

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	✓	✓	✓	✓

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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	✓	✓	✓	✓
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	✓	✓	✓	✓