

PHOENICIAN GARDEN · Allergen Guide

For the most current guidance, please ask your server or call us before you order.

Revised: June 8, 2026

Please read aloud or paraphrase to any guest with an allergy: 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. Cold-prep items (hummus, baba, tabouleh, labneh, salads) and most desserts do not use our cooking oil.

● 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							○	●	●
Tabouleh (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)	●	●					●	●	●
FROM THE BROILER & MAIN PLATES									
Combo Kebobs (beef + chicken)							○	●	
Spicy Chicken							○	●	
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			●					●	
WRAPS (all wraps contain wheat via pita or lavash)									
Gyro Wrap (chicken or beef, tzatziki)	●						●	●	
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									
Fatoush (with pita chips)							●	●	
Mediterranean Salad								●	
Greek Salad (feta, olives)	●							●	
Lentil Soup								●	
Fettuccini Alfredo / Pesto	●	●					●	●	
The Phoenician Burger	●						●	●	
All American Classic Burger							●	●	
Phoenician Starter Bowl (spicy chicken, rice)								●	
Valley Fitness Bowl (chicken kabob, rice)								●	
Garden Balance Bowl (falafel, tahini)								●	●
DESSERTS									
Baklava (phyllo, walnuts)					●		●		
Baklava Cheesecake (pistachios)	●	●			●		●		
Ashtalieh (milk pudding, pistachios)	●				●				
Kneffeh (phyllo, pistachios)	●				●		●		
Fudge Buttermilk Chocolate Cake	●	●					●		
Strawberry Cheesecake	●	●					●		
Blueberry Cheesecake	●	●					●		

IMPORTANT NOTES FOR GUESTS

- **Soybean oil** is our cooking oil. Anything fried, sautéed, or grilled with our cooking oil contains soy. Cold-prep items (hummus, baba, tabouleh, labneh, salads) and most desserts do not use our cooking oil.
- **Pine nuts** are in Kibbeh. Pine nuts are classified as tree nuts. Baklava (walnuts), Baklava Cheesecake (pistachios), Ashtalieh (pistachios), and Kneffeh (pistachios) also contain tree nuts.
- **Yogurt** appears in Labneh, Tzatziki (Gyro Wrap), and Baba Ghannouj. Anything with yogurt contains milk.
- **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.
- **We do not run a dedicated gluten-free kitchen.** We can make items *without wheat ingredients* but cannot guarantee they are gluten-free.