

SHAWA

LEBANESE GRILL

ALLERGEN & CALORIE MENU

Adults need around 2000 kcal a day

* We prepare our food in kitchens where products containing gluten, sesame & nuts as well as other allergens are used. The allergen data detailed in this menu has been derived from supplier specifications on the allergenic ingredients that have intentionally been added to the final food product. We have taken all reasonable steps to ensure that this menu is accurate. We cannot guarantee that any product is "100% free from" any allergen due to the risk of possible cross contamination in production, supply & preparation.

SUMMER 2025

Version 01

WRAPS

DOES IT CONTAIN														SUITABLE FOR		kcal	COMMENTS	
Menu Item Name	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN			VEGAN
CHICKEN SHAWARMA WRAP																		
The Original		●		●			● Pistachio		●		●		●	● Wheat			582	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Harissa Hit		●		●			● Pistachio		●		●		●	● Wheat			593	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Zesty		●		●			● Pistachio		●		●		●	● Wheat			676	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
FALAFEL WRAP																		
Classic		●		●			● Pistachio				●		●	● Wheat	●	●	621	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Spicy		●		●			● Pistachio				●		●	● Wheat	●	●	713	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame

RICE BOWLS

DOES IT CONTAIN														SUITABLE FOR		kcal	COMMENTS	
Menu Item Name	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN			VEGAN
Chicken Shawarma				●			● Pistachio		●		●			● Wheat			868	Our kitchen handles nuts, gluten and sesame
Falafel				●			● Pistachio				●			● Wheat	●	●	910	Our kitchen handles nuts, gluten and sesame

PLATTERS

DOES IT CONTAIN														SUITABLE FOR		kcal	COMMENTS	
Menu Item Name	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN			VEGAN
Chicken Shawarma		●		●			● Pistachio		●		●		●	● Wheat			1404	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Falafel		●		●			● Pistachio				●		●	● Wheat	●	●	1468	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame

ROTISSERIE

DOES IT CONTAIN														SUITABLE FOR		kcal	COMMENTS	
Menu Item Name	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN			VEGAN
Half Chicken				●			● Pistachio		●		●			● Wheat			1233	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Quarter Chicken				●			● Pistachio		●		●			● Wheat			490	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame

HOMMOS

DOES IT CONTAIN														SUITABLE FOR		kcal	COMMENTS	
Menu Item Name	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN			VEGAN
Classic		●		●			● Pistachio						●	● Wheat	●	●	277	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Garlic		●		●			●						●	● Wheat	●	●	379	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Mango & Mustard		●		●			● Pistachio		●				●	● Wheat	●	●	300	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Harissa		●		●			● Pistachio						●	● Wheat	●	●	378	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Coriander		●		●			● Pistachio						●	● Wheat	●	●	457	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Lemon & Tahina		●		●			● Pistachio						●	● Wheat	●	●	353	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame

FRIES

DOES IT CONTAIN														SUITABLE FOR		kcal	COMMENTS	
Menu Item Name	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN			VEGAN
Loaded Fries				●			● Pistachio				●			● Wheat	●	●	671	Our kitchen handles nuts and sesame
Cheesy Fries		●		●			● Pistachio				●		●	● Wheat	●	●	758	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Fries				●			● Pistachio							● Wheat	●	●	510	Our kitchen handles nuts, gluten and sesame

SIDES

DOES IT CONTAIN															SUITABLE FOR			COMMENTS
Menu Item Name	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN	VEGAN	kcal	
Shawa Salad				●			● Pistachio				●			● Wheat	●	●	257	Our kitchen handles nuts, gluten and sesame
Falafel				●			● Pistachio				●			● Wheat	●	●	519	Our kitchen handles nuts, gluten and sesame
Mixed Pickles				●			● Pistachio				●			● Wheat	●	●	30	Our kitchen handles nuts, gluten and sesame
Shawa Rice				●			● Pistachio							● Wheat	●	●	348	Our kitchen handles nuts, gluten and sesame

OUR SAUCES

DOES IT CONTAIN															SUITABLE FOR			COMMENTS
Menu Item Name	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN	VEGAN	kcal	
Garlic				●			● Pistachio							● Wheat	●	●	102	Our kitchen handles nuts, gluten and sesame
Mango & Mustard				●			● Pistachio		●					● Wheat	●	●	23	Our kitchen handles nuts, gluten and sesame
Harissa				●			● Pistachio							● Wheat	●	●	101	Our kitchen handles nuts, gluten and sesame
Coriander & Garlic				●			● Pistachio							● Wheat	●	●	180	Our kitchen handles nuts, gluten and sesame
Lemon & Tahnina				●			● Pistachio							● Wheat	●	●	76	Our kitchen handles nuts, gluten and sesame

RICE PUDDINGS

DOES IT CONTAIN														SUITABLE FOR		COMMENTS		
Menu Item Name	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN		VEGAN	kcal
Mango & Pistachio		●		●			● Pistachio								●		312	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Mixed Berry		●		●			● Pistachio								●		283	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Date Molasses with Halva & Baklava		●		●			● Pistachio								●		485	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame

DRINKS

DOES IT CONTAIN														SUITABLE FOR		COMMENTS		
Menu Item Name	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN		VEGAN	kcal
Thyme & Lemon															●	●	82	
Strawberry & Rose															●	●	105	
Mango Juice															●	●	48	

LEMONADES & JUICE

Thyme & Lemon															●	●	82	
Strawberry & Rose															●	●	105	
Mango Juice															●	●	48	