



Nutritional Information

Availability may vary by location.

Nutritional information is based on 1 serving of each item.

Recipe	Serving Size	Cal.	Cal. from fat	Total Fat	Sat. Fat. (g)	Trans Fat. (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Base												
White Rice	1/2 cup	160	3	0.5	0	0	0	0	36	0.3	0	3
Mediterranean Couscous	1/2 cup	20	1	0	0	0	0	340	4	1	0	1
Warm Garbanzo Beans	1/2 cup	90	18	2	0	0	0	620	15	5	0	5
Farmers Mix	1/2 cup	10	0	0	0	0	0	30	1	1	1	1
Spinach	1/2 cup	0	1	0	0	0	0	10	1	0	0	0
Kale	1/2 cup	0	1	0	0	0	0	0	1	0	0	0
Hummus & Spreads												
Traditional Hummus	2 tbsp	70	35	4	1	0	0	140	7	2	1	3
Kalamata Olive Hummus	2 tbsp	70	41	5	0	0	0	280	6	1	1	2
Roasted Eggplant Hummus	2 tbsp	60	21	2	0	0	0	170	7	2	1	2
Harissa Hummus	2 tbsp	50	24	3	0	0	0	140	5	1	1	2
Tzatziki	2 tbsp	70	58	6	3	0	20	10	2	0	1	1
Zesty Feta	2 tbsp	100	72	8	5	0	28	310	2	0	1	4
Protein												
Chicken Shawarma	1/2 cup	300	184	21	3	0	104	1,410	5	0	0	23
Lemon Chicken	1/2 cup	240	125	14	5	0	75	1,040	6	0	2	23
Mushroom Shawarma	1/2 cup	370	67	8	1	0	0	220	80	12	2	10
Vegan Beef	1/2 cup	190	26	3	0	0	0	570	7	1	0	33
Moroccan Steak	1/2 cup	160	41	5	1	0	48	980	3	0	0	23
Falafel	3 piece	230	81	9	0	0	0	510	23	5	0	12
Dressing												
Traditional Tahini	1 tbsp	40	30	3	0	0	0	50	1	0	0	1
Roasted Red Pepper Tahini	1 tbsp	35	27	3	0	0	0	70	1	0	0	1
Lemon + Olive Oil	1 tbsp	40	40	5	1	0	0	0	1	0	0	0
Moroccan Hot Sauce	1 tbsp	20	14	2	0	0	0	45	1	0	1	0
Grandma's Hot Sauce	1 tbsp	45	41	5	0	0	0	150	1	0	0	0
Garlic Jalapeño Tahini	1 tbsp	40	32	4	0	0	0	65	1	0	0	1
Toppings												
Chopped Tomato	1 tbsp	0	0	0	0	0	0	0	0	0	0	0
Chopped Cucumber	1 tbsp	0	0	0	0	0	0	0	0	0	0	0
Red Onions	1 tbsp	15	7	1	0	0	0	50	1	0	1	0
Tabbouleh	1 tbsp	10	2	0	0	0	0	40	1	0	0	0
Pickled Red Cabbage	1 tbsp	10	8	1	0	0	0	60	1	0	0	0
White Cabbage	1 tbsp	10	8	1	0	0	0	0	1	0	0	0
Herb Mix	1 tbsp	0	0	0	0	0	0	0	0	0	0	0
Crumbled Feta	1 tbsp	45	34	4	3	0	16	160	1	0	1	3
Fried Eggplant	1 tbsp	15	11	1	0	0	0	0	1	0	0	0
Fried Jalapeños	1 tbsp	15	11	1	0	0	0	0	1	0	0	0
Chickpea Croutons	1 tbsp	15	3	0	0	0	0	20	2	1	0	1
Beets	1 tbsp	10	6	1	0	0	0	70	1	0	1	0
Street Mix	1 tbsp	40	24	0	3	0	0	0	4	0	0	1
Kalamata Olives	1 tbsp	30	27	3	0	0	0	180	1	0	0	0
Dolmades	1 serv	40	14	2	0	0	0	160	6	2	0	1
Sides												
Earth Burger	1 serv	450	124	14	0	0	0	1,190	60	8	8	21
Sweet Potato Fries	1 cup	220	119	13	1	0	0	65	24	4	5	2
Street Style Sweet Potato Fries	1 serv	550	359	40	5	0	16	560	42	10	12	9
Pita Chips	1.5 cup	440	26	18	0	0	0	560	60	0	0	12
Dolmades	5 piece	200	70	10	0	0	0	800	30	10	0	5
Falafel	5 piece	380	135	15	0	0	0	850	38	8	0	20
Beverages												
Tahini Shake	8 fl oz	730	179	20	3	0	0	260	137	11	107	10
Traditional Lemonade	8 fl oz	20	0	0	0	0	0	0	4	0	4	0
Turmeric Ginger Lemonade	8 fl oz	20	0	0	0	0	0	0	5	0	4	0
Cucumber Jalapeño Lemonade	8 fl oz	20	0	0	0	0	0	5	5	0	4	0
Pomegranate Lemonade	8 fl oz	20	0	0	0	0	0	0	5	0	5	0
Mint Lemonade	8 fl oz	20	0	0	0	0	0	6	5	0	4	0
Strawberry Lychee Lemonade	8 fl oz	30	0	0	0	0	0	5	7	0	7	0
Lavender Sage Lemonade	8 fl oz	20	0	0	0	0	0	0	4	0	4	0

*All self-service juice and fountain beverage nutrition information is calculated without ice.

Hummus Republic-2024

HUMMUS REPUBLIC

Allergen Detail Menu + Ingredients

While we take great care to identify allergens and avoid contamination, we encourage guests to review this guide routinely if you have any food allergies or specific dietary restrictions. We cannot guarantee that our ingredients are 100% free of allergens or animal products, particularly given our reliance on supplier information, potential for cross-contamination with other foods in shared preparation and cooking areas, and potential ingredient substitutions, which may occur due to supply chain matters and variations in supplier practices.

• Contains Allergen • Diet contain compliant ingrediens

Recipe	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish	Shellfish	Seeds Oil	Vegan	Vegetarian
Base												
White Rice											•	•
Mediterranean Couscous	•										•	•
Warm Garbanzo Beans											•	•
Farmers Mix											•	•
Spinach											•	•
Kale											•	•
Hummus & Spreads												
Traditional Hummus						•					•	•
Kalamata Olive Hummus						•					•	•
Roasted Eggplant Hummus						•					•	•
Harissa Hummus						•					•	•
Tzatziki		•									•	•
Zesty Feta		•									•	•
Protein												
Chicken Shawarma										•		
Lemon Chicken		•								•		
Mushroom Shawarma										•		
Vegan Beef										•		
Moroccan Steak										•		
Falafel	•		•			•				•	•	•
Dressing												
Traditional Tahini						•					•	•
Roasted Red Pepper Tahini						•					•	•
Lemon + Olive Oil											•	•
Moroccan Hot Sauce											•	•
Grandma's Hot Sauce											•	•
Garlic Jalapeño Tahini						•					•	•
Tzatziki											•	•
Toppings												
Chopped Tomato											•	•
Chopped Cucumber											•	•
Red Onions											•	•
Tabbouleh											•	•
Pickled Red Cabbage											•	•
White Cabbage											•	•
Herb Mix											•	•
Dolmades											•	•
Beets											•	•
Kalamata Olives											•	•
Roasted Corn											•	•
Fried Eggplant										•	•	•
Fried Jalapeños										•	•	•
Chickpea Croutons										•	•	•
Street Mix										•	•	•
Crumbled Feta		•									•	•
Sides												
Earth Burger	•									•		
Sweet Potato Fries										•		
Street Style Sweet Potato Fries										•		
Pita Chips	•									•		
Dolmades										•		
Falafel	•					•				•		
Beverages												
Tahini Shake		•				•						
Traditional Lemonade											•	•
Turmeric Ginger Lemonade											•	•
Cucumber Jalapeño Lemonade											•	•
Pomegranate Lemonade											•	•
Mint Lemonade											•	•
Strawberry Lychee Lemonade											•	•
Lavender Sage Lemonade											•	•