

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.

SPRING 2026

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 Wrap		●		●			● Pistachio		●		●		●	● Wheat			582	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Falafel Wrap		●		●			● Pistachio				●		●	● Wheat	●	●	621	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Lamb Kofta Wrap		●		●			● Pistachio				●		●	● Wheat			556	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame

SHAWARMA FAVOURITES

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
Rice Bowl				●			● Pistachio		●		●			● Wheat			868	Our kitchen handles nuts, gluten and sesame
Platter		●		●			● Pistachio		●		●		●	● Wheat			1404	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame
Loaded Fries																	1009	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

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
Lebanese				●			● 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		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
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
Hommos		●		●			● Pistachio						●	● Wheat	●	●	277	Factory has products that contain soya and milk. Our kitchen handles nuts, gluten and sesame

OUR SAUCES

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
Garlic				●			● Pistachio							● Wheat	●	●	102	Our kitchen handles nuts, gluten and sesame
Harissa				●			● Pistachio							● Wheat	●	●	101	Our kitchen handles nuts, gluten and sesame
Lemon & Tahnina				●			● Pistachio							● Wheat	●	●	76	Our kitchen handles nuts, gluten and sesame

DRINKS

Menu Item Name	DOES IT CONTAIN													SUITABLE FOR		COMMENTS		
	CRUSTACEANS	MILK	PEANUTS	SESAME SEEDS	EGG	FISH	NUTS	MOLLUSCS	MUSTARD	CELERY	SULPHITES & SULPHUR DIOXIDE	LUPIN	SOYA	CEREALS THAT CONTAIN GLUTEN	VEGETARIAN		VEGAN	kcal
LEMONADES & JUICE																		
Thyme & Lemon															●	●	82	
Strawberry & Rose															●	●	105	
Mango Juice															●	●	48	
MILKSHAKES																		
Strawberry & Rose		●		●	●		● Pistachio						●	●	●		553	
Pistachio		●		●	●		● Pistachio						●	●	●		560	
Chocolate, Date & Tahina		●		●	●		● Pistachio						●	●	●		617	