

ALLERGEN INFORMATION



STYLE		PEANUTS	TREE NUTS	FISH	SHELLFISH	EGGS	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Basmati Rice	260 Cal.											●	●
Seasoned Basmati Rice	240 Cal.											●	●
Crisp Lettuce	5 Cal.											●	●
Fries*†	410 Cal.									●		●	●
Naan Bread	310 Cal.							●	●	●	●	●	●
Pita Bread	320 Cal.								●		●	●	●

HOT TOPPINGS		PEANUTS	TREE NUTS	FISH	SHELLFISH	EGGS	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Black Beans	50 Cal.											●	●
Chickpea Korma	45 Cal.											●	●

FILLINGS (24oz Bowl - 32oz Bowl)		PEANUTS	TREE NUTS	FISH	SHELLFISH	EGGS	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Grilled Chicken	100-200 Cal.												
Gyro Beef	200-290 Cal.								●	●	●		
Mix (Chicken & Beef)	190-380 Cal.								●	●	●		
Hot BBQ Chicken	100-200 Cal.												
Crispy Chicken*	140-190 Cal.								●				
Falafel*†	230-310 Cal.											●	●

GREENS		PEANUTS	TREE NUTS	FISH	SHELLFISH	EGGS	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Crisp Lettuce	5 Cal.											●	●
Baby Spinach	5 Cal.											●	●
Mix (Lettuce & Spinach)	5 Cal.											●	●

TOPPINGS		PEANUTS	TREE NUTS	FISH	SHELLFISH	EGGS	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Kale & Quinoa	70 Cal.											●	●
Salata	5 Cal.											●	●
Red Onions	10 Cal.											●	●
Mozzarella Cheese	90 Cal						●						●
Smashed Avocado	60 Cal.											●	●

DIPS		PEANUTS	TREE NUTS	FISH	SHELLFISH	EGGS	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Hummus	35 Cal.							●				●	●
Jalapeño Hummus	30 Cal.							●				●	●
Mint Cucumber Yogurt	15 Cal.						●						●

SAUCE (1oz - 2oz)		PEANUTS	TREE NUTS	FISH	SHELLFISH	EGGS	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
White Sauce	160-320 Cal.					●				●			●
Hot White Sauce	145-290 Cal.					●				●			●
Hot Sauce	0 Cal.											●	●
Chutney	0 Cal.											●	●
Tahini	90-180 Cal.							●					●
BBQ	55-110 Cal.											●	●

FINISHED TOPPINGS		PEANUTS	TREE NUTS	FISH	SHELLFISH	EGGS	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Sliced Jalapeño	5 Cal.											●	●
Fire Roasted Corn	35 Cal.											●	●
Parsley	10 Cal.											●	●
Pita Chips*†	25 Cal.								●		●	●	●
Sumac	0 Cal.											●	●
Tajin	0 Cal.											●	●
Olives	40 Cal.											●	●

Sides		PEANUTS	TREE NUTS	FISH	SHELLFISH	EGGS	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Crispy Pita Chips*†	270 Cal.								●		●	●	●

Calorie range based off of 24oz. - 32oz. bowls

IMPORTANT Allergen Information

- Items marked with a cross (†) may be cross-contaminated with animal products during frying at locations with only one fryer. Please ask a team member for more information about this location.
- Items marked with an asterisks (*) may be prepared using soybean oil or have come into contact with foods containing wheat and other allergens. Please ask a team member for more information about this location.

Despite our best efforts to prevent cross-contamination, we cannot guarantee that any item is completely allergen-free. **Please let our staff know of any allergies or dietary restrictions.**

FOOD ALLERGEN WARNING

PLEASE BE ADVISED THAT FOOD PREPARED HERE MAY CONTAIN THESE INGREDIENTS: (EGG), (MILK), (SHELLFISH), (FISH), (SOY), (PEANUTS), (SESAME), (TREE NUT PRODUCTS), (GLUTEN), AND OTHER POTENTIAL ALLERGENS. SEE A MANAGER FOR ASSISTANCE



Allergen Information Last Updated
5/1/25

For More Info Email info@thehalalshack.com

NUTRITION INFORMATION

STYLE	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Basmati Rice	260	7	1	0	0	15	43	1	0	0	4	0	20	1.8	50
Seasoned Basmati Rice	240	7	1	0	0	550	36	3	1	0	4	0	20	1.4	160
Crisp Lettuce	5	0	0	0	0	85	4	0	0	0	1	0	10	0.3	10
Fries**†	410	25	4	0	0	610	40	0	0	0	4	0	20	0.7	550
Naan Bread	310	7	1	0	0	0	49	5	2	2	14	0	49	3	35
Pita Bread	320	6	1	0	0	700	53	6	2	2	13	0	112	3	90

HOT TOPPINGS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Black Beans	50	0	0	0	0	120	9	0	0	0	3	0	20	4.4	220
Chickpea Korma	45	1	0	0	0	270	7	2	0	0	2	0	20	1.1	100

FILLINGS (32 oz. Bowls)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Grilled Chicken	200	6	1.5	0	145	800	2	0	0	0	31	0	10	1.6	30
Gyro Beef	290	25	10	0	45	740	6	0	0	0	13	0	40	1.5	290
Mix (Chicken & Beef)	380	26	10	0	115	1100	6	0	1	0	28	0	40	2.2	290
Hot BBQ Chicken	200	5	1	0	115	1370	12	0	10	0	24	0	10	1.3	110
Crispy Chicken	190	11	1.5	0	25	430	10	0	1	0	10	0	10	0.6	30
Falafel*†	310	20	2.5	0	0	420	27	0	0	0	8	0	70	2.4	330

FILLINGS (24 oz. Bowls)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Grilled Chicken	100	3	0.5	0	75	400	1	0	0	0	15	0	0	0.8	20
Gyro Beef	200	17	7	0	35	510	4	0	0	0	9	0	20	1	200
Mix (Chicken & Beef)	190	13	5	0	60	550	3	0	0	0	14	0	20	1.1	140
Hot BBQ Chicken	100	2.5	0.5	0	55	690	6	0	5	0	12	0	0	0.7	50
Crispy Chicken	140	8	1	0	20	310	7	0	0	0	7	0	10	0.4	20
Falafel*†	230	15	2	0	0	320	20	0	0	0	6	0	50	1.8	250

GREENS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Crisp Lettuce	5	0	0	0	0	0	1	0	1	0	0	0	10	0.1	40
Baby Spinach	5	0	0	0	0	20	1	1	0	0	1	0	30	0.9	0
Mix (Lettuce & Spinach)	5	0	0	0	0	10	0.5	0.5	0.5	0	0.5	0	20	0.5	20

TOPPINGS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Kale & Quinoa	70	3.5	0	0	0	80	8	1	0	0	2	0	30	0.7	100
Salata	5	0	0	0	0	210	1	0	1	0	0	0	10	0.1	20
Red Onions	10	0	0	0	0	0	3	0	1	0	0	0	10	0.1	40
Mozzarella Cheese	90	7	4	0	25	200	1	0	0	0	5	0	180	0	30
Smashed Avocado	60	6	1	0	0	0	2	2	0	0	1	0	3	0.3	170

DIPS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Hummus	35	2	0	0	0	90	3	1	0	0	1	0	10	0.5	40
Jalapeño Hummus	30	1.5	0	0	0	85	3	1	0	0	1	0	10	0.5	40
Mint Cucumber Yogurt	15	0	0	0	0	160	1	0	1	0	2	0	20	0	40

SAUCE	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
White Sauce (2 oz.)	320	38	6	0	30	290	0	0	0	0	0	0	0	0	0
Hot White Sauce (2 oz.)	290	34	6	0	30	880	0	0	0	0	0	0	0	0	30
Hot Sauce (2 oz.)	0	0	0	0	0	1080	0	0	0	0	0	0	0	0	60
Chutney (2 oz.)	0	0	0	0	0	15	0	0	0	0	0	0	0	0.1	20
Tahini (2 oz.)	180	16	2.5	0	0	340	3	0	0	0	5	0	40	1.8	90
BBQ (2 oz.)	110	0	0	0	0	430	26	0	22	22	1	0	10	0.2	130

FINISHED TOPPINGS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Sliced Jalapeño	5	0	0	0	0	280	1	0	0	0	0	0	20	0	0
Fire Roasted Corn	35	2.5	0	0	0	180	3	1	1	0	0	0	10	0.2	50
Parsley	10	0	0	0	0	15	2	1	0	0	1	0	40	1.8	160
Pita Chips	25	0	0	0	0	85	4	0	0	0	1	0	10	0.3	10
Sumac	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
Tajin	0	0	0	0	0	190	0	0	0	0	0	0	0	0	0
Olives	40	4	0	0	0	230	1	0	0	0	0	0	0	0	0

SIDES	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Crispy Pita Chips	270	15	1.5	0	0	940	30	1	0	1	7	0	120	2.4	90

WELLNESS BOWLS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Anti-Inflammatory Bowl	430	17	2	0	75	1650	47	5	3	0	22	0	70	3.4	450
Gluten-Free Bowl	390	11	2	0	75	680	50	3	3	0	21	0	80	4.8	360
Fiber Bowl	460	28	3.5	0	0	1350	46	6	5	0	13	0	160	4.7	890
Protein Bowl	410	10	2	0	75	1460	53	7	3	0	26	0	160	10.3	1000
Keto Bowl	560	49	8	0	115	2140	13	4	5	0	21	0	190	2.9	640
Skinny Bowl	220	7	1	0	75	780	20	5	5	0	21	0	140	3.8	730
Paleo Bowl	290	15	2.5	0	75	730	19	6	7	0	22	0	160	5.7	1230
Vegan Bowl	520	22	3	0	0	1380	68	7	3	0	15	0	160	5.7	900
Vegetarian Bowl	660	37	6	0	0	1500	65	5	4	0	18	0	140	5.4	650