



An estimated duration of physical activity required to burn the calories

Soups

- Lentil Soup: 10-15 minutes Physical Activity
- Mushroom Soup: 10-15 minutes Physical Activity

Salads

- Rocca & Beetroot Cheese Salad: 20-25 minutes Physical Activity
 - Itch Cooked Wheat Salad: 25-35 minutes Physical Activity
 - Quinoa Salad: 15-20 minutes Physical Activity
 - Armenian Salad: 10-15 minutes Physical Activity
 - Tabbouleh: 35-45 minutes Physical Activity
 - Fattoush: 25-35 minutes Physical Activity

Dips

- Hummus - Regular: 1-1.5 hours Physical Activity
 - Muhammara: 50-60 minutes Physical Activity
- Hummus With Pine Nuts: 30-40 minutes Physical Activity
- Hummus With Pine Nuts and Veal: 1.5-2.5 hours Physical Activity
 - Hummus With Veal: 1-1.5 hours Physical Activity
 - Mutabbal: 20-25 minutes Physical Activity
- Mutabbal Almayass: 25-35 minutes Physical Activity
- Hummus Almayass: 1-1.5 hours Physical Activity

Mezze

- Cheese Beurek: 1.5-2.5 hours Physical Activity
- Fried Halloumi: 50-60 minutes Physical Activity
 - Subeurek: 25-35 minutes Physical Activity
- Stuffed Potato: 15-20 minutes Physical Activity
- Stuffed Grape Leaves with Yogurt: 25-35 minutes Physical Activity
 - Moussaka: 20-25 minutes Physical Activity
 - Batata Harra: 25-35 minutes Physical Activity



Mezze Meat

- Chicken Kebbe - 1: 1-1.5 hours Physical Activity
- Shrimps Provencale: 20-25 minutes Physical Activity
- Kebbeh Nayeh Al Mayass: 1-1.5 hours Physical Activity
 - Kibbeh Sejjiyah: 35-45 minutes Physical Activity
- Veal Fillet: 2-2.5 hours Physical Activity, High Salt Content
 - Makanek: 40-50 minutes Physical Activity
 - Grilled Sausage: 35-45 minutes Physical Activity
 - Chicken Liver: 1-1.5 hours Physical Activity
- Kebbe Kras - Kebbe Kras 3: 15-20 minutes Physical Activity
 - Chicken Kebbe - 2: 15-20 minutes Physical Activity

Main Dishes

- Chich Taouk: 15-20 minutes Physical Activity
- Mix Grill Regular: 25-35 minutes Physical Activity
- Charbroiled Lamb Chops: 30-40 minutes Physical Activity
 - Chicken Kabab: 20-25 minutes Physical Activity
 - Secret Kabab: 25-35 minutes Physical Activity
- Armenian Meat Pie: 15-20 minutes Physical Activity
- Al Mayass Arayess: 10-15 minutes Physical Activity
 - Meat Kabab: 2.5-3.5 hours Physical Activity
 - Cherry Kabab: 20-25 minutes Physical Activity
 - Fillet Kabab: 35-45 minutes Physical Activity
 - Arayess Meat: 35-45 minutes Physical Activity
 - Stuffed Lamb: 20-25 minutes Physical Activity
- Meatball Yogurt Soup: 20-25 minutes Physical Activity
 - Kofta Tahini: 30-40 minutes Physical Activity
 - Arayess Cheese: 25-35 minutes Physical Activity
- Chich Taouk Cherry: 30-40 minutes Physical Activity
 - Manti: 15-20 minutes Physical Activity
- Mix Grill Chicken: 25-35 minutes Physical Activity
- Mix Grill Lamb Meat: 25-35 minutes Physical Activity

Vegan

- Eggplant Fatteh: 30-40 minutes Physical Activity
- Eggplant Harra: 10-15 minutes Physical Activity

Sides Dishes

- Saffron Rice: 30-40 minutes Physical Activity
- Basmati Rice: 50-60 minutes Physical Activity
- French Fries: 35-45 minutes Physical Activity



Dessert

- Mafrouke: 45-60 minutes Physical Activity
 - Om Ali: 25-35 minutes Physical Activity
- Tiramisu: 45-60 minutes Physical Activity

Cold Drinks

- Pomegranate Juice: 5-10 minutes Physical Activity
 - Orange Juice: 5-10 minutes Physical Activity
- Sparkling Water Large: 0-5 minutes Physical Activity
- Small Sparkling Water: 0-5 minutes Physical Activity
 - Small Water: 0 minutes Physical Activity
- Mineral Water Large: 0 minutes Physical Activity
- Fresh Mint Lemonade: 10-15 minutes Physical Activity

Hot Beverages

- Single Espresso: 5-10 minutes Physical Activity
- Double Espresso: 5-10 minutes Physical Activity
 - Green Tea: 0-5 minutes Physical Activity
 - Tea: 0-5 minutes Physical Activity
- Turkish Coffee: 5-10 minutes Physical Activity