

ALLERGEN INFORMATION

Last Updated 8/9/26



BUILD YOUR OWN

BASES/HOT TOPPINGS			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Basmati Rice	5.5 oz	250 cal.											Vegan	Vegetarian
Seasoned Basmati Rice	5.5 oz	230 cal.											Vegan	Vegetarian
Black Beans	2 oz	50 cal.											Vegan	Vegetarian
Chickpea Korma	2 oz	45 cal.											Vegan	Vegetarian
HOT FILLINGS			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Halal Chicken †	2.7 oz	90 cal.												
Halal Beef	2.7 oz	250 cal.								Contains Wheat	Contains Soy	Contains Gluten		
Mix (Chicken & Beef)	2.7 oz	170 cal.								Contains Wheat	Contains Soy	Contains Gluten		
Hot BBQ Chicken †	2.7 oz	90 cal.												
Crispy Chicken †	2.7 oz	200 cal.								Contains Wheat		Contains Gluten		
Citrus Crispy Chicken †	2.7 oz	200 cal.							Contains Sesame	Contains Wheat	Contains Soy	Contains Gluten		
Crispy Cauliflower	2.7 oz	120 cal.					Contains Egg	Contains Milk		Contains Wheat	Contains Soy	Contains Gluten		Vegetarian
Falafel †	2.7 oz	210 cal.											Vegan	Vegetarian
Fries †	6 oz	410 cal.											Vegan	Vegetarian
GREENS/COLD TOPPINGS/DIPS			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Lettuce	1 oz	5 cal.											Vegan	Vegetarian
Baby Spinach	1 oz	5 cal.											Vegan	Vegetarian
Salata	1 tsp	5 cal.											Vegan	Vegetarian
Onions	1 tsp	5 cal.											Vegan	Vegetarian
Pickled Onions	1 tsp	5 cal.											Vegan	Vegetarian
Smashed Avocado	1 oz	45 cal.											Vegan	Vegetarian
Hummus	1 oz	60 cal.							Contains Sesame				Vegan	Vegetarian
Hot Honey Hummus †	1 oz	60 cal.							Contains Sesame					Vegetarian
Tzatziki	1 oz	15 cal.						Contains Milk						Vegetarian
FINISHED TOPPINGS			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Feta Cheese	1 tsp	10 cal.						Contains Milk						Vegetarian
Mozzarella Cheese	1 tsp	20 cal.						Contains Milk						Vegetarian
Crispy Pita †	1 tsp	5 cal.								Contains Wheat		Contains Gluten	Vegan	Vegetarian
Fresh Jalapeños	1 tsp	5 cal.											Vegan	Vegetarian
Roasted Corn	1 tsp	5 cal.											Vegan	Vegetarian
Olives	1 tsp	5 cal.											Vegan	Vegetarian
Parsley	1 tsp	0 cal.											Vegan	Vegetarian
Sumac	dusting	0 cal.											Vegan	Vegetarian
Tajin	dusting	0 cal.											Vegan	Vegetarian
SAUCES			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
White Sauce	1 oz	160 cal.					Contains Egg				Contains Soy			Vegetarian
Hot White Sauce	1 oz	145 cal.					Contains Egg				Contains Soy			Vegetarian
Bbq Sauce	1 oz	55 cal.											Vegan	Vegetarian
Hot Bbq Sauce	1 oz	35 cal.											Vegan	Vegetarian
Hot Sauce	1 oz	0 cal.											Vegan	Vegetarian
Tahini Sauce †	1 oz	90 cal.							Contains Sesame					Vegetarian
Green Chutney	1 oz	0 cal.											Vegan	Vegetarian
BREADS			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Pita Bread	1 unit	320 cal.								Contains Wheat		Contains Gluten	Vegan	Vegetarian
Lavash Bread	1 unit	310 cal.							Contains Sesame	Contains Wheat	Contains Soy	Contains Gluten	Vegan	Vegetarian

SIDES

SIDES			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Side of Fries †	4 oz	280 cal.											Vegan	Vegetarian
Side of Pita Chips †	4 pieces	270 cal.								Contains Wheat		Contains Gluten	Vegan	Vegetarian
Side of Pita Chips & Dip ††	4 pc & 1 scoop	330 cal.						Contains Milk	Contains Sesame	Contains Wheat		Contains Gluten		Vegetarian
Protein Cup	1 serving	90-250 cal.	Nutrition and allergen info for this item varies by protein selected – please refer to the individual protein listings.											

SIGNATURE MENU

SIGNATURE BOWLS			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Avo Chicken Bowl	24 oz	570 cal.					Contains Egg							
Avo Chicken Bowl	32 oz	730 cal.					Contains Egg							
Crispy Citrus Chicken Bowl †	24 oz	450 cal.							Contains Sesame	Contains Wheat		Contains Gluten		
Hot Bbq Chicken Bowl	24 oz	490 cal.					Contains Egg							
Protein Bowl	24 oz	700 cal.					Contains Egg	Contains Milk	Contains Sesame					
Bbq Beef Bowl	24 oz	560 cal.								Contains Wheat	Contains Soy	Contains Gluten		
Loaded Fries †	24 oz	680 cal.					Contains Egg				Contains Soy			
SIGNATURE NAANARITO			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Chicken Shawarma	1 serving	640 cal.					Contains Egg		Contains Sesame	Contains Wheat	Contains Soy	Contains Gluten		
Naanarito Burrito	1 serving	820 cal.					Contains Egg	Contains Milk	Contains Sesame	Contains Wheat	Contains Soy	Contains Gluten		
SIGNATURE PITA			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Gyro	1 serving	640 cal.						Contains Milk		Contains Wheat	Contains Soy	Contains Gluten		
Falafel Pita †	1 serving	640 cal.						Contains Milk	Contains Sesame	Contains Wheat		Contains Gluten		Vegetarian

† Item may contain soy from soybean oil or soy lecithin.
†† Side of Pita Chips & Dip allergens depend on dip choice
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
For more info email: info@thehalalshack.com

FOOD ALLERGEN WARNING: Food prepared here may come into contact with wheat, gluten, egg, milk, soy, sesame, peanuts, tree nuts, fish, and shellfish. Please ask a manager for assistance if you have specific dietary needs.



BUILD YOUR OWN

BASES/HOT TOPPINGS			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	5.5 oz	260 cal.	7	1	0	0	15	43	1	0	0	4	0	20	1.8	50
Seasoned Basmati Rice	5.5 oz	240 cal.	6	1	0	0	520	42	1	0	0	5	0	40	0.8	110
Black Beans	2 oz	50 cal.	0	0	0	0	120	9	0	0	0	3	0	20	4.4	220
Chickpea Korma	2 oz	45 cal.	1	0	0	0	270	7	2	0	0	2	0	20	1.1	100
HOT FILLINGS			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)
Halal Chicken (24 oz bowl)	3 oz	100 cal.	3	0.5	0	75	400	1	0	0	0	15	0	0	0.8	20
Halal Chicken (32 oz bowl)	6 oz	200 cal.	6	1.5	0	145	800	2	0	0	0	31	0	10	1.6	30
Halal Beef (24 oz bowl)	2.2 oz	200 cal.	17	7	0	35	510	4	0	0	0	9	0	20	1	200
Halal Beef (32 oz bowl)	3.2 oz	290 cal.	25	10	0	45	740	6	0	0	0	13	0	40	1.5	290
Mix (Chicken & Beef) 24 oz	3 oz	190 cal.	13	5	0	60	550	3	0	0	0	14	0	20	1.1	140
Mix (Chicken & Beef) 32 oz	6 oz	380 cal.	26	10	0	115	1100	6	0	1	0	28	0	40	2.2	290
Hot BBQ Chicken (24 oz bowl)	3 oz	100 cal.	2.5	0.5	0	55	690	6	0	5	0	12	0	0	0.7	50
Hot BBQ Chicken (32 oz bowl)	6 oz	200 cal.	5	1	0	115	1370	12	0	10	0	24	0	10	1.3	110
Crispy Chicken (24 oz bowl)	1.8 oz	140 cal.	8	1	0	20	310	7	0	0	0	7	0	10	0.4	20
Crispy Chicken (32 oz bowl)	2.5 oz	190 cal.	11	1.5	0	25	430	10	0	1	0	10	0	10	0.6	30
Falafel (24 oz bowl)	3 each	230 cal.	15	2	0	0	320	20	0	0	0	6	0	50	1.8	250
Falafel (32 oz bowl)	4 each	310 cal.	20	2.5	0	0	420	27	0	0	0	8	0	70	2.4	330
Fries	6 oz	410 cal.	25	4	0	0	610	40	0	0	0	4	0	20	0.7	550
Crispy Cauliflower	2.4 oz	120 cal.	8	1	0	0	250	12	1	1	0	2	0	0	0.7	110
Citrus Crispy Chicken	2.7 oz	200 cal.	11	1.5	0	25	520	13	0	3	2	10	0	10	0.6	30
GREENS/COLD TOPPINGS/DIPS			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)
Lettuce	1 oz	5 cal.	0	0	0	0	0	1	0	1	0	0	0	10	0.1	40
Baby Spinach	1 oz	5 cal.	0	0	0	0	20	1	1	0	0	1	0	30	0.9	0
Salata	1 oz	5 cal.	0	0	0	0	210	1	0	1	0	0	0	10	0.1	20
Onions (Red)	1 oz	10 cal.	0	0	0	0	0	3	0	1	0	0	0	10	0.1	40
Smashed Avocado	1 oz	60 cal.	6	1	0	0	0	2	2	0	0	1	0	3	0.3	170
Hummus	1 oz	35 cal.	2	0	0	0	90	3	1	0	0	1	0	10	0.5	40
Hot Honey Hummus	1 oz	30 cal.	1.5	0	0	0	85	3	1	0	0	1	0	10	0.5	40
Tzatziki	1 oz	15 cal.	0	0	0	0	160	1	0	1	0	2	0	20	0	40
FINISHED TOPPINGS			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)
Mozzarella Cheese	1 oz	90 cal.	7	4	0	25	200	1	0	0	0	5	0	180	0	30
Crispy Pita	0.5 oz	25 cal.	0	0	0	0	85	4	0	0	0	1	0	10	0.3	10
Fresh Jalapeños	1 oz	5 cal.	0	0	0	0	280	1	0	0	0	0	0	20	0	0
Roasted Corn	1 oz	35 cal.	2.5	0	0	0	180	3	1	1	0	0	0	10	0.2	50
Olives	0.5 oz	40 cal.	4	0	0	0	230	1	0	0	0	0	0	0	0	0
Parsley	1 oz	10 cal.	0	0	0	0	15	2	1	0	0	1	0	40	1.8	160
Sumac	1 oz	0 cal.	0	0	0	0	10	0	0	0	0	0	0	0	0	0
Tajín	1 oz	0 cal.	0	0	0	0	190	0	0	0	0	0	0	0	0	0
Feta Cheese	1 tsp	10 cal.	.5	0	0	5	30	0	0	0	0	0	0	10	0	0
SAUCES			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	1 oz	160 cal.	38	6	0	30	290	0	0	0	0	0	0	0	0	0
Hot White Sauce	1 oz	145 cal.	34	6	0	30	880	0	0	0	0	0	0	0	0	30
BBQ Sauce	1 oz	55 cal.	0	0	0	0	430	26	0	22	22	1	0	10	0.2	130
Hot BBQ Sauce	1 oz	35 cal.	0	0	0	0	1100	16	0	13	0	0	0	0	0.1	130
Hot Sauce	1 oz	0 cal.	0	0	0	0	1080	0	0	0	0	0	0	0	0	60
Tahini Sauce	1 oz	90 cal.	16	2.5	0	0	340	3	0	0	0	5	0	40	1.8	90
Green Chutney	1 oz	0 cal.	0	0	0	0	15	0	0	0	0	0	0	0	0.1	20
BREADS			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)
Pita Bread	1 unit	320 cal.	6	1	0	0	700	53	6	2	2	13	0	112	3	90
Lavash Bread	1 unit	310 cal.	7	1	0	0	0	49	5	2	2	14	0	49	3	35

SIDES

SIDES			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)
Side of Fries	4 oz	280 cal.	25	4	0	0	610	40	0	0	0	4	0	20	0.7	550
Side of Pita Chips	4 pieces	270 cal.	15	1.5	0	0	940	30	1	0	1	7	0	120	2.4	90
Pita Chips & Hummus	4 pieces + 1 oz	305 cal.	17	1.5	0	0	1030	33	2	0	1	8	0	130	2.9	130
Pita Chips & Hot Honey Hummus	4 pieces + 1 oz	300 cal.	17	1.5	0	0	1030	33	2	0	1	8	0	130	2.9	130
Pita Chips & Tzatziki	4 pieces + 1 oz	285 cal.	15	1.5	0	0	1100	31	1	1	1	9	0	140	2.4	130
Protein Cup	1 serving	90–250 cal.	Nutrition and allergen info for this item varies by protein selected – please refer to the individual protein listings.													

SIGNATURE MENU

SIGNATURE BOWLS			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)
Avo Chicken Bowl	24 oz (333 g)	570 cal.	47	6	0	60	830	45	3	1	0	23	0	50	2	530
Crispy Citrus Chicken Bowl	24 oz (234 g)	450 cal.	18	2.5	0	25	530	55	1	3	2	14	0	30	2.5	90
Hot BBQ Chicken Bowl	24 oz (305 g)	490 cal.	27	4.5	0	65	1400	48	2	5	0	16	0	50	1.7	210
Protein Bowl	24 oz (384 g)	700 cal.	53	6	0	65	780	60	5	3	2	26	0	70	4.3	450
BBQ Beef Bowl	24 oz (312 g)	560 cal.	28	10	0	40	970	62	1	12	0	16	0	60	3.4	430
Loaded Fries	24 oz (283 g)	680 cal.	60	8	0	60	890	41	0	0	0	20	0	30	1.4	770
SIGNATURE NAANARITOS			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)
Chicken Shawarma	1 serving	640 cal.	52	5	0	100	240	53	0	2	2	47	0	70	4.3	510
Naanarito Burrito	1 serving	820 cal.	48	11	0	75	850	71	3	3	2	31	0	130	5.1	410
SIGNATURE PITAS			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)
Gyro	1 serving	640 cal.	30	11	0	45	1580	65	0	3	2	27	0.4	210	4.5	480
Falafel Pita	1 serving	640 cal.	24	4.5	0	5	1440	82	10	1	2	25	0	230	6.5	510