



Sassool Mediterranean Café and Market
9650 Strickland Rd, Raleigh 27615
919-847-2700
www.sassool.com

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The following items from Sassool Café and Market have been approved as Bariatric diet friendly

In-store, the items listed will also be marked with a “B with a circle symbol”  to signify that it is a Bariatric friendly item.

Kabobs

Chicken Kabobs

Sides/Salads

Beet Salad

Black Bean Salad

Cabbage Salad

Eggplant Ratatouille

Fatoush

Fava Bean Salad

Fruit Salad

Hummus

Kale Salad

Mediterranean Chicken Salad

Tabouli

Tuna Salad

Lebanese Green Beans*

Stuffed Artichokes*

Tomato Oregano Tilapia*

Baked Salmon*

*Starred Items are specials, call restaurant 919-847-2700 for availability

Some suggestions when ordering include 1) ordering items by weight, instead of on platters, so you can determine what portion of each item you get 2) asking for salads to be scooped from the top to cut down the amount of dressing 3) ask for a manager if it makes you feel more comfortable...we want it to be easy for you to get the food that you need and can enjoy!