

# Food Allergy List

| Bakery                   | Gluten-Free | Dairy-Free | Nut-Free | Vegan |
|--------------------------|-------------|------------|----------|-------|
| Pita Bread               | ✗           | ✓          | ✓        | ✓     |
| Cheese Bread             | ✗           | ✗          | ✓        | ✗     |
| Zaatar Bread             | ✗           | ✓          | ✓        | ✓     |
| Meat Bread               | ✗           | ✓          | ✗        | ✗     |
| Gluten Free Bread        | ✓           | ✗          | ✓        | ✗     |
| Cheese Pie               | ✗           | ✗          | ✓        | ✗     |
| Meat Pie                 | ✗           | ✓          | ✗        | ✗     |
| Spinach Pie              | ✗           | ✓          | ✓        | ✓     |
| Zaatar Pie               | ✗           | ✓          | ✓        | ✓     |
| Amani Pie                | ✗           | ✗          | ✓        | ✗     |
| Shankleesh Pie           | ✗           | ✗          | ✓        | ✗     |
| Meat Safiha              | ✗           | ✓          | ✓        | ✗     |
| Cheese Pizza             | ✗           | ✗          | ✓        | ✗     |
| Shawarma Pizza           | ✗           | ✗          | ✓        | ✗     |
| Dips                     |             |            |          |       |
| Hummus                   | ✓           | ✓          | ✓        | ✓     |
| Jalapeno Hummus          | ✓           | ✓          | ✓        | ✓     |
| Kishkeh-Labneh           | ✓           | ✗          | ✗        | ✗     |
| Mama Ganough             | ✓           | ✓          | ✗        | ✓     |
| Muhammara                | ✗           | ✓          | ✗        | ✓     |
| Spicy Hummus             | ✓           | ✓          | ✓        | ✓     |
| BBQ Hummus               | ✓           | ✓          | ✓        | ✓     |
| Zaatar Hummus            | ✓           | ✓          | ✓        | ✓     |
| Avocado Hummus           | ✓           | ✓          | ✓        | ✓     |
| Baba Ganough             | ✓           | ✗          | ✓        | ✗     |
| Spicy Baba Ganough       | ✓           | ✗          | ✓        | ✗     |
| Fadi's Hummus            | ✓           | ✓          | ✓        | ✓     |
| Yogurt & Cucumber        | ✓           | ✗          | ✓        | ✗     |
| Salads                   |             |            |          |       |
| Lebanese Salad           | ✓           | ✓          | ✓        | ✓     |
| Tabouli                  | ✗           | ✓          | ✓        | ✓     |
| Cabbage                  | ✓           | ✓          | ✓        | ✓     |
| Greek                    | ✓           | ✗          | ✓        | ✗     |
| Kale                     | ✓           | ✓          | ✗        | ✓     |
| Balsamic Grilled Veggies | ✓           | ✓          | ✓        | ✓     |
| Avocado Garbanzo         | ✓           | ✓          | ✓        | ✓     |

# Food Allergy List

| Salads                     | Gluten-Free | Dairy-Free | Nut-Free | Vegan |
|----------------------------|-------------|------------|----------|-------|
| Beetroot                   | ✓           | ✓          | ✓        | ✓     |
| Red Quinoa                 | ✓           | ✓          | ✓        | ✓     |
| Zesty Quinoa               | ✓           | ✗          | ✓        | ✗     |
| Pesto Pasta                | ✗           | ✗          | ✓        | ✗     |
| Ceasar                     | ✗           | ✗          | ✓        | ✗     |
| Fruit Couscous             | ✗           | ✗          | ✗        | ✗     |
| Broccoli                   | ✓           | ✓          | ✓        | ✗     |
| Roasted Beetroot           | ✓           | ✓          | ✓        | ✓     |
| Lentil                     | ✓           | ✓          | ✓        | ✓     |
| Spaghetti                  | ✗           | ✗          | ✓        | ✗     |
| Pickled Mushroom           | ✓           | ✓          | ✓        | ✓     |
| Black Bean                 | ✓           | ✓          | ✓        | ✓     |
| Salmon                     | ✓           | ✓          | ✓        | ✗     |
| Rosemary Potatoes          | ✓           | ✓          | ✓        | ✗     |
| Brussel Sprouts            | ✓           | ✓          | ✗        | ✓     |
| Butternut Squash           | ✓           | ✓          | ✗        | ✓     |
| Bulgur                     | ✗           | ✓          | ✓        | ✓     |
| Chicken Curry Salad        | ✓           | ✓          | ✓        | ✗     |
| Seafood Salad              | ✓           | ✓          | ✓        | ✗     |
| Fadi's Chicken Salad       | ✓           | ✓          | ✗        | ✗     |
| Eggplant Moussaka          | ✓           | ✓          | ✓        | ✓     |
| Green Peas and cauliflower | ✓           | ✗          | ✗        | ✗     |
| Fadi's Salad               | ✓           | ✗          | ✗        | ✗     |
| Capresse                   | ✓           | ✗          | ✓        | ✗     |
| Balsamic Mushroom          | ✓           | ✓          | ✓        | ✓     |
| Balsamic Pasta             | ✗           | ✗          | ✓        | ✗     |
| Vegetarian Grape Leaves    | ✓           | ✓          | ✓        | ✓     |
| Fadi's Garden Gem          | ✓           | ✓          | ✓        | ✓     |
| Feta Peach Salad           | ✓           | ✓          | ✓        | ✓     |
| Tuna Salad                 | ✓           | ✓          | ✓        | ✗     |
| Hot Vegetables             |             |            |          |       |
| Coriander Potatoes         | ✓           | ✓          | ✓        | ✓     |
| Pomegranate Eggplant       | ✓           | ✓          | ✓        | ✓     |
| Mozzarella Spinach         | ✓           | ✗          | ✓        | ✗     |
| Garlic Mixed Veggies       | ✓           | ✓          | ✓        | ✓     |
| Mashed Potatoes Ball       | ✗           | ✗          | ✓        | ✗     |

# Food Allergy List

| Hot Vegetables               | Gluten-Free | Dairy-Free | Nut-Free | Vegan |
|------------------------------|-------------|------------|----------|-------|
| Green Beans                  | ✓           | ✓          | ✓        | ✓     |
| Fried Cauliflower            | ✓           | ✓          | ✓        | ✓     |
| Soups                        |             |            |          |       |
| Lentil Soup                  | ✓           | ✓          | ✓        | ✓     |
| Mushroom Soup                | ✓           | ✗          | ✓        | ✗     |
| Rice                         |             |            |          |       |
| Basmati Rice                 | ✓           | ✓          | ✓        | ✓     |
| Vermicelli Rice              | ✗           | ✓          | ✓        | ✓     |
| Kabseh Rice                  | ✓           | ✓          | ✓        | ✓     |
| Lentil Rice                  | ✓           | ✓          | ✓        | ✓     |
| Dill Rice                    | ✓           | ✓          | ✓        | ✓     |
| Koshari Rice                 | ✗           | ✓          | ✓        | ✓     |
| Vegetarian Rice              | ✓           | ✓          | ✓        | ✓     |
| Cook Meat                    |             |            |          |       |
| Chicken Beryani              | ✓           | ✓          | ✗        | ✗     |
| Stuffed Squash               | ✓           | ✓          | ✓        | ✗     |
| Cabbage Rolls                | ✓           | ✓          | ✓        | ✗     |
| Italian Chicken Parmesan     | ✗           | ✗          | ✓        | ✗     |
| Curry Chicken                | ✓           | ✗          | ✓        | ✗     |
| Fish (Marinated)             | ✓           | ✓          | ✓        | ✗     |
| Fish-Zahlawi                 | ✓           | ✓          | ✓        | ✗     |
| Fish in Green Curry          | ✓           | ✗          | ✓        | ✗     |
| Fish in Tahini Sauce         | ✓           | ✗          | ✓        | ✗     |
| Salmon in Lemon Butter sauce | ✓           | ✗          | ✓        | ✗     |
| Salmon (Marinated)           | ✓           | ✓          | ✓        | ✗     |
| Meat Grapeleaves             | ✓           | ✓          | ✓        | ✗     |
| Chicken Couscous             | ✗           | ✓          | ✓        | ✗     |
| Lebanese Meatloaf            | ✓           | ✓          | ✓        | ✗     |
| Angel Hair Shrimp Pasta      | ✗           | ✗          | ✓        | ✗     |
| Chicken Musakhan             | ✗           | ✗          | ✗        | ✗     |
| Beef Spaghetti               | ✗           | ✗          | ✓        | ✗     |
| Chicken Parmesan             | ✓           | ✗          | ✓        | ✗     |
| Chicken Sambousa             | ✗           | ✓          | ✓        | ✗     |
| Beef Sambousa                | ✗           | ✓          | ✓        | ✗     |

# Food Allergy List

| Cook Meat             | Gluten-Free | Dairy-Free | Nut-Free | Vegan |
|-----------------------|-------------|------------|----------|-------|
| Cheese Samboussa      | ✗           | ✗          | ✓        | ✗     |
| Vegetarian Samboussa  | ✗           | ✓          | ✓        | ✓     |
| Lamb Shank            | ✓           | ✓          | ✓        | ✗     |
| Lamb Shank Sauce      | ✗           | ✗          | ✓        | ✗     |
| Lamb Shank Ozzo Bocco | ✓           | ✓          | ✓        | ✗     |
| Chicken Tajine        | ✓           | ✓          | ✓        | ✗     |
| Roast Beef            | ✗           | ✗          | ✓        | ✗     |
| Daoud Basha           | ✓           | ✓          | ✗        | ✗     |
| Lasagna               | ✗           | ✗          | ✓        | ✗     |
| Chicken Tikka Masala  | ✓           | ✗          | ✓        | ✗     |
| Grill                 |             |            |          |       |
| Beef Filet Kabob      | ✓           | ✓          | ✓        | ✗     |
| Beef Shawerma         | ✓           | ✗          | ✓        | ✗     |
| Chicken Adana         | ✓           | ✓          | ✓        | ✗     |
| Chicken Kabob         | ✓           | ✗          | ✓        | ✗     |
| Chicken Shawerma      | ✓           | ✗          | ✓        | ✗     |
| Salmon Kabob          | ✓           | ✓          | ✓        | ✗     |
| Shrimp Kabob          | ✓           | ✓          | ✓        | ✗     |
| Beef Kafta            | ✓           | ✓          | ✓        | ✗     |
| Turkish Lamb Kafta    | ✓           | ✓          | ✓        | ✗     |
| Rotisserie Chicken    | ✓           | ✗          | ✓        | ✗     |
| Chicken Tenders       | ✗           | ✗          | ✓        | ✗     |
| Iskander Kabob        | ✗           | ✗          | ✓        | ✗     |
| Gyro                  | ✗           | ✓          | ✓        | ✗     |
| Kibbie                | ✗           | ✓          | ✗        | ✗     |
| Lamb Chops            | ✓           | ✓          | ✓        | ✗     |
| Lamb Kabob            | ✓           | ✓          | ✓        | ✗     |
| Falafel               | ✓           | ✓          | ✓        | ✓     |
| Ciabbatta Shawarma    | ✗           | ✗          | ✓        | ✗     |
| Ciabbatta Falafel     | ✗           | ✗          | ✓        | ✗     |
| Fried Mac & Cheese    | ✗           | ✗          | ✓        | ✗     |
| Mom’s Special         |             |            |          |       |
| Ouzi                  | ✓           | ✓          | ✗        | ✗     |
| Sayadiah              | ✓           | ✓          | ✗        | ✗     |

# Food Allergy List

| Mom’s Special                  | Gluten-Free | Dairy-Free | Nut-Free | Vegan |
|--------------------------------|-------------|------------|----------|-------|
| Koussa and Grape Leaves        | ✓           | ✓          | ✗        | ✗     |
| Moghrabieh                     | ✗           | ✓          | ✓        | ✗     |
| Vegetarian Koussa and Eggplant | ✓           | ✓          | ✓        | ✓     |
| Okra w Meat                    | ✓           | ✓          | ✓        | ✗     |
| Mansaf                         | ✓           | ✗          | ✗        | ✗     |
| Kibbie Yogurt                  | ✗           | ✗          | ✗        | ✗     |
| Mulukhia                       | ✓           | ✓          | ✓        | ✗     |
| Cabbage Rolls                  | ✓           | ✓          | ✓        | ✗     |
| Desserts                       |             |            |          |       |
| Rice Pudding                   | ✓           | ✗          | ✗        | ✗     |
| Almond Pudding                 | ✓           | ✗          | ✗        | ✗     |
| Flan                           | ✓           | ✗          | ✓        | ✗     |
| Tres Leches                    | ✗           | ✗          | ✓        | ✗     |
| N.Y Cheese Cake                | ✗           | ✗          | ✓        | ✗     |
| GF Chocolate Torte             | ✓           | ✗          | ✓        | ✗     |
| Lemon Berry Cake               | ✗           | ✗          | ✓        | ✗     |
| Katayif Cheese                 | ✗           | ✗          | ✓        | ✗     |
| Katayif Walnut                 | ✗           | ✓          | ✗        | ✗     |
| Madlouka                       | ✗           | ✗          | ✗        | ✗     |
| Baklava                        | ✗           | ✓          | ✗        | ✓     |
| Sauces                         |             |            |          |       |
| Tahini                         | ✓           | ✓          | ✓        | ✓     |
| Tzatziki                       | ✓           | ✗          | ✓        | ✗     |
| Zaatar                         | ✓           | ✓          | ✓        | ✓     |
| Garlic Sauce                   | ✓           | ✗          | ✓        | ✗     |
| Hot                            | ✓           | ✓          | ✓        | ✓     |