

Maoz Nutritional Values



	Serving Size (oz)	Calories	Total fat	Saturated fat	Trans fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
Avocado Toast	1 ea	399	20	4	0	0	864	48	8	9	9
Falafel Sandwich (Wheat)	1 ea	620	24	3	0	0	1299	97	18	13	27
Falafel Sandwich (White)	1 ea	610	24	3	0	0	1119	97	15	15	25
Hummus Bowl with Falafel	1 ea	510	30	4	0	0	987	66	14	10	23
Hummus, Egg & Eggplant (Wheat)	1 ea	490	16	3	0	175	710	69	12	10	23
Hummus, Egg & Eggplant (White)	1 ea	480	16	3	0	175	530	69	9	12	21
Rice Bowl (Brown Rice) with Falafel	1 ea	475	23	3	0	0	1135	70	9	6	15
Rice Bowl (White Rice) with Falafel	1 ea	465	21	3	0	0	973	70	7	6	11
Salad with Falafel	1 ea	267	15	2	0	0	659	37	9	7	12
Shawarma Bowl with Brown Rice	1 ea	405	12	2	0	0	1395	51	8	7	25
Shawarma Bowl with White Rice	1 ea	395	11	2	0	0	1233	51	6	7	24
Veggie Burger Sandwich	1 ea	445	11	1	0	0	790	69	11	13	18
Falafel Balls - Baked	1 ea	40	1	0	0	0	130	7	1	1	2
Falafel Balls - Fried	1 ea	50	3	0	0	0	130	7	1	1	2
Shawarma - Side	4.5 oz	180	5	1	0	0	911	15	6	7	21
Veggie Burger	1 ea	210	7	1	0	0	280	25	7	4	10
Belgian Fries	8 oz	347	9	1	0	0	1040	56	5	0	5
Sweet Potato Fries	8 oz	400	16	3	0	0	507	61	3	0	3
Avocado	1/2 ea	84	8	1	0	0	4	4	4	0	1
Babaganoush	2 oz	36	2	1	0	0	114	5	2	2	1
Feta Cheese	1.5 oz	100	8	5	0	33	428	2	0	0	10
Fried Eggplant	2 oz	45	3	0	0	0	2	5	2	2	1
Hard Boiled Egg	1 ea	75	5	2	0	175	60	1	0	0	6
Hummus	2 oz	130	8	1	0	0	168	16	4	2	6
Banana Peppers	2 oz	10	0	0	0	0	560	2	0	0	0
Beet Salad	2 oz	38	1	0	0	0	135	7	2	5	1
Broccoli	2 oz	41	3	1	0	0	18	4	2	1	2
Broccoli and Cauliflower	2 oz	44	3	1	0	0	24	4	2	2	2
Brussel Sprouts	2 oz	73	3	1	0	0	78	11	4	4	3
Carrot Salad	2 oz	28	1	0	0	0	98	5	2	2	1
Cauliflower	2 oz	47	3	1	0	0	30	5	2	2	2
Chickpea Salad	2 oz	43	2	0	0	0	116	6	2	1	2
Coleslaw	2 oz	38	2	0	0	1	135	4	1	2	1
Cucumber Salad	2 oz	9	0	0	0	0	98	1	0	1	0
Olives	2 oz	45	4	1	0	0	510	0	0	0	0
Pickled Onions	2 oz	28	0	0	0	0	157	6	1	3	1
Pickles	2 oz	0	0	0	0	0	390	0	0	0	0
Red Cabbage Salad	2 oz	32	1	0	0	0	122	5	1	3	1
Tabouli	2 oz	88	3	0	0	0	293	14	3	0	2
Vegetable Salad	2 oz	17	1	0	0	0	11	2	1	1	1
Cilantro Sauce	1 oz	18	1	0	0	0	159	1	0	0	1
Garlic Sauce	1 oz	162	17	3	0	10	147	1	0	1	0
Greek Dressing	1 oz	70	6	1	0	0	410	3	0	2	0
Hot Green Chili Sauce	1 oz	26	2	0	0	0	98	1	0	0	0
Salsa	1 oz	21	2	0	0	0	150	1	0	0	0
Tahini Sauce	1 oz	60	5	1	0	0	82	1	1	0	2
Tomato and Onion Sauce	1 oz	24	1	0	0	0	17	4	1	2	0
Tzatziki Sauce	1 oz	21	1	0	0	2	88	2	0	2	1
Plain Pita (Wheat)	1 ea	240	1	0	0	0	480	47	7	5	10
Plain Pita (White)	1 ea	230	1	0	0	0	300	47	4	7	8
Vegan Rice Pudding	8 oz	272	3	0	0	0	80	54	1	34	7
Orange Juice	16 fl oz	220	0	0	0	0	16	54	2	40	4
Green Kick	16 fl oz	210	1	0	0	0	148	49	5	37	5
Lean Green	16 fl oz	168	1	0	0	0	116	40	6	23	6
Minty Greens	16 fl oz	179	3	0	0	0	132	37	10	23	8
Orange Smack	16 fl oz	210	1	0	0	0	152	49	7	31	4
Super Fit	16 fl oz	211	3	0	0	0	168	46	8	39	5
Up Beet	16 fl oz	197	1	0	0	0	162	46	5	34	4
Acai Bowl	1 ea	666	10	1	0	0	227	127	22	62	9
Mango Bowl	1 ea	706	8	1	0	0	183	159	10	104	7
Pitaya Bowl	1 ea	586	8	1	0	0	183	127	12	76	7
Honey	1 oz	86	0	0	0	0	0	23	0	23	0
Nutella	1.3 oz	200	12	4	0	5	15	23	1	21	2
Peanut Butter	1.3 oz	190	15	3	0	0	130	7	2	2	7
Acai Smoothie	16 fl oz	350	3	0	0	0	7	78	5	61	2
Banana Berry	16 fl oz	240	0	0	0	0	2	62	8	40	3
Green Dream	16 fl oz	254	10	1	0	0	16	42	8	30	4
Mango Pineapple	16 fl oz	288	1	0	0	0	2	75	8	53	4
PB&J Smoothie	16 fl oz	505	42	3	0	0	203	76	11	47	15
Peanut Butter Crunch	16 fl oz	603	45	4	0	0	293	91	11	50	17
Black Bean Soup	12 fl oz	173	6	1	0	0	1090	35	15	5	11
Broccoli Soup	12 fl oz	123	7	1	0	0	1202	13	4	4	4
Carrot Ginger Soup	12 fl oz	102	2	1	0	0	1195	20	5	10	2
Corn Soup	12 fl oz	179	7	1	0	0	696	29	4	13	4
Lentil Soup	12 fl oz	201	5	1	0	0	939	16	10	3	12
Mushroom Rice Soup	12 fl oz	154	5	1	0	0	1282	25	2	4	4
Split Pea Soup	12 fl oz	218	8	1	0	0	925	35	11	3	12
Three Bean Soup	12 fl oz	226	6	1	0	0	1117	43	16	15	13
Tomato Basil with Rice Soup	12 fl oz	164	5	1	0	0	1022	27	3	3	4
Vegetable Soup	12 fl oz	92	1	0	0	0	1321	18	4	6	4
White Bean Soup	12 fl oz	227	14	2	0	0	736	29	13	3	9
Zucchini Soup	12 fl oz	158	10	2	0	0	1046	13	4	3	8
Iced Tea	16 fl oz	11	0	0	0	0	3	22	1	0	0
Arnold Palmer	16 fl oz	81	0	0	0	0	6	31	0	19	0
Lemonade	16 fl oz	151	0	0	0	0	9	40	0	38	0