























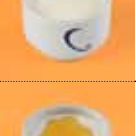



































SALGADOS	PORÇÃO	CALORIAS	CHO	PTN	GOR Total	GOR Saturada	GOR Trans	FIBRA	SÓDIO
 Bolinho de falafel	12 und	394 kcal	42.73 g	12.71 g	19.14 g	2.26 g	0.08 g	7.08 g	364.77 mg
 Esfiha carne aberta	1 und	152 kcal	20 g	7.6 g	4.2 g	0 g	0 g	2 g	464 mg
 Esfiha carne fechada	1 und	148 kcal	19.6 g	7.6 g	4.2 g	0 g	0 g	1.9 g	424 mg
 Esfiha carne folhada	1 und	186.54 kcal	10.22 g	7.06 g	13.05 g	3.07 g	0 g	0.62 g	448 mg
 Esfiha carne integral	1 und	146 kcal	19.4 g	7.6 g	2.1 g	0 g	0 g	2.6 g	424 mg
 Esfiha ricota	1 und	166 kcal	22 g	8 g	5.2 g	2 g	0 g	0.87 g	184 mg
 Esfiha ricota integral	1 und	152 kcal	22 g	8 g	3.6 g	1.82 g	0 g	2.6 g	368 mg
 Esfiha verdura	1 und	146 kcal	26 g	4.4 g	2.4 g	0 g	0 g	2.4 g	254 mg
 Esfiha verdura integral	1 und	144 kcal	26 g	4.2 g	2.4 g	0 g	0 g	3.6 g	254 mg
 Manaiche queijo	1 und	419.78 kcal	43.42 g	19.56 g	18.66 g	8.29 g	0.16 g	3.64 g	645.15 mg
 Manaiche záthar	1 und	380.62 kcal	40.1 g	6.33 g	21.65 g	3.07 g	0 g	3.42 g	351.09 mg
 Quibe frito	1 und	224.35 kcal	7.99 g	13.89 g	15.19 g	0.44 g	0.01 g	0.61 g	474.4 mg






SANDUICHES	PORÇÃO	CALORIAS	CHO	PTN	GOR Total	GOR Saturada	GOR Trans	FIBRA	SÓDIO
 Chawarma de carne	1 und	349.7 kcal	44.78 g	24.68 g	7.99 g	2.34 g	0.07 g	2.63 g	861.2 mg
 Falafel	1 und	568.74 kcal	79.24 g	18.8 g	19.62 g	2.58 g	0.07 g	9.73 g	526.86 mg
 Frango com pasta de alho	1 und	672.56 kcal	44.37 g	33.7 g	40.02 g	6.74 g	0.14 g	3.23 g	612.05 mg
 Kafta com coalhada	1 und	555.32 kcal	35.14 g	40.66 g	28.03 g	1.01 g	0 g	1.36 g	739.85 mg
 Kafta com homus	1 und	573.69 kcal	39.72 g	41.29 g	27.75 g	0.32 g	0 g	2.3 g	949.01 mg
 Kafta com tabule	1 und	682.78 kcal	40.29 g	41.34 g	39.60 g	1.83 g	0.01 g	2.84 g	1187.88 mg
 Kalach	1 und	657.13 kcal	46.58 g	44.65 g	32.47 g	19.85 g	0 g	2.35 g	739.61 mg
 Mediterrâneo	1 und	386.94 kcal	54.77 g	11.04 g	13.76 g	2.45 g	0.02 g	7.14 g	125.21 mg
 Tabule com coalhada	1 und	388.99 kcal	44.63 g	10.34 g	18.8 g	4.15 g	0.02 g	2.72 g	1056.31 mg

PRATOS FRIOS		PORÇÃO	CALORIAS	CHO	PTN	GOR Total	GOR Saturada	GOR Trans	FIBRA	SÓDIO
	Baba-ganuch	80 g	20.14 kcal	1.50 g	1.03 g	1.11 g	0.33 g	0 g	0.13 g	264.00 mg
	Baba-ganuch	200 g	50.34 kcal	3.76 g	2.58 g	2.78 g	0.82 g	0 g	0.32 g	660.00 mg
	Coalhada com pepino e hortelã	200 g	104.22 kcal	7.51 g	5.12 g	5.98 g	3.58 g	0 g	0.01 g	124.00 mg
	Coalhada fresca	200 g	131.62 kcal	9.34 g	6.40 g	7.50 g	4.50 g	0 g	0 g	98.02 mg
	Coalhada fresca com mel	200 g	267.25 kcal	40.99 g	7.18 g	8.30 g	4.98 g	0 g	0 g	111.16 mg
	Coalhada seca	80 g	52.14 kcal	3.74 g	2.56 g	3.00 g	1.80 g	0 g	0 g	39.28 mg
	Coalhada seca	100 g	65.18 kcal	4.67 g	3.20 g	3.75 g	2.25 g	0 g	0 g	49.01 mg
	Fatuch	100 g	115.48 kcal	11.56 g	1.97 g	6.81 g	0.95 g	0.01 g	1.30 g	109.35 mg
	Homus	80 g	90.86 kcal	12.73 g	3.94 g	2.68 g	0.61 g	0 g	1.78 g	220.00 mg
	Homus	100 g	113.58 kcal	15.91 g	4.92 g	3.35 g	0.76 g	0 g	2.23 g	275.00 mg
	Quibe cru	160 g	179.30 kcal	8.08 g	24.26 g	5.55 g	1.82 g	0.08 g	0.54 g	896.26 mg
	Quibe cru	100 g	112.06 kcal	5.05 g	15.16 g	3.47 g	1.14 g	0.05 g	0.34 g	560.16 mg
	Salada Arabia	100 g	74.13 kcal	2.95 g	0.85 g	6.56 g	0.91 g	0 g	1.52 g	309.84 mg
	Tabule	200 g	243.10 kcal	11.22 g	3.28 g	20.56 g	2.84 g	0.02 g	2.30 g	728.80 mg
	Tabule	100 g	121.55 kcal	5.61 g	1.64 g	10.28 g	1.42 g	0.01 g	1.15 g	364.40 mg

PRATOS QUENTES	PORÇÃO	CALORIAS	CHO	PTN	GOR Total	GOR Saturada	GOR Trans	FIBRA	SÓDIO
 Abobrinha recheada	100 g	85.84 kcal	12.04 g	2.36 g	3.14 g	0.28 g	0.01 g	1.05 g	387.49 mg
 Arroz com aletria	100 g	125.13 kcal	19.7 g	2.14 g	4.2 g	1.29 g	0.01 g	0.45 g	339.26 mg
 Arroz com lentilha	100 g	147.08 kcal	20.17 g	4.45 g	5.4 g	0.69 g	0.03 g	0.93 g	210.63 mg
 Arroz marroquino	100 g	158.3 kcal	15.55 g	7.15 g	7.5 g	1.86 g	0.03 g	1.44 g	406.73 mg
 Berinjela ao forno	100 g	98.23 kcal	4.6 g	5.56 g	6.4 g	0.36 g	0.01 g	1.55 g	338.53 mg
 Charuto de uva	100 g	98.38 kcal	6.57 g	4.32 g	6.09 g	0.41 g	0.01 g	0.33 g	373.2 mg
 Batata a moda libanesa	200 g	178.89 kcal	22.76 g	3.30 g	8.30 g	1.05 g	0.04 g	6.08 g	111.34 mg
 Quibe assado	150 g	259.5 kcal	12.75 g	19.5 g	14.7 g	1.005 g	0 g	1.8 g	750 mg

GRELHADOS	PORÇÃO	CALORIAS	CHO	PTN	GOR Total	GOR Saturada	GOR Trans	FIBRA	SÓDIO
 Kafta no espeto	150 g	273.195 kcal	0.795 g	24.75 g	19.005 g	0 g	0 g	0.345 g	460.5 mg
 Michui de filet mignon	150 g	474.76 kcal	7.07 g	25.25 g	38.37 g	12.94 g	0.18 g	1.71 g	486.63 mg
 Michui de frango	150 g	230.64 kcal	7.07 g	37.66 g	5.73 g	1.46 g	0.03 g	1.71 g	513.63 mg

SOBREMESAS	PORÇÃO	CALORIAS	CHO	PTN	GOR Total	GOR Saturada	GOR Trans	FIBRA	SÓDIO
 Ataif de nata	1 und	57.18 kcal	7.98 g	1.66 g	2.07 g	1.46 g	0 g	0.05 g	15.09 mg
 Ataif de nozes	1 und	170.04 kcal	7.8 g	4.53 g	13.41 g	1.4 g	0 g	1.04 g	7.33 mg
 Halawi	1 und	90 kcal	8 g	2 g	6.7 g	1 g	0 g	0.76 g	0 mg
 Malabie	1 und	kcal	g	g	g	g	g	g	mg
 Salada de frutas	1 und	kcal	g	g	g	g	g	g	mg
 Torta de chocolate com amaridim	1 und	424.01 kcal	42.28 g	4.70 g	26.22 g	14.92 g	0.02 g	3.71 g	18.82 mg
 Ninho nozes	1 und	146.51 kcal	27.53 g	1.52 g	3.37 g	0.38 g	0 g	0.24 g	7.3 mg
 Ninho pistache	1 und	134.28 kcal	28.53 g	1.34 g	1.64 g	0.16 g	0 g	0.02 g	6.79 mg
 Semolina	1 und	130.04 kcal	27.97 g	1.19 g	1.49 g	0.72 g	0.00 g	0.17 g	4.94 mg
 Beklawa nozes	1 und	154.71 kcal	14.92 g	1.75 g	9.78 g	3.84 g	0.00 g	0.38 g	113.14 mg
 Beklawa pistache	1 und	144.15 kcal	18.38 g	1.30 g	7.27 g	3.50 g	0.00 g	0.05 g	98.49 mg
 Flor de cajú	1 und	141.33 kcal	11.66 g	0.60 g	10.25 g	6.09 g	0.00 g	0.04 g	91.69 mg

COMBINADOS	PORÇÃO	CALORIAS	CHO	PTN	GOR Total	GOR Saturada	GOR Trans	FIBRA	SÓDIO	
	Número 1	1 und	537.86 kcal	44.67 g	42.52 g	21.00 g	4.73 g	0.07 g	4.05 g	1502.22 mg
	Michui de frango	150 g	230.64 kcal	7.07 g	37.66 g	5.73 g	1.46 g	0.03 g	1.71 g	513.63 mg
	Fatuch (sem torrada)	140 g	132.04 kcal	10.02 g	1.86 g	9.39 g	1.46 g	0.03 g	1.71 g	513.63 mg
	Arroz com aletria	140 g	175.18 kcal	27.58 g	3.00 g	5.88 g	1.81 g	0.01 g	0.63 g	474.96 mg
	Número 2	1 und	820.11 kcal	42.50 g	30.54 g	58.64 g	16.73 g	0.21 g	3.95 g	1471.75 mg
	Michui de filet	150 g	474.76 kcal	7.07 g	25.25 g	38.37 g	12.94 g	0.18 g	1.71 g	486.63 mg
	Tabule	140 g	170.17 kcal	7.85 g	2.30 g	14.39 g	1.99 g	0.01 g	1.61 g	510.16 mg
	Arroz com aletria	140 g	175.18 kcal	27.58 g	3.00 g	5.88 g	1.81 g	0.01 g	0.63 g	474.96 mg
	Número 3	1 und	602.38 kcal	30.92 g	33.93 g	38.09 g	3.05 g	0.01 g	5.08 g	1355.66 mg
	Kafta no espeto	150 g	273.20 kcal	0.80 g	24.75 g	19.01 g	0.00 g	0.00 g	0.35 g	460.50 mg
	Tabule	140 g	170.17 kcal	7.85 g	2.30 g	14.39 g	1.99 g	0.01 g	1.61 g	510.16 mg
	Homus	140 g	159.01 kcal	22.27 g	6.89 g	4.69 g	1.06 g	0.00 g	3.12 g	385.00 mg
	Número 4	1 und	482.79 kcal	29.31 g	25.84 g	29.34 g	5.62 g	0.03 g	3.51 g	1332.24 mg
	Quibe assado	150 g	259.50 kcal	12.75 g	19.50 g	14.70 g	1.01 g	0.00 g	1.80 g	750.00 mg
	Coalhada seca	140 g	91.25 kcal	6.54 g	4.48 g	5.25 g	3.15 g	0.00 g	0.00 g	68.61 mg
	Fatuch (sem torrada)	140 g	132.04 kcal	10.02 g	1.86 g	9.39 g	1.46 g	0.03 g	1.71 g	513.63 mg
	Número 5	1 und	331.21 kcal	20.13 g	25.26 g	16.64 g	4.82 g	0.06 g	0.77 g	1113.93 mg
	Charuto de uva	130 g	127.894 kcal	8.541 g	5.616 g	7.917 g	0.533 g	0.013 g	0.429 g	485.16 mg
	Coalhada seca	140 g	91.25 kcal	6.54 g	4.48 g	5.25 g	3.15 g	0.00 g	0.00 g	68.61 mg
	Quibe cru	100 g	112.06 kcal	5.05 g	15.16 g	3.47 g	1.14 g	0.05 g	0.34 g	560.16 mg
	Pão sirio (1 unidade)	50 g	80.00 kcal	17.00 g	3.00 g	0.00 g	0.00 g	0.00 g	1.00 g	40.00 mg
	Torrada (1 pcte - 1/2 pão)	25 g	40.00 kcal	8.50 g	1.50 g	0.00 g	0.00 g	0.00 g	0.50 g	20.00 mg