

	g
	15.1 g
	17.1 g
	11.3 g
	91.3 mg
	2380.5 mg
	588.0 mg
	185.5 g
	30.8 g
	13.1 g
	49.5 g

Facts
Small Beef Shawarma plate
 Amount per serving
Calories from Fat 621

Total Fat	88.8 g
Saturated Fat	8.5 g
Unsaturated Fat	17.1 g
Unsaturated Fat	35.8 g
Cholesterol	35.0 mg
Sodium	2573.0 mg
Potassium	598.0 mg
Total Carbohydrates	508.7 g
Sugar	14.5 g
Fiber	13.8 g
Protein	44.0 g

Nutrition Facts
Small Beef Shawarma plate
 Amount per serving
Calories from Fat 808

Total Fat	91.8 g
Saturated Fat	4.5 g

Total Fat	
Saturated Fat	
Unsaturated Fat	
Unsaturated Fat	
Cholesterol	
Sodium	2s
Potassium	81s
Total Carbohydrates	117.2
Sugar	13.8 g
Fiber	19.8 g
Protein	83.8 g

Nutrition Facts
Large Beef Shawarma plate
 Amount per serving
Calories from Fat 951.76

Total Fat	100.15 g
Saturated Fat	14.85 g
Unsaturated Fat	82.99 g
Unsaturated Fat	25.28 g
Cholesterol	79.97 mg
Sodium	3268.75 mg
Potassium	618.50 mg
Total Carbohydrates	123.85 g
Sugar	17.28 g
Fiber	14.79 g
Protein	66.77 g

Nutrition Facts
Large Beef Shawarma plate
 Amount per serving
Calories from Fat 1871.76

Total Fat	
Saturated Fat	



Flame And Skewers Menu

<https://menulist.menu>
 5482 California Ave, Bakersfield, United States
 +16613281400 - <http://flameandskewers.com/>



A complete [menu](#) of Flame And Skewers from Bakersfield covering all **19** dishes and drinks can be found here on the menu. For **seasonal or weekly deals**, please get in touch via phone or use the contact details provided on the website.

Flame And Skewers Menu



Oriental Dishes

FALAFEL

Side Dishes

FRENCH FRIES

Starters & Salads

FRENCH FRIES

Chicken

CHICKEN SHAWARMA

Sauces

HOT SAUCE

Bread

PITA

Salads And Side Orders

PITA BREAD

Condiments And Sauces

HUMMUS

Restaurant Category

FRENCH

Ingredients Used

BEEF

Mixed Specialties

BAKLAVA

Salads

CHICKEN SALAD

SALAD

These Types Of Dishes Are Being Served

MEAT

LAMB

CHICKEN

BREAD

PANINI

SALAD

Flame And Skewers Menu



Flame And Skewers

5482 California Ave, Bakersfield,
United States

Opening Hours:

Monday 10:30 -21:00
Tuesday 10:30 -21:00
Wednesday 10:30 -21:00
Thursday 10:30 -21:00
Friday 10:30 -21:00
Saturday 10:30 -21:00
Sunday 11:00 -20:00

Made with menulist.menu

