

If you have a food allergy, please tell us before you order. Our kitchen handles all of the major food allergens including milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame. Cross-contact during preparation is possible. We cannot guarantee any item is free from any allergen. If your allergy is severe, please tell us before you order and we will work with the kitchen.

Soybean oil is our standard cooking oil. Any item we fry, sauté, or grill with our cooking oil contains soy. Soy also turns up in some dishes we do not cook in oil, so read the Soy column rather than assuming a cold dish is soy-free.

 Contains this allergen in the standard recipe  Standard accompaniment contains it (pita, sides)

Blank cell = not in the standard recipe; cross-contact still possible

Menu item	Milk	Egg	Fish	Shell-fish	Tree nuts	Peanut	Wheat	Soy	Sesame
APPETIZERS & MEZZA									
Hummus (garbanzo, tahini)									
Spicy Hummus									
Baba Ghannouj (eggplant, tahini)									
Hummus Shawarma									
Tabbouleh (bulgur)									
Labneh (yogurt cream)									
Cheese Rolls									
Falafel (6 pcs, with tahini sauce)									
Phoenician Pizza									
Fried Cauliflower (tahini sauce)									
Kibbeh (bulgur, meat)									
Lavash Wrap									
Warak Inab (grape leaves, rice)									
Family Mezza (combo platter)									
Flight of Dips (hummus, baba ghannouj, labneh, pita)									
FROM THE BROILER & MAIN PLATES									
Combo Kebobs (beef + chicken)									
Spicy Chicken (no pita)									
Chicken Shawarma Plate (with hummus)									
Chicken Kebobs									
Beef Shawarma Plate (with hummus)									
Beef Kebobs									
Shish Kebobs (lamb)									
Kefta Kebobs (beef + lamb)									
Vegetarian Delight (falafel, hummus, dolma, bulgur)									
Lamb Shank (red wine sauce)									
Greek Moussaka									
Mounir's Low Carb Special									
Fried Trout (Lebanese style)									
Shrimp Kebobs									
Fish Kebobs									
Seafood Combo Kebobs									
Pan Roasted Salmon									
Blackened Salmon									
Lebanese Stuffed Eggplant (beef, marinara, mozzarella)									
Spicy Shrimp (stir-fried, garlic sauce)									
Half Beef & Half Chicken Shawarma Plate (with pita, garlic sauce)									
WRAPS (all wraps contain wheat via pita or lavash)									
Gyro Wrap (chicken or beef, tzatziki)									

Menu item	Milk	Egg	Fish	Shell-fish	Tree nuts	Peanut	Wheat	Soy	Sesame
Garlic Chicken Wrap		•					•	•	
Spicy Chicken Wrap		•					•	•	
Lavash Delight							•	•	
Shawarma Wrap (chicken or beef, tahini)	•	•					•	•	•
Falafel Wrap (tahini)	•						•	•	•
Kefta Wrap (with hummus)							•	•	•
SALADS, PASTAS, BURGERS & BOWLS									
Fattoush (with pita chips)							•	•	
Mediterranean Salad									
Greek Salad (feta, olives)	•								
Lentil Soup								•	
Fettuccini Alfredo / Pesto	•	•					•	•	
The Phoenician Burger	•						•	•	
All American Burger							•	•	
Phoenician Spicy Bowl (spicy chicken, rice)								•	
Chicken Bowl (chicken kabobs, rice)		•						•	
Falafel Bowl (falafel, tahini)							•	•	•
Chicken Shawarma Bowl (shawarma, rice, hummus)	•	•						•	•
Salmon Bowl (salmon, veggies, rice)		•	•					•	
Soup & Salad Combo (lentil soup + choice of salad)								•	
DESSERTS									
Baklava (phyllo, walnuts)	•				•		•		
Baklava Cheesecake (pistachios)	•	•			•		•		
Dubai-Style Chocolate Cake (pistachio cream, kataifi)	•	•			•		•	•	
Ashtalieh (milk pudding, pistachios)	•				•		•		
Kneffeh (phyllo, pistachios)	•				•		•		
Fudge Buttermilk Chocolate Cake	•	•					•	•	
Strawberry Cheese Cake	•	•					•		
Blueberry Cheese Cake	•	•					•		
FAMILY-STYLE & CATERING									
Chicken Shawarma Family-Style (serves 4-5, with baklava + pita)	•	•			•		•	•	•
Combo Kebobs Family-Style (serves 4-5, with baklava + pita)	•	•			•		•	•	
Spicy Chicken Family-Style (serves 4-5, with baklava + pita)	•	•			•		•	•	
The Feast (serves 6-8, kebobs, dips, pita)	•						•	•	•

IMPORTANT NOTES FOR GUESTS

- **Soybean oil** is our cooking oil. Anything fried, sautéed, or grilled with our cooking oil contains soy. Soy also turns up in some dishes we do not cook in oil, so read the Soy column rather than assuming a cold dish is soy-free.
- **Tree nuts** are in Kibbeh (pine nuts, classified as tree nuts), Baklava (walnuts), Baklava Cheesecake, Ashtalieh, Kneffeh and the Dubai-Style Chocolate Cake (pistachios). Other dishes carry them too, so read the Tree nuts column.
- **Milk** is in Labneh, Tzatziki (Gyro Wrap), and Baba Ghannouj. It also appears in dishes with no yogurt or cheese you can see, so read the Milk column dish by dish.
- **Egg** is in our desserts and pasta, and in a number of grilled plates, wraps and bowls. Do not assume egg is only in the sweets.
- **Sesame** is in tahini (hummus, baba, falafel sauce) and may be in our spice blends. Cross-contact is likely on plates that share the prep line.
- **Wheat** is in pita, lavash, bulgur, baklava phyllo, and breaded items. Many plates are served WITH pita as a standard accompaniment.
- **Spicy Chicken** is served without pita at lunch and at dinner. The Family-Style Spicy Chicken (serves 4 to 5) does include pita.
- **We do not run a dedicated gluten-free kitchen.** We can make items *without wheat ingredients* but cannot guarantee they are gluten-free.