%
Dietary fiber 5 g	20%
Sugars 5 g	
Protein 32 g	
Vitamin A 90%	Vitamin C 45%
Calcium 15%	Iron 20%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S KUBIDEH SANDWICH

Moby's Kubideh Sandwich

Nutrition Facts

Serving size 1 serving (528 g)
Servings per container 1

Amount per serving

Calories 760

Calories from fat 200

	% Daily Value *
Total fat 23 g	35%
Saturated fat 11 g	53%
Trans fat 0 g	
Cholesterol 95 mg	31%
Sodium 1890 mg	79%
Total carbohydrates 97 g	32%
Dietary fiber 5 g	21%
Sugars 11 g	
Protein 40 g	
Vitamin A 20%	Vitamin C 20%
Calcium 30%	Iron 40%

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MOBY'S SPICY GROUND CHICKEN KABOB PLATTER

Moby's Spicy Ground Chicken Kabob Platter

Nutrition Facts

Serving size 1 serving (685 g)
Servings per container 1

Amount per serving

Calories 700

Calories from fat 180

	% Daily Value *
Total fat 20 g	31%
Saturated fat 6 g	32%
Trans fat 0 g	
Cholesterol 100 mg	34%
Sodium 970 mg	40%
Total carbohydrates 89 g	30%
Dietary fiber 5 g	21%
Sugars 5 g	
Protein 39 g	
Vitamin A 100%	Vitamin C 50%
Calcium 15%	Iron 15%

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MOBY'S SPICY GROUND CHICKEN KABOB SANDWICH

Moby's Spicy Ground Chicken Kabob Sandwich

Nutrition Facts

Serving size 1 serving (540 g)
Servings per container 1

Amount per serving

Calories 740

Calories from fat 150

	% Daily Value *
Total fat 17 g	27%
Saturated fat 8 g	39%
Trans fat 0 g	
Cholesterol 120 mg	39%
Sodium 1710 mg	71%
Total carbohydrates 97 g	32%
Dietary fiber 5 g	22%
Sugars 11 g	
Protein 47 g	
Vitamin A 25%	Vitamin C 20%
Calcium 30%	Iron 40%

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WEEKLY SPECIALS

BAGHALI POLO (WITH CHICKEN)

Baghali Polo (with Chicken)

Nutrition Facts

Serving size 1 serving (615 g)
Servings per container 1

Amount per serving

Calories 1180

Calories from fat 640

% Daily Value *

Total fat 72 g 111%
Saturated fat 18 g 88%
Trans fat 0 g

Cholesterol 255 mg 86%

Sodium 1440 mg 60%

Total carbohydrates 83 g 28%

Dietary fiber 3 g 10%

Sugars 3 g

Protein 48 g

Vitamin A 15% • Vitamin C 10%

Calcium 8% • Iron 20%

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BAGHALI POLO (WITH LAMB)

Baghali Polo (with Lamb)

Nutrition Facts

Serving size 1 serving (604 g)
Servings per container 1

Amount per serving

Calories 1020

Calories from fat 450

% Daily Value *

Total fat 50 g 77%
Saturated fat 23 g 116%
Trans fat 0 g

Cholesterol 240 mg 80%

Sodium 550 mg 23%

Total carbohydrates 77 g 26%

Dietary fiber 1 g 5%

Sugars 0 g

Protein 60 g

Vitamin A 6% • Vitamin C 0%

Calcium 6% • Iron 30%

* % Daily Values are based on a 2000 calorie diet.

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GHEYME BADEMJAN

Gheyme Bademjan

Nutrition Facts

Serving size 1 serving (708 g)
Servings per container 1

Amount per serving

Calories 870

Calories from fat 360

% Daily Value *

Total fat 41 g 63%
Saturated fat 12 g 61%
Trans fat 0 g

Cholesterol 65 mg 22%

Sodium 1300 mg 54%

Total carbohydrates 96 g 32%

Dietary fiber 7 g 29%

Sugars 5 g

Protein 28 g

Vitamin A 10% • Vitamin C 15%

Calcium 8% • Iron 20%

* % Daily Values are based on a 2000 calorie diet.

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GHORMEH SABZI

Ghormeh Sabzi

Nutrition Facts

Serving size 1 serving (878 g)
Servings per container 1

Amount per serving

Calories 1010

Calories from fat 460

% Daily Value *

Total fat 52 g 80%
Saturated fat 17 g 87%
Trans fat 0 g

Cholesterol 105 mg 35%

Sodium 1050 mg 44%

Total carbohydrates 88 g 29%

Dietary fiber 6 g 24%

Sugars 3 g

Protein 46 g

Vitamin A 140% • Vitamin C 200%

Calcium 25% • Iron 50%

* % Daily Values are based on a 2000 calorie diet.

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LUBIA POLO

Lubia Polo

Nutrition Facts

Serving size 1 serving (765 g)
Servings per container 1

Amount per serving

Calories 980

Calories from fat 370

% Daily Value *

Total fat 42 g 64%
Saturated fat 16 g 80%
Trans fat 0 g

Cholesterol 140 mg 47%

Sodium 610 mg 25%

Total carbohydrates 95 g 32%

Dietary fiber 6 g 26%

Sugars 7 g

Protein 52 g

Vitamin A 20% • Vitamin C 40%

Calcium 15% • Iron 25%

* % Daily Values are based on a 2000 calorie diet.

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ZERESHK POLO

Zereshk Polo

Nutrition Facts

Serving size 1 serving (615 g)
Servings per container 1

Amount per serving

Calories 1100

Calories from fat 480

% Daily Value *

Total fat 54 g 84%
Saturated fat 16 g 79%
Trans fat 0 g

Cholesterol 140 mg 47%

Sodium 1080 mg 45%

Total carbohydrates 123 g 41%

Dietary fiber 5 g 22%

Sugars 22 g

Protein 28 g

Vitamin A 15% • Vitamin C 30%

Calcium 10% • Iron 25%

* % Daily Values are based on a 2000 calorie diet.

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ENTREES (NO SIDES)

BONE-IN CHICKEN KABOB ENTREE

Bone-in Chicken Kabob Entree

Nutrition Facts

Serving size 1 serving (178 g)
Servings per container 1

Amount per serving

Calories 380

Calories from fat 200

	% Daily Value *
Total fat 23 g	36%
Saturated fat 7 g	37%
Trans fat 0 g	
Cholesterol 130 mg	43%
Sodium 160 mg	7%
Total carbohydrates 3 g	1%
Dietary fiber 0 g	0%
Sugars 1 g	
Protein 37 g	
Vitamin A 6%	• Vitamin C 6%
Calcium 2%	• Iron 10%

* % Daily Values are based on a 2000 calorie diet.

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FISH KABOB ENTREE

Fish Kabob Entree

Nutrition Facts

Serving size 1 serving (137 g)
Servings per container 1

Amount per serving

Calories 250

Calories from fat 110

	% Daily Value *
Total fat 13 g	20%
Saturated fat 2.5 g	12%
Trans fat 0 g	
Cholesterol 60 mg	21%
Sodium 410 mg	17%
Total carbohydrates 1 g	0%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 32 g	
Vitamin A 4%	• Vitamin C 4%
Calcium 0%	• Iron 8%

* % Daily Values are based on a 2000 calorie diet.

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GROUND LAMB KABOB

Ground Lamb Kabob

Nutrition Facts

Serving size 1 serving (214 g)
Servings per container 1

Amount per serving

Calories 380

Calories from fat 180

	% Daily Value *
Total fat 21 g	32%
Saturated fat 10 g	50%
Trans fat 0 g	
Cholesterol 150 mg	49%
Sodium 630 mg	26%
Total carbohydrates 8 g	3%
Dietary fiber 2 g	7%
Sugars 3 g	
Protein 38 g	
Vitamin A 4%	• Vitamin C 8%
Calcium 4%	• Iron 25%

* % Daily Values are based on a 2000 calorie diet.

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KABOB-E BARREH ENTREE

Kabob-e Barreh Entree

Nutrition Facts

Serving size 1 serving (134 g)
Servings per container 1

Amount per serving

Calories 330

Calories from fat 200

	% Daily Value *
Total fat 23 g	36%
Saturated fat 9 g	46%
Trans fat 0 g	
Cholesterol 110 mg	36%
Sodium 510 mg	21%
Total carbohydrates 3 g	1%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 27 g	
Vitamin A 2%	• Vitamin C 2%
Calcium 4%	• Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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KABOB-E CHENJEH ENTREE

Kabob-e Chenjeh Entree

Nutrition Facts

Serving size 1 serving (148 g)
Servings per container 1

Amount per serving

Calories 420

Calories from fat 270

	% Daily Value *
Total fat 30 g	47%
Saturated fat 9 g	45%
Trans fat 0 g	
Cholesterol 95 mg	32%
Sodium 220 mg	9%
Total carbohydrates 1 g	0%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 35 g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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KABOB-E JOOJEH ENTREE

Kabob-e Joojeh Entree

Nutrition Facts

Serving size 1 serving (168 g)
Servings per container 1

Amount per serving

Calories 320

Calories from fat 130

	% Daily Value *
Total fat 14 g	22%
Saturated fat 2.5 g	13%
Trans fat 0 g	
Cholesterol 100 mg	33%
Sodium 690 mg	29%
Total carbohydrates 9 g	3%
Dietary fiber 2 g	7%
Sugars 1 g	
Protein 38 g	
Vitamin A 0%	• Vitamin C 8%
Calcium 4%	• Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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KABOB-E KUBIDEH ENTREE

Kabob-e Kubideh Entree

Nutrition Facts

Serving size 1 serving (201 g)
Servings per container 1

Amount per serving

Calories 390

Calories from fat 190

	% Daily Value *
Total fat 22 g	33%
Saturated fat 9 g	43%
Trans fat 0 g	
Cholesterol 115 mg	38%
Sodium 520 mg	22%
Total carbohydrates 5 g	2%
Dietary fiber 0 g	0%
Sugars 2 g	
Protein 41 g	
Vitamin A 0%	• Vitamin C 6%
Calcium 4%	• Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S COMBO I

Moby's Combo I

Nutrition Facts

Serving size 1 serving (249 g)
Servings per container 1

Amount per serving

Calories 620

Calories from fat 360

	% Daily Value *
Total fat 41 g	63%
Saturated fat 13 g	66%
Trans fat 0 g	
Cholesterol 155 mg	51%
Sodium 480 mg	20%
Total carbohydrates 3 g	1%
Dietary fiber 0 g	0%
Sugars 1 g	
Protein 56 g	
Vitamin A 0%	• Vitamin C 4%
Calcium 6%	• Iron 20%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S COMBO II

Moby's Combo II

Nutrition Facts

Serving size 1 serving (269 g)
Servings per container 1

Amount per serving

Calories 510

Calories from fat 220

	% Daily Value *
Total fat 25 g	39%
Saturated fat 7 g	34%
Trans fat 0 g	
Cholesterol 155 mg	52%
Sodium 960 mg	40%
Total carbohydrates 12 g	4%
Dietary fiber 2 g	9%
Sugars 2 g	
Protein 58 g	
Vitamin A 0%	• Vitamin C 10%
Calcium 6%	• Iron 20%

* % Daily Values are based on a 2000 calorie diet.

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ENTREES (NO SIDES)

MOBY'S COMBO III

Moby's Combo III

Nutrition Facts	
Serving size 1 serving (235 g)	
Servings per container 1	
Amount per serving	
Calories 530	
Calories from fat 300	
% Daily Value *	
Total fat 34 g	52%
Saturated fat 13 g	67%
Trans fat 0 g	
Cholesterol 165 mg	55%
Sodium 770 mg	32%
Total carbohydrates 5 g	2%
Dietary fiber 1 g	4%
Sugars 2 g	
Protein 48 g	
Vitamin A 2%	Vitamin C 4%
Calcium 6%	Iron 25%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S GYRO

Moby's Gyro

Nutrition Facts	
Serving size 1 serving (265 g)	
Servings per container 1	
Amount per serving	
Calories 760	
Calories from fat 560	
% Daily Value *	
Total fat 63 g	98%
Saturated fat 23 g	113%
Trans fat 0 g	
Cholesterol 120 mg	41%
Sodium 1280 mg	53%
Total carbohydrates 15 g	5%
Dietary fiber 4 g	15%
Sugars 3 g	
Protein 33 g	
Vitamin A 6%	Vitamin C 2%
Calcium 15%	Iron 30%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S SUPER COMBO - BARREH

Moby's Super Combo - Barreh

Nutrition Facts	
Serving size 1 serving (303 g)	
Servings per container 1	
Amount per serving	
Calories 650	
Calories from fat 330	
% Daily Value *	
Total fat 38 g	58%
Saturated fat 12 g	59%
Trans fat 0 g	
Cholesterol 205 mg	69%
Sodium 1200 mg	50%
Total carbohydrates 12 g	4%
Dietary fiber 2 g	10%
Sugars 2 g	
Protein 64 g	
Vitamin A 2%	Vitamin C 10%
Calcium 8%	Iron 30%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S SUPER COMBO - CHENJEH

Moby's Super Combo - Chenjeh

Nutrition Facts	
Serving size 1 serving (317 g)	
Servings per container 1	
Amount per serving	
Calories 740	
Calories from fat 400	
% Daily Value *	
Total fat 45 g	69%
Saturated fat 12 g	58%
Trans fat 0 g	
Cholesterol 195 mg	65%
Sodium 910 mg	38%
Total carbohydrates 10 g	3%
Dietary fiber 2 g	8%
Sugars 2 g	
Protein 72 g	
Vitamin A 0%	Vitamin C 8%
Calcium 8%	Iron 25%

* % Daily Values are based on a 2000 calorie diet.

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SPICY GROUND CHICKEN KABOB

Spicy Ground Chicken Kabob

Nutrition Facts	
Serving size 1 serving (223 g)	
Servings per container 1	
Amount per serving	
Calories 350	
Calories from fat 100	
% Daily Value *	
Total fat 11 g	17%
Saturated fat 3 g	15%
Trans fat 0 g	
Cholesterol 165 mg	55%
Sodium 150 mg	6%
Total carbohydrates 4 g	1%
Dietary fiber 1 g	5%
Sugars 1 g	
Protein 56 g	
Vitamin A 15%	Vitamin C 10%
Calcium 4%	Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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CUCUMBER YOGURT (MUST-O-KHEYAR)

Cucumber Yogurt (Must-o-kheyar)

Nutrition Facts

Serving size 1 serving (92 g)
Servings per container 1

Amount per serving

Calories 50

Calories from fat 25

% Daily Value *

Total fat 3 g 4%
Saturated fat 2 g 9%
Trans fat 0 g

Cholesterol 10 mg 4%

Sodium 240 mg 10%

Total carbohydrates 4 g 1%

Dietary fiber 0 g 0%

Sugars 4 g

Protein 3 g

Vitamin A 2% • Vitamin C 0%

Calcium 10% • Iron 0%

* % Daily Values are based on a 2000 calorie diet.

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FRESH HERBS (SABZI)

Fresh Herbs (Sabzi)

Nutrition Facts

Serving size 1 serving (76 g)
Servings per container 1

Amount per serving

Calories 90

Calories from fat 50

% Daily Value *

Total fat 6 g 9%
Saturated fat 4.5 g 21%
Trans fat 0 g

Cholesterol 25 mg 8%

Sodium 320 mg 14%

Total carbohydrates 5 g 2%

Dietary fiber 0 g 0%

Sugars 3 g

Protein 5 g

Vitamin A 10% • Vitamin C 20%

Calcium 15% • Iron 4%

* % Daily Values are based on a 2000 calorie diet.

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HALF SALAD AND HALF RICE (INCLUDES DRESSING)

Half Salad And Half Rice (Includes Dressing)

Nutrition Facts

Serving size 1 serving (399 g)
Servings per container 1

Amount per serving

Calories 390

Calories from fat 140

% Daily Value *

Total fat 15 g 24%
Saturated fat 3.5 g 19%
Trans fat 0 g

Cholesterol 10 mg 3%

Sodium 680 mg 29%

Total carbohydrates 56 g 19%

Dietary fiber 4 g 14%

Sugars 3 g

Protein 7 g

Vitamin A 70% • Vitamin C 35%

Calcium 10% • Iron 8%

* % Daily Values are based on a 2000 calorie diet.

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HALF SALAD AND HALF RICE

Half Salad And Half Rice

Nutrition Facts

Serving size 13.1 oz (371 g)
Servings per container None

Amount per serving

Calories 320

Calories from fat 80

% Daily Value *

Total fat 9 g 13%
Saturated fat 3 g 14%
Trans fat 0 g

Cholesterol 10 mg 3%

Sodium 600 mg 25%

Total carbohydrates 54 g 18%

Dietary fiber 3 g 13%

Sugars 3 g

Protein 7 g

Vitamin A 70% • Vitamin C 25%

Calcium 8% • Iron 6%

* % Daily Values are based on a 2000 calorie diet.

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LARGE SIDE RICE

Large Side Rice

Nutrition Facts

Serving size 1 serving (377 g)
Servings per container 1

Amount per serving

Calories 500

Calories from fat 150

% Daily Value *

Total fat 17 g 27%
Saturated fat 7 g 35%
Trans fat 0 g

Cholesterol 25 mg 8%

Sodium 430 mg 18%

Total carbohydrates 78 g 26%

Dietary fiber 1 g 5%

Sugars 0 g

Protein 7 g

Vitamin A 6% • Vitamin C 0%

Calcium 4% • Iron 4%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S SALAD (INCLUDES DRESSING)

Moby's Salad (Includes Dressing)

Nutrition Facts

Serving size 1 serving (443 g)
Servings per container 1

Amount per serving

Calories 300

Calories from fat 190

% Daily Value *

Total fat 22 g 34%
Saturated fat 6 g 32%
Trans fat 0 g

Cholesterol 25 mg 8%

Sodium 1100 mg 46%

Total carbohydrates 21 g 7%

Dietary fiber 7 g 29%

Sugars 9 g

Protein 8 g

Vitamin A 180% • Vitamin C 90%

Calcium 25% • Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S SALAD (NO DRESSING)

Moby's Salad (No Dressing)

Nutrition Facts

Serving size 13.6 oz (386 g)
Servings per container None

Amount per serving

Calories 170

Calories from fat 70

% Daily Value *

Total fat 8 g 13%
Saturated fat 4.5 g 23%
Trans fat 0 g

Cholesterol 25 mg 8%

Sodium 920 mg 39%

Total carbohydrates 18 g 6%

Dietary fiber 6 g 26%

Sugars 8 g

Protein 7 g

Vitamin A 170% • Vitamin C 70%

Calcium 20% • Iron 10%

* % Daily Values are based on a 2000 calorie diet.

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RICE

Rice

Nutrition Facts

Serving size 13.3 oz (377 g)
Servings per container None

Amount per serving

Calories 500

Calories from fat 150

% Daily Value *

Total fat 17 g 27%
Saturated fat 7 g 35%
Trans fat 0 g

Cholesterol 25 mg 8%

Sodium 430 mg 18%

Total carbohydrates 78 g 26%

Dietary fiber 1 g 5%

Sugars 0 g

Protein 7 g

Vitamin A 6% • Vitamin C 0%

Calcium 4% • Iron 4%

* % Daily Values are based on a 2000 calorie diet.

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VEGGIE SANDWICHES AND PLATTERS

FALAFEL SANDWICH

Falafel Sandwich

Nutrition Facts

Serving size 1 serving (576 g)
Servings per container 1

Amount per serving

Calories 1200

Calories from fat 530

% Daily Value *

Total fat 59 g 91%
Saturated fat 11 g 54%
Trans fat 0 g

Cholesterol 25 mg 8%

Sodium 2250 mg 94%

Total carbohydrates 139 g 46%

Dietary fiber 18 g 72%

Sugars 14 g

Protein 34 g

Vitamin A 30% • Vitamin C 30%

Calcium 50% • Iron 90%

* % Daily Values are based on a 2000 calorie diet.

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FALAFEL

Falafel

Nutrition Facts

Serving size 1 serving (906 g)
Servings per container 1

Amount per serving

Calories 1280

Calories from fat 600

% Daily Value *

Total fat 67 g 104%
Saturated fat 13 g 65%
Trans fat 0 g

Cholesterol 30 mg 10%

Sodium 2430 mg 101%

Total carbohydrates 142 g 47%

Dietary fiber 18 g 72%

Sugars 15 g

Protein 32 g

Vitamin A 110% • Vitamin C 60%

Calcium 60% • Iron 70%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S MELT SANDWICH

Moby's Melt Sandwich

Nutrition Facts

Serving size 1 serving (717 g)
Servings per container 1

Amount per serving

Calories 880

Calories from fat 310

% Daily Value *

Total fat 35 g 54%
Saturated fat 13 g 64%
Trans fat 0 g

Cholesterol 45 mg 15%

Sodium 2210 mg 92%

Total carbohydrates 110 g 37%

Dietary fiber 9 g 36%

Sugars 16 g

Protein 36 g

Vitamin A 240% • Vitamin C 90%

Calcium 70% • Iron 50%

* % Daily Values are based on a 2000 calorie diet.

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MOBY'S VEGGIE PLATTER

Moby's Veggie Platter

Nutrition Facts

Serving size 1 serving (1063 g)
Servings per container 1

Amount per serving

Calories 810

Calories from fat 290

% Daily Value *

Total fat 33 g 50%
Saturated fat 9 g 43%
Trans fat 0 g

Cholesterol 30 mg 10%

Sodium 1580 mg 66%

Total carbohydrates 112 g 37%

Dietary fiber 11 g 43%

Sugars 17 g

Protein 21 g

Vitamin A 330% • Vitamin C 140%

Calcium 40% • Iron 35%

* % Daily Values are based on a 2000 calorie diet.

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VEGGIE DELIGHT

Veggie Delight

Nutrition Facts

Serving size 1 serving (403 g)
Servings per container 1

Amount per serving

Calories 780

Calories from fat 320

% Daily Value *

Total fat 36 g 55%
Saturated fat 10 g 49%
Trans fat 0 g

Cholesterol 35 mg 11%

Sodium 1350 mg 56%

Total carbohydrates 93 g 31%

Dietary fiber 8 g 32%

Sugars 5 g

Protein 24 g

Vitamin A 130% • Vitamin C 50%

Calcium 35% • Iron 40%

* % Daily Values are based on a 2000 calorie diet.

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VEGGIE KABOB PLATTER

Veggie Kabob Platter

Nutrition Facts

Serving size 1 serving (894 g)
Servings per container 1

Amount per serving

Calories 730

Calories from fat 250

% Daily Value *

Total fat 28 g 44%
Saturated fat 8 g 42%
Trans fat 0 g

Cholesterol 30 mg 10%

Sodium 1750 mg 73%

Total carbohydrates 104 g 35%

Dietary fiber 8 g 33%

Sugars 14 g

Protein 17 g

Vitamin A 120% • Vitamin C 170%

Calcium 30% • Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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BARREH KABOB

Barreh Kabob

Nutrition FactsServing size 1 serving (134 g)
Servings per container 1**Amount per serving****Calories** 330

Calories from fat 200

% Daily Value *	
Total fat 23 g	36%
Saturated fat 9 g	46%
Trans fat 0 g	
Cholesterol 110 mg	36%
Sodium 510 mg	21%
Total carbohydrates 3 g	1%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 27 g	
Vitamin A 2%	Vitamin C 2%
Calcium 4%	Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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BONE-IN-CHICKEN KABOB

Bone-in-chicken Kabob

Nutrition FactsServing size 1 serving (178 g)
Servings per container 1**Amount per serving****Calories** 380

Calories from fat 200

% Daily Value *	
Total fat 23 g	36%
Saturated fat 7 g	37%
Trans fat 0 g	
Cholesterol 130 mg	43%
Sodium 160 mg	7%
Total carbohydrates 3 g	1%
Dietary fiber 0 g	0%
Sugars 1 g	
Protein 37 g	
Vitamin A 6%	Vitamin C 6%
Calcium 2%	Iron 10%

* % Daily Values are based on a 2000 calorie diet.

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BREAD

Bread

Nutrition FactsServing size 1 serving (81 g)
Servings per container 1**Amount per serving****Calories** 200

Calories from fat 15

% Daily Value *	
Total fat 1.5 g	2%
Saturated fat 0 g	1%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 420 mg	18%
Total carbohydrates 41 g	14%
Dietary fiber 1 g	6%
Sugars 0 g	
Protein 5 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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CHENJEH KABOB

Chenjehe Kabob

Nutrition FactsServing size 1 serving (148 g)
Servings per container 1**Amount per serving****Calories** 420

Calories from fat 270

% Daily Value *	
Total fat 30 g	47%
Saturated fat 9 g	45%
Trans fat 0 g	
Cholesterol 95 mg	32%
Sodium 220 mg	9%
Total carbohydrates 1 g	0%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 35 g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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CHUTNEY

Chutney

Nutrition FactsServing size 1 serving (56 g)
Servings per container 1**Amount per serving****Calories** 25

Calories from fat 10

% Daily Value *	
Total fat 1 g	2%
Saturated fat 0.5 g	3%
Trans fat 0 g	
Cholesterol 4 mg	1%
Sodium 230 mg	10%
Total carbohydrates 3 g	1%
Dietary fiber 0 g	0%
Sugars 2 g	
Protein 2 g	
Vitamin A 15%	Vitamin C 15%
Calcium 4%	Iron 2%

* % Daily Values are based on a 2000 calorie diet.

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FETA CHEESE - LARGE

Feta Cheese - Large

Nutrition FactsServing size 1 serving (170 g)
Servings per container 1**Amount per serving****Calories** 450

Calories from fat 320

% Daily Value *	
Total fat 36 g	56%
Saturated fat 25 g	127%
Trans fat 0 g	
Cholesterol 150 mg	50%
Sodium 1900 mg	79%
Total carbohydrates 7 g	2%
Dietary fiber 0 g	0%
Sugars 7 g	
Protein 24 g	
Vitamin A 15%	Vitamin C 0%
Calcium 80%	Iron 6%

* % Daily Values are based on a 2000 calorie diet.

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FETA CHEESE - SMALL

Feta Cheese - Small

Nutrition FactsServing size 1 serving (85 g)
Servings per container 1**Amount per serving****Calories** 220

Calories from fat 160

% Daily Value *	
Total fat 18 g	28%
Saturated fat 13 g	64%
Trans fat 0 g	
Cholesterol 75 mg	25%
Sodium 950 mg	40%
Total carbohydrates 3 g	1%
Dietary fiber 0 g	0%
Sugars 3 g	
Protein 12 g	
Vitamin A 8%	Vitamin C 0%
Calcium 40%	Iron 4%

* % Daily Values are based on a 2000 calorie diet.

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FISH KABOB

Fish Kabob

Nutrition FactsServing size 1 serving (137 g)
Servings per container 1**Amount per serving****Calories** 250

Calories from fat 110

% Daily Value *	
Total fat 13 g	20%
Saturated fat 2.5 g	12%
Trans fat 0 g	
Cholesterol 60 mg	21%
Sodium 410 mg	17%
Total carbohydrates 1 g	0%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 32 g	
Vitamin A 4%	Vitamin C 4%
Calcium 0%	Iron 8%

* % Daily Values are based on a 2000 calorie diet.

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GRILLED HALF TOMATO

Grilled Half Tomato

Nutrition FactsServing size 1 serving (31 g)
Servings per container 1**Amount per serving****Calories** 5

% Daily Value *	
Total fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total carbohydrates 1 g	0%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 0 g	
Vitamin A 6%	Vitamin C 6%
Calcium 0%	Iron 0%

* % Daily Values are based on a 2000 calorie diet.

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SIDES

GRILLED ONIONS - LARGE

Grilled Onions - Large

Nutrition Facts	
Serving size 1 serving (420 g)	
Servings per container 1	
Amount per serving	
Calories 170	
	% Daily Value *
Total fat 0 g	1%
Cholesterol 0 mg	0%
Sodium 15 mg	1%
Total carbohydrates 39 g	13%
Dietary fiber 7 g	29%
Sugars 18 g	
Protein 5 g	
Vitamin A 0%	Vitamin C 50%
Calcium 10%	Iron 4%

* % Daily Values are based on a 2000 calorie diet.

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GRILLED ONIONS - SMALL

Grilled Onions - Small

Nutrition Facts	
Serving size 1 serving (210 g)	
Servings per container 1	
Amount per serving	
Calories 80	
	% Daily Value *
Total fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total carbohydrates 20 g	7%
Dietary fiber 4 g	14%
Sugars 9 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 25%
Calcium 4%	Iron 2%

* % Daily Values are based on a 2000 calorie diet.

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GRILLED ONIONS

Grilled Onions

Nutrition Facts	
Serving size 1 serving (70 g)	
Servings per container 1	
Amount per serving	
Calories 30	
	% Daily Value *
Total fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total carbohydrates 7 g	2%
Dietary fiber 1 g	5%
Sugars 3 g	
Protein 1 g	
Vitamin A 0%	Vitamin C 8%
Calcium 2%	Iron 0%

* % Daily Values are based on a 2000 calorie diet.

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GRILLED TOMATO

Grilled Tomato

Nutrition Facts	
Serving size 1 serving (62 g)	
Servings per container 1	
Amount per serving	
Calories 10	
	% Daily Value *
Total fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total carbohydrates 2 g	1%
Dietary fiber 0 g	0%
Sugars 2 g	
Protein 1 g	
Vitamin A 10%	Vitamin C 15%
Calcium 0%	Iron 0%

* % Daily Values are based on a 2000 calorie diet.

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GRILLED TOMATOES - LARGE

Grilled Tomatoes - Large

Nutrition Facts	
Serving size 1 serving (372 g)	
Servings per container 1	
Amount per serving	
Calories 70	
Calories from fat 5	
	% Daily Value *
Total fat 0.5 g	1%
Saturated fat 0 g	1%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 20 mg	1%
Total carbohydrates 15 g	5%
Dietary fiber 4 g	18%
Sugars 10 g	
Protein 3 g	
Vitamin A 60%	Vitamin C 80%
Calcium 4%	Iron 6%

* % Daily Values are based on a 2000 calorie diet.

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GRILLED TOMATOES - SMALL

Grilled Tomatoes - Small

Nutrition Facts	
Serving size 1 serving (186 g)	
Servings per container 1	
Amount per serving	
Calories 35	
	% Daily Value *
Total fat 0 g	1%
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total carbohydrates 7 g	2%
Dietary fiber 2 g	9%
Sugars 5 g	
Protein 2 g	
Vitamin A 30%	Vitamin C 40%
Calcium 2%	Iron 2%

* % Daily Values are based on a 2000 calorie diet.

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GROUND LAMB KABOB

Ground Lamb Kabob

Nutrition Facts	
Serving size 1 serving (107 g)	
Servings per container 1	
Amount per serving	
Calories 190	
Calories from fat 90	
	% Daily Value *
Total fat 10 g	16%
Saturated fat 5 g	25%
Trans fat 0 g	
Cholesterol 75 mg	25%
Sodium 310 mg	13%
Total carbohydrates 4 g	1%
Dietary fiber 0 g	0%
Sugars 1 g	
Protein 19 g	
Vitamin A 2%	Vitamin C 4%
Calcium 2%	Iron 10%

* % Daily Values are based on a 2000 calorie diet.

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JOOJEH KABOB

Joojeh Kabob

Nutrition Facts	
Serving size 1 serving (168 g)	
Servings per container 1	
Amount per serving	
Calories 320	
Calories from fat 130	
	% Daily Value *
Total fat 14 g	22%
Saturated fat 2.5 g	13%
Trans fat 0 g	
Cholesterol 100 mg	33%
Sodium 690 mg	29%
Total carbohydrates 9 g	3%
Dietary fiber 2 g	7%
Sugars 1 g	
Protein 38 g	
Vitamin A 0%	Vitamin C 8%
Calcium 4%	Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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KALAMATA OLIVES - LARGE

Kalamata Olives - Large

Nutrition Facts	
Serving size 1 serving (170 g)	
Servings per container 1	
Amount per serving	
Calories 180	
Calories from fat 160	
	% Daily Value *
Total fat 18 g	28%
Saturated fat 2 g	10%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 1240 mg	51%
Total carbohydrates 10 g	3%
Dietary fiber 6 g	24%
Sugars 0 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* % Daily Values are based on a 2000 calorie diet.

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KALAMATA OLIVES - SMALL

Kalamata Olives - Small

Nutrition FactsServing size 1 serving (85 g)
Servings per container 1**Amount per serving****Calories** 90

Calories from fat 80

	% Daily Value *
Total fat 9 g	14%
Saturated fat 1 g	5%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 620 mg	26%
Total carbohydrates 5 g	2%
Dietary fiber 3 g	12%
Sugars 0 g	
Protein 1 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* % Daily Values are based on a 2000 calorie diet.

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KUBIDEH KABOB

Kubideh Kabob

Nutrition FactsServing size 1 serving (100 g)
Servings per container 1**Amount per serving****Calories** 190

Calories from fat 100

	% Daily Value *
Total fat 11 g	17%
Saturated fat 4.5 g	21%
Trans fat 0 g	
Cholesterol 55 mg	19%
Sodium 260 mg	11%
Total carbohydrates 2 g	1%
Dietary fiber 0 g	0%
Sugars 1 g	
Protein 21 g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 8%

* % Daily Values are based on a 2000 calorie diet.

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MUST-O-KHEYAR - LARGE

Must-o-kheyar - Large

Nutrition FactsServing size 1 serving (170 g)
Servings per container 1**Amount per serving****Calories** 100

Calories from fat 45

	% Daily Value *
Total fat 5 g	8%
Saturated fat 3.5 g	17%
Trans fat 0 g	
Cholesterol 20 mg	7%
Sodium 430 mg	18%
Total carbohydrates 8 g	3%
Dietary fiber 0 g	0%
Sugars 8 g	
Protein 6 g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 2%

* % Daily Values are based on a 2000 calorie diet.

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MUST-O-KHEYAR - SMALL

Must-o-kheyar - Small

Nutrition FactsServing size 1 serving (92 g)
Servings per container 1**Amount per serving****Calories** 50

Calories from fat 25

	% Daily Value *
Total fat 3 g	4%
Saturated fat 2 g	9%
Trans fat 0 g	
Cholesterol 10 mg	4%
Sodium 240 mg	10%
Total carbohydrates 4 g	1%
Dietary fiber 0 g	0%
Sugars 4 g	
Protein 3 g	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 0%

* % Daily Values are based on a 2000 calorie diet.

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PEPPERONCINI - LARGE

Pepperoncini - Large

Nutrition FactsServing size 1 serving (170 g)
Servings per container 1**Amount per serving****Calories** 60

	% Daily Value *
Total fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 2610 mg	10%
Total carbohydrates 11 g	
Dietary fiber 6 g	2%
Sugars 0 g	
Protein 0 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

Daily Values are based on a 2000 calorie diet.

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PEPPERONCINI - SMALL

Pepperoncini - Small

Nutrition FactsServing size 1 serving (85 g)
Servings per container 1**Amount per serving****Calories** 30

	% Daily Value *
Total fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 1300 mg	54%
Total carbohydrates 6 g	2%
Dietary fiber 3 g	11%
Sugars 0 g	
Protein 0 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* % Daily Values are based on a 2000 calorie diet.

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SABZI

Sabzi

Nutrition FactsServing size 1 serving (76 g)
Servings per container 1**Amount per serving****Calories** 90

Calories from fat 50

	% Daily Value *
Total fat 6 g	9%
Saturated fat 4.5 g	21%
Trans fat 0 g	
Cholesterol 25 mg	8%
Sodium 320 mg	14%
Total carbohydrates 5 g	2%
Dietary fiber 0 g	0%
Sugars 3 g	
Protein 5 g	
Vitamin A 10%	Vitamin C 20%
Calcium 15%	Iron 4%

* % Daily Values are based on a 2000 calorie diet.

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SALMON KABOB

Salmon Kabob

Nutrition FactsServing size 1 serving (180 g)
Servings per container 1**Amount per serving****Calories** 410

Calories from fat 250

	% Daily Value *
Total fat 28 g	43%
Saturated fat 5 g	25%
Trans fat 0 g	
Cholesterol 105 mg	34%
Sodium 440 mg	18%
Total carbohydrates 1 g	0%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 36 g	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	Iron 4%

* % Daily Values are based on a 2000 calorie diet.

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SEER TORSHI - LARGE

Seer Torshi - Large

Nutrition FactsServing size 1 serving (170 g)
Servings per container 1**Amount per serving****Calories** 130

	% Daily Value *
Total fat 0 g	1%
Cholesterol 0 mg	0%
Sodium 20 mg	1%
Total carbohydrates 25 g	8%
Dietary fiber 2 g	6%
Sugars 0 g	
Protein 5 g	
Vitamin A 0%	Vitamin C 40%
Calcium 15%	Iron 10%

* % Daily Values are based on a 2000 calorie diet.

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SIDES

SEER TORSHI - SMALL

Seer Torshi - Small

Nutrition Facts

Serving size 1 serving (92 g)
Servings per container 1

Amount per serving

Calories 70

	% Daily Value *
Total fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total carbohydrates 14 g	5%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 3 g	
Vitamin A 0%	Vitamin C 20%
Calcium 8%	Iron 6%

* % Daily Values are based on a 2000 calorie diet.

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SMALL SIDE RICE

Small Side Rice

Nutrition Facts

Serving size 1 serving (226 g)
Servings per container 1

Amount per serving

Calories 270

Calories from fat 60

	% Daily Value *
Total fat 6 g	10%
Saturated fat 1.5 g	8%
Trans fat 0 g	
Cholesterol 4 mg	1%
Sodium 260 mg	11%
Total carbohydrates 48 g	16%
Dietary fiber 0 g	0%
Sugars 0 g	
Protein 4 g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

* % Daily Values are based on a 2000 calorie diet.

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TORSHI - LARGE

Torshi - Large

Nutrition Facts

Serving size 1 serving (170 g)
Servings per container 1

Amount per serving

Calories 60

	% Daily Value *
Total fat 0 g	1%
Cholesterol 0 mg	0%
Sodium 440 mg	18%
Total carbohydrates 9 g	3%
Dietary fiber 3 g	12%
Sugars 3 g	
Protein 2 g	
Vitamin A 60%	Vitamin C 60%
Calcium 6%	Iron 10%

* % Daily Values are based on a 2000 calorie diet.

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TORSHI - SMALL

Torshi - Small

Nutrition Facts

Serving size 1 serving (92 g)
Servings per container 1

Amount per serving

Calories 30

	% Daily Value *
Total fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 240 mg	10%
Total carbohydrates 5 g	2%
Dietary fiber 2 g	6%
Sugars 2 g	
Protein 1 g	
Vitamin A 30%	Vitamin C 35%
Calcium 4%	Iron 6%

* % Daily Values are based on a 2000 calorie diet.

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VEGGIE KABOB

Veggie Kabob

Nutrition Facts

Serving size 1 serving (228 g)
Servings per container 1

Amount per serving

Calories 150

Calories from fat 100

	% Daily Value *
Total fat 11 g	17%
Saturated fat 1.5 g	8%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 390 mg	16%
Total carbohydrates 12 g	4%
Dietary fiber 4 g	15%
Sugars 6 g	
Protein 3 g	
Vitamin A 25%	Vitamin C 120%
Calcium 2%	Iron 4%

* % Daily Values are based on a 2000 calorie diet.

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DESSERTS

BAKLAVA

Baklava

Nutrition Facts

Serving size 1 serving (113 g)
Servings per container 1

Amount per serving

Calories 330

Calories from fat 50

% Daily Value *

Total fat 6 g 9%
Saturated fat 0.5 g 4%
Trans fat 0.5 g

Cholesterol 5 mg 2%

Sodium 15 mg 1%

Total carbohydrates 71 g 24%

Dietary fiber 0 g 0%

Sugars 69 g

Protein 1 g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 2%

* % Daily Values are based on a 2000 calorie diet.

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BAMIYEH

Bamiyeh

Nutrition Facts

Serving size 1 serving (116 g)
Servings per container 1

Amount per serving

Calories 250

Calories from fat 90

% Daily Value *

Total fat 10 g 15%
Saturated fat 2 g 10%
Trans fat 0 g

Cholesterol 155 mg 52%

Sodium 55 mg 2%

Total carbohydrates 31 g 10%

Dietary fiber 0 g 0%

Sugars 3 g

Protein 8 g

Vitamin A 4% • Vitamin C 0%

Calcium 2% • Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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PERSIAN ICE CREAM

Persian Ice Cream

Nutrition Facts

Serving size 1 serving (170 g)
Servings per container 1

Amount per serving

Calories 330

Calories from fat 150

% Daily Value *

Total fat 16 g 25%
Saturated fat 10 g 52%
Trans fat 0 g

Cholesterol 65 mg 22%

Sodium 150 mg 6%

Total carbohydrates 41 g 14%

Dietary fiber 0 g 0%

Sugars 39 g

Protein 6 g

Vitamin A 15% • Vitamin C 0%

Calcium 20% • Iron 0%

* % Daily Values are based on a 2000 calorie diet.

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ROLETT CAKE

Rolett Cake

Nutrition Facts

Serving size 1 serving (70 g)
Servings per container 1

Amount per serving

Calories 220

Calories from fat 130

% Daily Value *

Total fat 15 g 23%
Saturated fat 9 g 44%
Trans fat 0 g

Cholesterol 105 mg 35%

Sodium 150 mg 6%

Total carbohydrates 21 g 7%

Dietary fiber 0 g 0%

Sugars 13 g

Protein 3 g

Vitamin A 10% • Vitamin C 0%

Calcium 4% • Iron 4%

* % Daily Values are based on a 2000 calorie diet.

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BEVERAGES

HOMEMADE DOOGH

Homemade Doogh

Nutrition Facts

Serving size 1 serving (567 g)
Servings per container 1

Amount per serving

Calories 160

Calories from fat 70

% Daily Value *

Total fat 8 g 13%

Saturated fat 5 g 26%

Trans fat 0 g

Cholesterol 35 mg 11%

Sodium 1680 mg 70%

Total carbohydrates 12 g 4%

Dietary fiber 0 g 0%

Sugars 12 g

Protein 9 g

Vitamin A 6% • Vitamin C 2%

Calcium 30% • Iron 2%

* % Daily Values are based on a 2000 calorie diet.

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PERSIAN HOT TEA

Persian Hot Tea

utrition Facts

Serving size 1 serving (226 g)
Servings per container 1

Amount per serving

Calories 0

% Daily Value *

Total fat 0 g

Cholesterol 0 mg

Sodium 5 mg

Total carbohydrates 0 g

Dietary fiber 0 g

Sugars 0 g

Protein 0 g

Vitamin A 0% •

Vitamin C

Calcium 0% •

Iron

* Daily Values are based on a 2000 calorie diet.

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FAMILY PLATTERS (NO APPS OR DESSERT)

1 (BARREH) - WITH RICE AND BREAD

Family Platter # 1 (Barreh) - with Rice And Bread

Nutrition Facts

Serving size 1 serving (2203 g)

Servings per container 1

Amount per serving

Calories 3480

Calories from fat 1000

% Daily Value *

Total fat 113 g	173%
Saturated fat 38 g	192%
Trans fat 0 g	

Cholesterol 435 mg 145%

Sodium 5960 mg 248%

Total carbohydrates 421 g 140%

Dietary fiber 14 g 57%

Sugars 25 g

Protein 182 g

Vitamin A 15% • Vitamin C 20%

Calcium 70% • Iron 130%

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1 (CHENJEH) - WITH RICE AND BREAD

Family Platter # 1 (ChenjeH) - with Rice And Bread

Nutrition Facts

Serving size 1 serving (2217 g)

Servings per container 1

Amount per serving

Calories 3570

Calories from fat 1060

% Daily Value *

Total fat 120 g	185%
Saturated fat 38 g	191%
Trans fat 0 g	

Cholesterol 425 mg 141%

Sodium 5670 mg 236%

Total carbohydrates 419 g 140%

Dietary fiber 14 g 55%

Sugars 24 g

Protein 190 g

Vitamin A 10% • Vitamin C 20%

Calcium 70% • Iron 130%

* % Daily Values are based on a 2000 calorie diet.

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2 (BARREH) - WITH RICE AND BREAD

Family Platter # 2 (Barreh) - with Rice And Bread

Nutrition Facts

Serving size 1 serving (3280 g)

Servings per container 1

Amount per serving

Calories 5250

Calories from fat 1580

% Daily Value *

Total fat 179 g	276%
Saturated fat 61 g	303%
Trans fat 0 g	

Cholesterol 725 mg 242%

Sodium 9100 mg 379%

Total carbohydrates 598 g 199%

Dietary fiber 21 g 85%

Sugars 38 g

Protein 290 g

Vitamin A 20% • Vitamin C 35%

Calcium 100% • Iron 210%

* % Daily Values are based on a 2000 calorie diet.

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2 (CHENJEH) - WITH RICE AND BREAD

Family Platter # 2 (ChenjeH) - with Rice And Bread

Nutrition Facts

Serving size 1 serving (3309 g)

Servings per container 1

Amount per serving

Calories 5430

Calories from fat 1710

% Daily Value *

Total fat 194 g	298%
Saturated fat 60 g	301%
Trans fat 0 g	

Cholesterol 705 mg 235%

Sodium 8510 mg 355%

Total carbohydrates 594 g 198%

Dietary fiber 20 g 82%

Sugars 36 g

Protein 306 g

Vitamin A 20% • Vitamin C 35%

Calcium 100% • Iron 200%

* % Daily Values are based on a 2000 calorie diet.

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FAMILY PLATTER SIDES (1 ORDER)

EGGPLANT (KASHK-O-BADJEMAN)

Eggplant (Kashk-o-badjeman) - 1 Order

Nutrition Facts

Serving size 1 serving (170 g)
Servings per container 1

Amount per serving

Calories 590

Calories from fat 550

% Daily Value *

Total fat 63 g 96%
Saturated fat 11 g 54%
Trans fat 0 g

Cholesterol 20 mg 7%

Sodium 125 mg 5%

Total carbohydrates 8 g 3%

Dietary fiber 2 g 8%

Sugars 4 g

Protein 2 g

Vitamin A 6% • Vitamin C 4%

Calcium 8% • Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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HUMMUS

Hummus - 1 Order

Nutrition Facts

Serving size 1 serving (170 g)
Servings per container 1

Amount per serving

Calories 420

Calories from fat 230

% Daily Value *

Total fat 26 g 40%
Saturated fat 2 g 10%
Trans fat 0 g

Cholesterol 0 mg 0%

Sodium 240 mg 10%

Total carbohydrates 38 g 13%

Dietary fiber 10 g 42%

Sugars 7 g

Protein 13 g

Vitamin A 0% • Vitamin C 6%

Calcium 10% • Iron 25%

* % Daily Values are based on a 2000 calorie diet.

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MINT YOGURT (MUST-O-KHEYAR)

Mint Yogurt (Must-o-kheyar) - 1 Order

Nutrition Facts

Serving size 1 serving (170 g)
Servings per container 1

Amount per serving

Calories 100

Calories from fat 45

% Daily Value *

Total fat 5 g 8%
Saturated fat 3.5 g 17%
Trans fat 0 g

Cholesterol 20 mg 7%

Sodium 430 mg 18%

Total carbohydrates 8 g 3%

Dietary fiber 0 g 0%

Sugars 8 g

Protein 6 g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • Iron 2%

* % Daily Values are based on a 2000 calorie diet.

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STUFFED GRAPE LEAVES (DOLMEH)

Stuffed Grape Leaves (Dolmeh) - 1 Order

Nutrition Facts

Serving size 1 serving (144 g)
Servings per container 1

Amount per serving

Calories 250

Calories from fat 120

% Daily Value *

Total fat 13 g 20%
Saturated fat 1 g 6%
Trans fat 0 g

Cholesterol 0 mg 0%

Sodium 690 mg 29%

Total carbohydrates 28 g 9%

Dietary fiber 4 g 14%

Sugars 2 g

Protein 2 g

Vitamin A 4% • Vitamin C 2%

Calcium 4% • Iron 8%

* % Daily Values are based on a 2000 calorie diet.

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FAMILY PLATTER DESSERTS (1 ORDER)

BAKLAVA

Baklava - 1 Order

Nutrition Facts

Serving size 1 serving (113 g)
Servings per container 1

Amount per serving

Calories 330

Calories from fat 50

% Daily Value *

Total fat 6 g 9%

Saturated fat 0.5 g 4%

Trans fat 0.5 g

Cholesterol 5 mg 2%

Sodium 15 mg 1%

Total carbohydrates 71 g 24%

Dietary fiber 0 g 0%

Sugars 69 g

Protein 1 g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 2%

* % Daily Values are based on a 2000 calorie diet.

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BAMIYEH

Bamiyeh - 1 Order

Nutrition Facts

Serving size 1 serving (116 g)
Servings per container 1

Amount per serving

Calories 250

Calories from fat 90

% Daily Value *

Total fat 10 g 15%

Saturated fat 2 g 10%

Trans fat 0 g

Cholesterol 155 mg 52%

Sodium 55 mg 2%

Total carbohydrates 31 g 10%

Dietary fiber 0 g 0%

Sugars 3 g

Protein 8 g

Vitamin A 4% • Vitamin C 0%

Calcium 2% • Iron 15%

* % Daily Values are based on a 2000 calorie diet.

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ROLETTE

Rolette - 1 Order

Nutrition Facts

Serving size 1 serving (70 g)
Servings per container 1

Amount per serving

Calories 220

Calories from fat 130

% Daily Value *

Total fat 15 g 23%

Saturated fat 9 g 44%

Trans fat 0 g

Cholesterol 105 mg 35%

Sodium 150 mg 6%

Total carbohydrates 21 g 7%

Dietary fiber 0 g 0%

Sugars 13 g

Protein 3 g

Vitamin A 10% • Vitamin C 0%

Calcium 4% • Iron 4%

* % Daily Values are based on a 2000 calorie diet.

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SOUPS

AASH

Aash

Nutrition Facts

Serving size 1 serving (340 g)
Servings per container 1

Amount per serving

Calories 60

Calories from fat 5

% Daily Value *

Total fat 1 g 1%

Saturated fat 0 g 1%

Trans fat 0 g

Cholesterol 0 mg 0%

Sodium 490 mg 21%

Total carbohydrates 10 g 3%

Dietary fiber 3 g 13%

Sugars 1 g

Protein 4 g

Vitamin A 100% • Vitamin C 100%

Calcium 10% • Iron 20%

* % Daily Values are based on a 2000 calorie diet.

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BARLEY SOUP

Barley Soup

Nutrition Facts

Serving size 1 serving (340 g)
Servings per container 1

Amount per serving

Calories 100

Calories from fat 25

% Daily Value *

Total fat 3 g 5%

Saturated fat 1.5 g 8%

Trans fat 0 g

Cholesterol 5 mg 2%

Sodium 600 mg 25%

Total carbohydrates 14 g 5%

Dietary fiber 3 g 14%

Sugars 2 g

Protein 3 g

Vitamin A 70% • Vitamin C 35%

Calcium 6% • Iron 10%

* % Daily Values are based on a 2000 calorie diet.

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VEGAN ITEMS

APPETIZERS:

- Dolmeh
- Hummus

BEVERAGES:

- Persian Hot Tea
- Apple Juice
- Apple Cherry Juice
- White Grape Juice
- Fruit Punch
- Mango Juice

DESSERTS: none

ENTREES: none

ENTRÉE SIDES: none

KIDS: none

SALAD DRESSINGSS

- House Dressing

SALADS:

- Shirazi Salad

SANDWICHES AND PLATTERS: none

SIDES:

- Bread
- Kalamata Olives
- Pepperoncini
- Seer Torshi
- Torshi

SOUPS: none

VEGGIE SANDWICHES AND PLATTERS:
none

WEEKLY SPECIALS: none

VEGETARIAN ITEMS

APPETIZERS:

- Dolmeh
- Hummus
- Falafel (Ovo Veg) shared fryer with egg
- Kashk-o-bademjan (Lacto-Veg)
- Must-o-mooseer (Lacto-Veg)

BEVERAGES:

- Persian Hot Tea
- Homemade Doogh (Lacto-Veg)
- Apple Juice
- Apple Cherry Juice
- White Grape Juice
- Fruit Punch
- Mango Juice

DESSERTS:

- Baklava (Lacto-Veg)
- Bamiyeh (Ovo Veg)
- Persian Ice Cream (Lacto-Veg)
- Rolett Cake (Lacto-Ovo Veg)

ENTREES: none

ENTRÉE SIDES:

- Cucumber Yogurt (Lacto-Veg)
- Half Salad Half Rice (Lacto-Veg)
- Rice (Lacto-Veg)
- Moby's Salad (Lacto-Veg) without Feta (enzymes are not vegetarian)

KIDS: none

SALAD DRESSINGS:

- House Dressing
- Pomegranate Dressing
- Italian Dressing

SALADS:

- Shirazi Salad
- Garden Salad (Lacto-Veg) without Feta (enzymes are not vegetarian)
- Mediterranean Salad (Lacto-Veg) without Feta (enzymes are not vegetarian)
- Moby's Salad (Lacto-Veg) without Feta (enzymes are not vegetarian)
- Spinach Salad (Lacto-Veg) without Feta (enzymes are not vegetarian)

VEGETARIAN ITEMS

SANDWICHES AND PLATTERS: none

SIDES:

- Bread
- Chutney (Lacto-Veg)
- Grilled Tomato
- Grilled Onions
- Must-O-kheyar (Lacto-Veg)
- Pepperoncini
- Rice (Lacto-Veg)
- Seer Torshi
- Torshi

SOUPS:

- Aash (Lacto-Veg)
- Barley Soup (Lacto-Veg)

VEGGIE SANDWICHES AND PLATTERS:

- Falafel (Lacto-Ovo Veg) – shared fryer with egg
- Falafel Sandwich (Lacto-Ovo Veg) – shared fryer with egg
- Moby's Melt – (Lacto-Ovo Veg)
- Moby's Veggie Platter (Lacto-Ovo Veg)
- Veggie Delight (Lacto-Ovo Veg)
- Veggie Kabob – inherently free from animal products. Cross contact with animal products may occur at manufacturing level.

WEEKLY SPECIALS: none

DEFINITIONS

Vegan: no eggs, dairy, animal, or animal derived products

Vegetarian: someone who does not eat any meat, poultry, game, fish, shellfish or by-products of animal slaughter

Lacto-ovo vegetarian: no animal flesh, but do eat dairy and egg. * This is the most common.

Lacto vegetarian: no animal flesh or eggs, but do eat dairy

Ovo vegetarian: no animal flesh or dairy, but do eat eggs

Pescatarian: no meat or poultry, but do eat fish

Flexitarian: part-time vegetarian

*The above definitions are for informational purposes only. We are not doctors nor do we claim to be. MenuTrinfo cannot be held liable for any incidents that arise from the use of these definitions.

GLUTEN FREE

APPETIZERS:

- Hummus served without bread
- Must-o-Mooseer without bread

BEVERAGES:

- Persian Hot Tea
- Homemade Doogh

DESSERTS:

- No gluten-free options available

ENTRÉE SIDES:

- Must-o-Kheyar
- Rice
- Fresh Herbs (Sabzi)
- Moby's Salad
- Half Salad/Half Rice

ENTREES:

- Bone-in Chicken Kabob
- Fish Kabob
- Kabob-e Barreh
- Kabob-e Chenjeh
- Kabob-e Joojeh
- Kabob-e Kubideh
- Spicy Ground Chicken Kabob
- Moby's Combo I, II, III
- Moby's Super Combo

SALAD DRESSINGS AND SALADS:

- Ranch Dressing
- Italian Dressing
- House Dressing
- Pomegranate Dressing
- Moby Salad
- Mediterranean Salad
- Garden Salad
- Spinach Salad
- Shirazi Salad

VEGGIE PLATTERS:

- Veggie Platter
- Veggie Kabob

Sides:

- Chutney (Green Sauce)
- Seer Torshi
- Torsh

CONTAINS GLUTEN

- Baklava
- Bamiyeh
- Rolett Cake
- Moby's Gyro Platter and Sandwich
- Moby's Joojeh Sandwich
- Moby's Kubideh Sandwich
- Moby's Spicy Ground Chicken Kabob Sandwich

- Bread
- Aash
- Barley Soup
- Falafel Sandwich
- Moby's Melt Sandwich
- Veggie Delight
- Salmon Kabob
- Falafel (cross contact in fryer)
- Kashk-o-Bademjan (cross contact in fryer)

UNABLE TO CONFIRM:

- Dolmeh (stuffed grape leaves)
- Persian Ice Cream (sahlab mix)

Disclaimer Language for Posted Gluten-Free Information:

Please know that we practice caution and proper procedures when preparing gluten-free items, however gluten is present in all of our kitchens. All ingredients have been verified as gluten-free by third-party consultant, MenuTrinfo®, LLC, but our products can change at any time and the products listed might not always be the products served. Moby Dick House of Kabob cannot be held responsible for ingredient substitutions made by our manufacturers. In consuming our gluten-free items, be aware that there still may be a chance of cross-contact so we cannot guarantee these products for those with Celiac disease or food allergy. Guests are advised to consider this information as it relates to their individual dietary needs and requirements.

COMMON ALLERGENS

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
<i>Appetizers</i>								
Dolmeh								
Falafel Appetizer								
Hummus								
Kashk-o-bademjan			X					
Must-o-mooseer			X					
<i>Beverages</i>								
Homemade Doogh			X					
Persian Hot Tea								
<i>Desserts</i>								
Baklava			X			X	X	X
Bamiyeh	X							X
Persian Ice Cream			X					
Rolett Cake	X		X					X
<i>Entree Sides</i>								
Cucumber Yogurt (Must-o-kheyar)			X					
Fresh Herbs (Sabzi)			X					
Half Salad And Half Rice (Includes Dressing)			X					
Large Side Rice			X					
Moby's Salad (Includes Dressing)			X					
<i>Entrees (No Sides)</i>								
Bone-in Chicken Kabob Entree			X					
Fish Kabob Entree		X						
Ground Lamb Kabob								
Kabob-e Barreh Entree			X					
Kabob-e Chenjeh Entree			X					
Kabob-e Joojeh Entree			X					
Kabob-e Kubideh Entree								
Moby's Combo I			X					
Moby's Combo II			X					
Moby's Combo III			X					
Moby's Gyro	X		X			X		X
Moby's Super Combo - Barreh			X					
Moby's Super Combo - Chenjeh			X					
Spicy Ground Chicken Kabob								
<i>Family Platter Desserts</i>								
Baklava - 1 Order			X			X	X	X
Bamiyeh - 1 Order	X							X
Rolette - 1 Order	X		X					X
<i>Family Platter Sides</i>								
Eggplant (Kashk-o-badjeiman) - 1 Order			X					
Hummus - 1 Order								
Mint Yogurt (Must-o-kheyar) - 1 Order			X					
Stuffed Grape Leaves (Dolmeh) - 1 Order								
<i>Family Platters (No Apps Or Dessert)</i>								
Family Platter # 1 (Barreh) - with Rice And Bread			X					X
Family Platter # 1 (Chenjeh) - with Rice And Bread			X					X
Family Platter # 2 (Barreh) - with Rice And Bread			X					X
Family Platter # 2 (Chenjeh) - with Rice And Bread			X					X

COMMON ALLERGENS

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Kids								
Apple Cherry Juice								
Apple Juice								
Apple White Grape Juice								
Chocolate Chip Cookie	X		X			X		X
Fruit Punch								
Kid's Joojeh Kabob			X					
Kid's Kubideh Kabob			X					
Kid's Rice			X					
Mango Juice								
Salad Dressing								
Add House Dressing (Large)								
Add House Dressing (Small)								
Add Italian Dressing (Large)								
Add Italian Dressing (Small)								
Add Pomegranate Dressing (Large)								
Add Pomegranate Dressing (Small)								
Add Ranch Dressing (Large)	X		X					
Add Ranch Dressing (Small)	X		X					
Garden Salad (Large) - No Dressing			X					
Salads (No Bread)								
Garden Salad (Small) - No Dressing			X					
Mediterranean Salad (Large) - No Dressing			X				X	
Mediterranean Salad (Small) - No Dressing			X				X	
Moby's Salad (Large) - No Dressing			X					
Shirazi Salad (with Dressing)								
Spinach Salad (Large) - No Dressing			X					
Spinach Salad (Small) - No Dressing			X					
Sandwiches And Platters								
Ground Lamb Sandwich			X					X
Moby's Gyro Platter	X		X			X		X
Moby's Gyro Sandwich	X		X			X		X
Moby's Joojeh Platter			X					
Moby's Joojeh Sandwich			X					X
Moby's Kubideh Platter			X					
Moby's Kubideh Sandwich			X					X
Moby's Spicy Ground Chicken Kabob Platter			X					
Moby's Spicy Ground Chicken Kabob Sandwich			X					X
Sides								
Barreh Kabob			X					
Bone-in-chicken Kabob			X					
Bread								X
Chenjeh Kabob			X					
Chutney			X					
Feta Cheese - Large			X					
Feta Cheese - Small			X					
Fish Kabob		X						
Grilled Half Tomato								
Grilled Onions								

COMMON ALLERGENS

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Grilled Onions - Large								
Grilled Onions - Small								
Grilled Tomato								
Grilled Tomatoes - Large								
Grilled Tomatoes - Small								
Ground Lamb Kabob								
Joojeh Kabob			X					
Kalamata Olives - Large								
Kalamata Olives - Small								
Kubideh Kabob								
Must-o-kheyar - Large			X					
Must-o-kheyar - Small			X					
Pepperoncini - Large								
Pepperoncini - Small								
Sabzi			X					
Salmon Kabob		X						
Seer Torshi - Large								
Seer Torshi - Small								
Small Side Rice			X					
Torshi - Large								
Torshi - Small								
Veggie Kabob	X		X	X		X	X	X
Soups								
Aash			X			X		X
Barley Soup			X			X		X
Veggie Sandwiches And Platters								
Falafel			X					
Falafel Sandwich			X					X
Moby's Melt Sandwich			X			X		X
Moby's Veggie Platter			X					
Veggie Delight	X		X					X
Veggie Kabob Platter	X		X	X		X	X	X
Weekly Specials								
Baghali Polo (with Chicken)			X					
Baghali Polo (with Lamb)			X					
Gheyme Bademjan			X					
Ghormeh Sabzi			X					
Lubia Polo			X					
Zereshk Polo			X					

Allergen Disclaimer – Must accompany all allergen/ingredient information:

This allergen information has been provided by MenuTrinfo® to help give our guests the tools to make an informed food decision. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart. Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or other dietary concern.