



Nutritional Information

More reasons why you should eat at Saj Mediterranean Grill...a lot!

Saj Mediterranean Grill prides itself in helping to turn the tide of unhealthy eating and the long term effects it causes.

All of our menu items are prepared on-site using only the freshest, 100% natural ingredients. But we didn't stop there, we leave out all of the bad stuff; like trans fats, artificial preservatives, high fructose corn syrup, hormones and food coloring.

The Mediterranean is vastly known as a beautiful part of the world, steeped in a rich history with many cultures. We strive to emulate the cuisine that hails from the Mediterranean. Not only is Mediterranean food flavorful and fresh tasting, it's also great for you. The vital ingredients used in our cuisine (vegetables, grains, herbs and olive oil) are proven as having positive health benefits for everyone. These ingredients have shown to assist the human body in fending off health risks like some cancers, diabetes, obesity and high cholesterol.

At Saj Mediterranean Grill, we look forward to introducing a great tasting, natural alternative to the masses that seek a happier and healthier lifestyle. We are aimed to please the appetites of many and do our part to combat health risks for all.

Eat Well...Live Long...
Saj Style!

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NOTE: If you customize an order, these values will change.

Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Saj/Pita Bread, White	1 ea.	230	5	.05	0	0	0	460	49	2	4	6
Saj/Pita Bread, Whole Wheat	1 ea.	220	10	1	0	0	0	450	47	5	4	7
Beef Shawarma	2.5 oz.	180	110	12	5	0	40	280	0	0	0	16
Chicken Shawarma	2.5 oz.	140	60	7	2	0	60	380	1	0	0	17
Kalafel	4 ea.	70	30	3.5	0	0	0	180	7	2	1	2
Mana-Keesh, Cheese	1 ea.	400	120	13	8	0	40	770	50	2	4	20
Mana-Keesh, Zaatar	1 ea.	520	260	30	2.5	0.5	0	470	58	5	7	8
Mana-Keesh, Zaatar and Cheese	1 ea.	600	320	36	7	0.5	15	630	59	5	8	15
Hummus	2 oz.	130	50	6	1	0	0	270	15	4	2	6
Baba Ghannouj	2 oz.	70	50	5	1	0	0	210	4	1	1	2
Fatoush (w/ out dressing)	4 oz.	20	0	0	0	0	0	10	4	2	2	1
Fatoush Dressing	.5 fl. oz.	10	0	0	0	0	0	0	2	0	1	0
Labouli	2 oz.	60	25	2.5	0	0	0	160	33	8	5	6
Basmati Rice	2 oz.	80	5	.5	0	0	0	230	16	0	0	1
Green Beans	2 oz.	20	0	0	0	0	0	290	4	1	1	1
Kalafel	1 ea.	70	30	3.5	0	0	0	180	7	2	1	2
Spicy Potatoes	2 oz.	140	70	9	5	0	0	170	16	2	0	2
Pita Chips	2 oz.	160	20	2.5	0	0	0	270	30	1	3	4
Lentil Soup	12 oz.	280	90	10	5	0	0	650	36	7	2	13
Tsatziki	.5 oz.	5	0	0	0	0	0	65	1	0	1	1
Light Garlic Paste	.5 oz.	30	45	5	0.5	0	5	120	1	0	1	0
Tahini Sauce	.5 oz.	25	15	2	0	0	0	65	1	0	1	0
Jalapeno Pesto	.5 oz.	30	25	3	0	0	0	15	1	0	0	0
Baklava	1 ea.	200	140	15	4.5	0	15	125	14	1	3	3
Fresh Squeezed Lemonade	22 fl. oz.	110	0	0	0	0	0	10	30	0	29	0