

Salads	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Caesar Salad with dressing	520	350	38g	10g	0g	45mg	1440mg	28g	4g	4g	16g	230%	8%	45%	10%
Caesar Salad without dressing	280	120	14g	5g	0g	25mg	720mg	25g	4g	2g	16g	230%	8%	35%	10%
Crazy Pita Salad with oil and vinegar	210	110	13g	7g	0g	40mg	600mg	16g	6g	9g	10g	220%	120%	30%	15%
Falafel Salad	430	230	26g	2.5g	0g	0mg	460mg	63g	8g	6g	16g	150%	260%	10%	40%
Feta Salad with classic vinaigrette	510	410	46g	13g	0g	50mg	1530mg	14g	4g	8g	11g	240%	25%	35%	15%
Feta Salad without classic vinaigrette	210	120	14g	9g	0g	50mg	750mg	12g	4g	6g	11g	240%	25%	35%	15%
Mediterranean Salad with red wine vinaigrette	400	270	31g	4g	0g	0mg	790mg	27g	11g	12g	6g	210%	210%	10%	15%
Mediterranean Salad without red wine vinaigrette	120	25	2.5g	0g	0g	0mg	160mg	21g	11g	8g	6g	210%	210%	10%	15%
Mezza Salad	460	300	35g	11g	0g	50mg	1140mg	30g	13g	8g	15g	60%	260%	30%	15%
Salad Dressings	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Caesar Dressing (2 oz)	245	225	25g	5g	0g	19g	718mg	4g	0g	2g	0g	0g	0g	113g	0g
Classic Vinaigrette (2 oz)	300	285	32g	5g	0g	0g	775mg	2g	0g	2g	0g	0g	0g	0g	0g
Red Wine Vinaigrette (2 oz)	285	245	28g	4g	0g	0g	623mg	6g	0g	4g	0	0g	0g	0g	0g
Kids' Meals with French Fries	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
1/4 Chicken Dark	600	270	30g	7g	0g	130mg	570mg	34g	3g	1g	45g	2%	15%	2%	25%
1/4 Chicken White	670	230	25g	5g	0g	185mg	540mg	34g	3g	1g	72g	2%	15%	4%	25%
Chicken on a Stick	480	170	20g	3.5g	0g	95mg	500mg	34g	3g	1g	41g	0%	15%	2%	15%
Lamb on a Stick	510	230	25g	7g	0g	90mg	500mg	34g	3g	1g	35g	0%	15%	2%	25%
Shrimp on a Stick	400	150	17g	2.5g	0g	180mg	1220mg	35g	3g	1g	25g	4%	15%	8%	10%
Steak on a Stick	540	250	28g	7g	0g	100mg	480mg	34g	3g	1g	37g	0%	15%	2%	20%
Pita Sandwiches without French Fries	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Chicken Pita	500	130	14g	2g	0g	95mg	670mg	48g	8g	5g	46g	70%	90%	4%	30%
Falafel Pita	470	170	19g	2g	0g	0mg	730mg	62g	8g	4g	18g	50%	10%	4%	30%
Kefta Pita	650	290	33g	9g	1.5g	115mg	680mg	46g	8g	4g	44g	50%	10%	6%	40%
Lamb Pita	520	180	20g	5g	0g	90mg	670mg	46g	8g	4g	41g	50%	10%	4%	35%
Shrimp Pita	430	100	12g	1g	0g	180mg	1400mg	51g	9g	6g	32g	80%	130%	10%	25%
Steak Pita	570	230	26g	10g	0g	125mg	880mg	40g	3g	4g	42g	60%	15%	25%	25%
Vegetarian Pita	380	140	15g	5g	0g	25mg	960mg	48g	7g	7g	14g	70%	130%	20%	25%
Roisserie Chicken with Hummus & Feta Salad	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
1/4 Chicken White	590	240	27g	6g	0g	195mg	530mg	13g	7g	3g	73g	80%	10%	15%	25%
1/4 Chicken Dark	520	280	32g	7g	0g	140mg	560mg	13g	7g	3g	47g	80%	10%	10%	25%
1/2 Chicken	890	370	42g	10g	0g	320mg	690mg	13g	7g	3g	111g	80%	10%	15%	40%
Grill Plates with Hummus, Feta Salad & Couscous	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Chicken Skewer	540	190	22g	4.5g	0g	110mg	500mg	42g	9g	5g	47g	260%	45%	15%	25%
Falafel Platter	590	270	31g	5g	0g	15mg	620mg	65g	9g	5g	21g	250%	45%	20%	30%
Kefta Skewer	700	360	41g	12g	1.5g	130mg	840mg	42g	9g	5g	45g	250%	45%	15%	35%
Lamb Skewer	570	240	28g	8g	0g	105mg	500mg	42g	9g	5g	42g	250%	45%	15%	30%
Shrimp Skewer	470	170	19g	3.5g	0g	190mg	1220mg	47g	9g	5g	32g	260%	45%	20%	20%
Steak Skewer	600	270	31g	8g	0g	110mg	480mg	42g	9g	5g	43g	250%	45%	15%	30%
Vegetarian Skewer	380	160	18g	3.5g	0g	15mg	580mg	50g	10g	9g	13g	290%	180%	15%	20%
Sides	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Side Feta Salad	60	30	3.5g	2g	0g	15mg	160mg	4g	2g	3g	3g	80%	10%	10%	4%
Side Caesar Salad	260	170	19g	5g	0g	20mg	720mg	14g	2g	2g	8g	100%	4%	25%	6%
Lentil Soup with Chicken - Regular	290	25	2.5g	0.5g	0g	50mg	450mg	33g	13g	3g	33g	0%	4%	4%	35%
Lentil Soup with Chicken - Large	460	35	4g	1g	0g	70mg	740mg	55g	22g	5g	52g	0%	8%	6%	60%
Hummus - Small (2 oz)	150	110	13g	1g	0g	0mg	240mg	9g	5g	0g	4g	0%	0%	0%	8%
Hummus - Regular (4 oz)	300	220	26g	2g	0g	0mg	480mg	18g	10g	0g	8g	0%	0%	0%	15%
Hummus - Large (8 oz)	600	440	52g	4g	0g	0mg	950mg	36g	20g	0g	16g	0%	0%	0%	30%
Grape Leaves - Small (2 leaves)	100	50	6g	0g	0g	0mg	285mg	12g	1g	1g	1g	2%	1%	2%	3%
Grape Leaves - Regular (5 leaves)	200	100	11g	1g	0g	0mg	570mg	23g	3g	2g	2g	4%	2%	4%	6%
Grape Leaves - Large(10 leaves)	410	200	22g	2g	0g	0mg	1140mg	46g	6g	4g	4g	8%	4%	6%	15%
French Fries - Small (1.8 oz)	190	130	14g	2.5g	0g	0mg	180mg	15g	1g	0g	1g	0%	15%	0%	2%
French Fries - Regular (2.5 oz)	400	230	26g	4.5g	0g	0mg	950mg	41g	2g	13g	3g	10%	45%	2%	6%
French Fries - Large (5 oz)	820	460	52g	9g	0g	0mg	1950mg	85g	5g	26g	7g	20%	90%	4%	10%
Falafel with Hummus - Small	180	110	12g	1.7g	0g	0mg	225mg	14g	4g	0g	6g	8%	40%	3%	15%
Falafel with Hummus - Regular	360	220	25g	2.5g	0g	0mg	450mg	29g	7g	1g	12g	15%	80%	4%	20%
Falafel with Hummus - Large	690	410	47g	4.5g	0g	0mg	830mg	56g	12g	3g	23g	40%	200%	6%	40%
Eggplant Dip - Small (2 oz)	90	80	9g	1g	0g	0mg	220mg	2g	0g	0g	0g	0%	2%	0%	0%
Eggplant Dip - Regular (4 oz)	180	160	18g	2g	0g	0mg	440mg	4g	0g	0g	0g	0%	4%	0%	0%
Eggplant Dip - Large (8 oz)	360	320	36g	4g	0g	0mg	880mg	8g	0g	0g	0g	0%	8%	0%	0%
Couscous - Small (4 oz)	75	0	0g	0g	0g	0mg	170mg	16g	1g	1g	3g	85%	18%	2%	3%
Couscous - Regular (8.5 oz)	150	0	0g	0g	0g	0mg	340mg	32g	2g	3g	5g	170%	35%	4%	6%
Couscous - Large (12 oz)	270	10	1g	0g	0g	0mg	690mg	58g	4g	5g	9g	350%	70%	10%	10%
Baklava	220	80	10g	4g	0g	0mg	65mg	30g	1g	15g	3g	0%	0%	2%	6%
Pita Bread	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Half Wheat Pita	100	15	2g	0g	0g	0mg	180mg	18g	5g	2g	4g	0%	0%	4%	6%
Half White Pita	100	10	1g	0g	0g	0mg	230mg	19g	2g	1g	4g	0%	0%	0%	8%
Whole Wheat Pita	200	30	4g	0g	0g	0mg	360mg	35g	10g	4g	8g	0%	0%	8%	12%
Whole White Pita	200	20	2g	0g	0g	0mg	460mg	38g	4g	2g	8g	0%	0%	0%	16%
A La Carte Skewers	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Chicken Skewer	190	35	4g	1g	0g	100mg	80mg	0g	0g	0g	35g	20g	0g	17g	1g
Falafel	235	115	12g	2g	0g	0mg	208mg	22g	0g	0g	9g	9g	1g	38g	2g
Kefta Skewer	350	200	22g	8g	1g	115mg	95mg	0g	0g	0g	32g	0g	0g	30g	3g
Lamb Skewer	215	90	10g	4g	0g	90mg	90mg	0	0g	0g	30g	0g	0g	23g	2g
Shrimp Skewer	100	13	1g	0g	0g	180mg	805mg	1g	0g	0g	19g	230g	0g	77g	0g
Steak Skewer	250	115	12g	5g	0g	97mg	63mg	0g	0g	0g	31g	0g	0g	22g	2g
Vegetarian Skewer	80	5	.5g	0g	0g	0mg	180mg	19g	3g	8g	3g	210%	180%	6%	6%