



Anita's Kitchen tackles the BIG 8

Anita's Kitchen has always prided itself on offering a vast number of vegetarian and vegan options, as well as meeting the ever-evolving dietary needs of our guests.

As Mediterranean cuisine continues to rank as the number one best overall diet by top nutritionists and specialists, we continue to challenge ourselves to be the best destination for these and other dietary concerns. Please refer to our menu, which clearly denotes any and all foods that may be allergen, vegetarian, or vegan friendly. However, as a way of further assisting you, we have created the following document to expand on this topic.

Please inform us of any allergies you may have to ensure that your food is prepared safely and properly. Some items may still need to be modified. Inquire with your server regarding any questions or clarifications.

The BIG 8+ Allergens

Milk, Eggs, Peanuts, Tree Nuts,
Fish, Shellfish, Wheat, Soy, +Sesame

Milk: The following items contain milk or a food product made from milk (milk, buttermilk, cheese, yogurt, butter)

- American/ Cheddar/ Mozzarella/ Provolone/ Cottage/ Feta Cheese/ Blue Cheese
- Yogurt
- Creamy Feta Dressing
- Ranch Dressing
- Gyro Sauce/Cucumber Sauce
- Spinach Pie
- Basil Pesto Hommus (bc of the feta cheese topping only)
- Crispy Chicken Marinade
- Pizza Dough
- Potato Rolls (for burgers)
- Lemon Tart
- Tahini Brownie
- Carrot Cake
- Rice Pudding
- Baklava
- Banana Bread
- Chocolate Chip Cookie

Eggs: The following items contain eggs or a food product made with eggs.

- Anita's Chopped Salad
- Spinach Pie
- Creamy Feta Dressing
- Ranch Dressing
- Gyro/Cucumber Sauce
- Sumac Sauce
- Lemon Tart
- Tahini Brownie
- Carrot Cake
- Banana Bread
- Chocolate Chip Cookie

Peanuts: No peanuts or a food product made from peanuts is used in our cooking. However, we do use peanut butter powder for the Master P smoothie in our Detroit location.

Tree Nuts: The following items contain tree nuts or an ingredient that may cause a cross reactive response

- B Money Salad (pistachios)
- Michigan Salad (pistachios)
- Kale Quinoa Salad (almonds)
- Baked Kibbeh (pine nuts are a seed but several studies have demonstrated crossreactivity that provokes an allergic reaction, so it is advised to avoid for those with tree nut allergies)
- Carrot Cake (walnuts & coconut - coconut is not a tree nut botanically, but the FDA recognizes it as such, therefore, advised to avoid for those with tree nut allergies)
- Bakalava (walnuts & pistachios)

Fish:

- The Salmon Entrée features salmon, which is also available as an a la carte item.
- The Roasted Bowl features salmon.

Shellfish:

- Shrimp is the only example of shellfish on our menu, as an option in our Ghallabah Entrée.

Wheat: The following items contain wheat or a food product made with wheat.

- Spinach Pie
- Lamb Gyro

- Pizza Dough
- Kids Chicken Strips
- Kids Pita Pizza
- Baked Kibbeh
- Kibbeh Nyeh if ordered with cracked wheat
- Tomato Kibbeh if ordered with cracked wheat
- Crispy Chicken Breeding Mix
- Baked Pita Chips
- Pita Bread
- Potato Rolls (for burgers)
- Lemon Tart
- Baklava
- Banana Bread
- Chocolate Chip Cookie
- Ginger Molasses Cookie

The following menu items are prepared using the fryers and therefore may be at risk for having come into contact with **gluten**.

- Joe's Buffalo Wings
- Fried Falafel
- Fried Cauliflower
- House Fries
- Loaded House Fries
- Mujadra/Caramelized Onions
- Crispy Chicken Sandwich
- Kids Chicken Strips

Note: According to the American College of Allergy, Asthma and Immunology, there is no such thing as a **gluten** allergy, although individuals may be sensitive or intolerant to gluten. Celiac Disease is a separate and distinct condition from wheat allergy.

Soy: The following menu items are prepared using the fryers, contain soybeans, prepared with a food product made with soy oil, therefore have come into contact with or contain soy oil.

- Joe's Buffalo Wings
- Fried Falafel
- Fried Cauliflower
- House Fries
- Loaded Fries
- Mujadra/Caramelized Onions
- Crispy Chicken Sandwich
- Smashburger Onions
- Kids Chicken Strips
- Lamb Gyro

- Black Bean Soup
- Black Beans on the Roasted Bowl
- Zip Sauce
- Sumac Sauce
- Gyro/Cucumber Sauce
- Creamy Feta Dressing
- Ranch Dressing

The following desserts are prepared using a non stick pan spray, soy milk, or contain chocolate therefore have come into contact with soy lecithin or contain soy:

- Lemon Tart
- Tahini Brownie
- Carrot Cake
- Baklava
- Chocolate Dream Cake
- Banana Bread
- Chocolate Chip Cookie

Note: Highly refined soy oil has been processed and filtered. The refining process removes the allergenic protein. The FDA does not require highly refined soy oil to be listed as an allergen.

Sesame: Sesame has joined the list of major food allergens defined by law, according to the US Food and Drug Administration.

The change, which went into effect on January 1, 2023 comes as a result of the Food Allergy Safety, Treatment, Education and Research Act, or FASTER Act, which was signed into law in April 2021.

The following menu items contain sesame seeds or a food product made with sesame seeds.

- Hommus
- Tahini/Dill Tahini Sauce
- Tahini Brownie
- Baba Ghannouge
- Potato Rolls (for burgers)

Any Additional Dietary Restrictions?

Let us help you find something on our menu that best suits your needs. **Please inform your server of any allergies you may have** to ensure that your food is prepared safely and properly. **Some menu items may still need to be modified**, inquire with your server regarding any clarifications or questions.

Onions: The following menu items **contain onions or alliums (the family of plants that includes garlic, onion, shallots and others)** that **can not be omitted**

- Baked Kibbeh
- Kibbeh Nyeh
- Tomato Kibbeh
- Mujadra
- Hashweh
- Beef/Lamb/Kafta Kebobs
- Lamb Burger
- Creamy Feta Dressing
- Grilled Vegetables
- Crispy Chicken Breeding
- Sweet Peas & Lamb
- Vegetarian Grape Leaves
- Tabbouleh
- Spinach Pie
- Lamb Gyro
- Dill Tahini
- Jalapeño Salsa
- Ranch Dressing
- Falafel
- Ghallabah
- Dawood Basha
- Lemon Lentil, Crushed Lentil & Black Bean Soup

Garlic: The following items **DO NOT** contain garlic.

- Salmon
- Baked Kibbeh
- Tomato Kibbeh
- Kibbeh Nyeh
- Stuffed Grape Leaves
- Mujadra
- Rice Pilaf
- Tabbouleh
- Pickled Turnips
- Roasted Sweet Potatoes
- Roasted Brussel Sprouts
- Pomegranate Vinaigrette
- Honey Vinaigrette
- Apple Cider Vinaigrette

Corn: The following menu items are prepared with a food product made from corn that can not be omitted.

- Ranch Dressing
- Creamy Feta Dressing
- Black Bean Soup
- Black Beans for the Roasted Bowl
- Sumac Sauce
- Rice Pilaf
- Gyro Sauce/Cucumber Sauce
- Spinach Pie
- Crispy Chicken Breeding

Citrus: The following menu items are prepared with citrus.

- Lemon Tart
- Lemonade
- Meat Grape Leaves
- Vegetarian Grape Leaves
- Chicken Kebab
- Chicken Breast
- Chicken Shawarma
- Beef Shawarma
- Beef Kebab
- Lamb Kebab
- Deboned Chicken
- B\$ Dressing
- Creamy Feta Dressing
- House Dressing
- Fattoush Dressing

Cinnamon: The following menu items are prepared with cinnamon.

- Chicken Shawarma
- Beef Shawarma
- Kaffa
- Lamb Meatballs
- Hashweh
- Baked Kibbeh
- Deboned Chicken
- Black Bean Soup
- Black Beans on the Roasted Bowl
- Crushed Lentil Soup
- Carrot Cake
- Ginger Molasses Cookie

Halal: The following cuts of meat or menu item **are** Halal.

- Lamb Grape Leaves
- Lamb Burger
- Lamb Kebob
- Kafta Kebob
- Beef Kebob
- Chicken Kebob
- Chicken Breast
- Crispy Chicken Sandwich
- Chicken Shawarma
- Deboned Chicken
- Baked Kibbeh
- Lamb Meatballs
- Dawood Basha
- Meat Grape Leaves
- Kibbeh Nyeh