



# ALLERGEN GUIDE

Last updated: September, 2020

	MILK	EGGS	PEANUTS	WHEAT/GULTEN	SHELLFISH	SOY	TREE NUTS	FISH	VEGETERIAN	VEGAN
Pita Bread										
White				✓					✓	✓
Wheat				✓					✓	✓
Wraps										
Shawarma Wrap		✓		✓		✓				
Soulvaki Wrap	✓			✓		✓				
Falafel Wrap				✓		✓			✓	✓
Donair Wrap	✓			✓		✓				
Greek Donair Wrap	✓			✓		✓				
Plates										
Shawarma Plate		✓		✓		✓				
Soulvaki Plate	✓			✓		✓				
Falafel Plate				✓		✓			✓	✓
Donair Plate	✓			✓		✓				
Mixed Grill Plate	✓	✓		✓		✓				
Lebanese Plate				✓		✓			✓	✓
Bowls										
Shawarma Bowl		✓				✓				
Falafel Bowl				✓		✓			✓	✓
Mediterranean Bowl	✓	✓		✓		✓				
Poutines										
Shawarma Poutine	✓					✓				
Donair Poutine	✓					✓				
Classic Poutine	✓					✓			✓	
Salads										
Taboule Salad									✓	✓
Greek Salad	✓								✓	
Fattoush Salad				✓					✓	✓
Sides										
Side Soulvaki Skewer Meat										
Side Chicken Shawarma Meat										
Side Donair Meat						✓				
Side Falafels				✓		✓			✓	✓
Side Grape Leaves						✓			✓	✓
Side Lentils and Rice						✓			✓	✓
Side Rice	✓					✓			✓	
Side Fries						✓			✓	✓
Spices / Sauces To Go										
Mezza Seasoning Spice						✓			✓	✓
Garlic Sauce		✓				✓			✓	
Tzatziki Sauce	✓								✓	
Donair Sauce	✓					✓			✓	
Tahini Sauce									✓	✓
Fatouch Dressing						✓			✓	✓
Greek Dressing						✓			✓	✓
Hummus						✓			✓	✓

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