

Salads	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Caesar Salad with dressing	520	350	38g	10g	0g	45mg	1440mg	28g	4g	4g	16g
Caesar Salad without dressing	280	120	14g	5g	0g	25mg	720mg	25g	4g	2g	16g
Crazy Pita Salad with oil and vinegar	210	110	13g	7g	0g	40mg	600mg	16g	6g	9g	10g
Falafel Salad	430	230	26g	2.5g	0g	0mg	460mg	63g	8g	6g	16g
Feta Salad with classic vinaigrette	510	410	46g	13g	0g	50mg	1530mg	14g	4g	8g	11g
Feta Salad without classic vinaigrette	210	120	14g	9g	0g	50mg	750mg	12g	4g	6g	11g
Mediterranean Salad with red wine vinaigrette	400	270	31g	4g	0g	0mg	790mg	27g	11g	12g	6g
Mediterranean Salad without red wine vinaigrette	120	25	2.5g	0g	0g	0mg	160mg	21g	11g	8g	6g
Mezza Salad	460	300	35g	11g	0g	50mg	1140mg	30g	13g	8g	15g
Rotisserie Caesar Salad	830	480	53g	13g	0g	195mg	1700mg	20g	6g	3g	67g
Salad Dressings	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Caesar Dressing (2 oz)	245	225	25g	5g	0g	19g	718mg	4g	0g	2g	0g
Classic Vinaigrette (2 oz)	300	285	32g	5g	0g	0g	775mg	2g	0g	2g	0g
Red Wine Vinaigrette (2 oz)	285	245	28g	4g	0g	0g	623mg	6g	0g	4g	0
Kids' Meals with French Fries	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Kids' Rotisserie Dark	600	270	30g	7g	0g	130mg	570mg	34g	3g	1g	45g
Kids' Rotisserie Breast	670	230	25g	5g	0g	185mg	540mg	34g	3g	1g	72g
Chicken on a Stick	480	170	20g	3.5g	0g	95mg	500mg	34g	3g	1g	41g
Lamb on a Stick	510	230	25g	7g	0g	90mg	500mg	34g	3g	1g	35g
Shrimp on a Stick	400	150	17g	2.5g	0g	180mg	1220mg	35g	3g	1g	25g
Steak on a Stick	540	250	28g	7g	0g	100mg	480mg	34g	3g	1g	37g
Pita Sandwiches without French Fries	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Chicken Pita	500	130	14g	2g	0g	95mg	670mg	48g	8g	5g	46g
Falafel Pita	470	170	19g	2g	0g	0mg	730mg	62g	8g	4g	18g
Joshi's Pita	650	290	33g	9g	1.5g	115mg	680mg	46g	8g	4g	44g
Lamb Pita	520	180	20g	5g	0g	90mg	670mg	46g	8g	4g	41g
Shrimp Pita	430	100	12g	1g	0g	180mg	1400mg	51g	9g	6g	32g
Steak Pita	570	230	26g	10g	0g	125mg	880mg	40g	3g	4g	42g
Vegetarian Pita	380	140	15g	5g	0g	25mg	960mg	48g	7g	7g	14g
Rotisserie Caesar Pita	620	260	29g	6g	0g	95mg	1310mg	48g	7g	3g	42g
Braised Lamb Pita	460	180	20g	8g	0g	75mg	920mg	41g	5g	4g	30g
Salmon Pita	550	230	25g	4g	0g	60mg	650mg	48g	8g	5g	34g
Rotisserie Chicken with Hummus & Feta Salad	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Rotisserie Chicken Breast	590	240	27g	6g	0g	195mg	530mg	13g	7g	3g	73g
Rotisserie Chicken Dark	520	280	32g	7g	0g	140mg	560mg	13g	7g	3g	47g
Half Rotisserie Chicken	890	370	42g	10g	0g	320mg	690mg	13g	7g	3g	111g
Whole Rotisserie Chicken	2350	1300	145g	39g	0g	740mg	1080mg	13g	7g	3g	237g
Grill Plates with Hummus, Feta Salad & Couscous	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Chicken Skewer	540	190	22g	4.5g	0g	110mg	500mg	42g	9g	5g	47g
Falafel Platter	590	270	31g	5g	0g	15mg	620mg	65g	9g	5g	21g
Kefta Skewer	700	360	41g	12g	1.5g	130mg	840mg	42g	9g	5g	45g
Lamb Skewer	570	240	28g	8g	0g	105mg	500mg	42g	9g	5g	42g
Salmon Skewer	486	233	26.7g	4.1g	0g	173mg	934mg	42.5g	9g	5g	61.3g
Shrimp Skewer	470	170	19g	3.5g	0g	190mg	1220mg	47g	9g	5g	32g
Steak Skewer	600	270	31g	8g	0g	110mg	480mg	42g	9g	5g	43g
Vegetarian Skewer	380	160	18g	3.5g	0g	15mg	580mg	50g	10g	9g	13g
Grilled Vegetable Plate	365	145	17g	6g	0g	15mg	750mg	46g	14g	14g	15g
Sides	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Side Feta Salad	60	30	3.5g	2g	0g	15mg	160mg	4g	2g	3g	3g
Side Caesar Salad	260	170	19g	5g	0g	20mg	720mg	14g	2g	2g	8g
Lentil Soup with Chicken - Regular	290	25	2.5g	0.5g	0g	50mg	450mg	33g	13g	3g	33g
Lentil Soup with Chicken - Large	460	35	4g	1g	0g	70mg	740mg	55g	22g	5g	52g
Hummus - Small (2 oz)	150	110	13g	1g	0g	0mg	240mg	9g	5g	0g	4g
Hummus - Regular (4 oz)	300	220	26g	2g	0g	0mg	480mg	18g	10g	0g	8g
Hummus - Large (8 oz)	600	440	52g	4g	0g	0mg	950mg	36g	20g	0g	16g
Grape Leaves - Small (2 leaves)	100	50	6g	0g	0g	0mg	285mg	12g	1g	1g	1g
Grape Leaves - Regular (5 leaves)	200	100	11g	1g	0g	0mg	570mg	23g	3g	2g	2g
Grape Leaves - Large(10 leaves)	410	200	22g	2g	0g	0mg	1140mg	46g	6g	4g	4g
French Fries - Small (1.8 oz)	190	130	14g	2.5g	0g	0mg	180mg	15g	1g	0g	1g
French Fries - Regular (2.5 oz)	400	230	26g	4.5g	0g	0mg	950mg	41g	2g	13g	3g
French Fries - Large (5 oz)	820	460	52g	9g	0g	0mg	1950mg	85g	5g	26g	7g
Falafel with Hummus - Small	180	110	12g	1.7g	0g	0mg	225mg	14g	4g	0g	6g
Falafel with Hummus - Regular	360	220	25g	2.5g	0g	0mg	450mg	29g	7g	1g	12g
Falafel with Hummus - Large	690	410	47g	4.5g	0g	0mg	830mg	56g	12g	3g	23g
Eggplant Dip - Small (2 oz)	90	80	9g	1g	0g	0mg	220mg	2g	0g	0g	0g
Eggplant Dip - Regular (4 oz)	180	160	18g	2g	0g	0mg	440mg	4g	0g	0g	0g
Eggplant Dip - Large (8 oz)	360	320	36g	4g	0g	0mg	880mg	8g	0g	0g	0g
Couscous - Small (4 oz)	75	0	0g	0g	0g	0mg	170mg	16g	1g	1g	3g
Couscous - Regular (8.5 oz)	150	0	0g	0g	0g	0mg	340mg	32g	2g	3g	5g
Couscous - Large (12 oz)	270	10	1g	0g	0g	0mg	690mg	58g	4g	5g	9g
Baklava	220	80	10g	4g	0g	0mg	65mg	30g	1g	15g	3g
Saffron Rice - Regular	160	0	0g	0g	0g	0mg	0mg	36g	0g	0g	4g
Saffron Rice - Large	320	0	0g	0g	0g	0mg	0mg	72g	0g	0g	8g
Pita Bread	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Half Wheat Pita	100	15	2g	0g	0g	0mg	180mg	18g	5g	2g	4g
Half White Pita	100	10	1g	0g	0g	0mg	230mg	19g	2g	1g	4g
Whole Wheat Pita	200	30	4g	0g	0g	0mg	360mg	35g	10g	4g	8g
Whole White Pita	200	20	2g	0g	0g	0mg	460mg	38g	4g	2g	8g
A La Carte Skewers	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Chicken Skewer	190	35	4g	1g	0g	100mg	80mg	0g	0g	0g	35g
Falafel	235	115	12g	2g	0g	0mg	208mg	22g	0g	0g	9g
Kefta Skewer	350	200	22g	8g	1g	115mg	95mg	0g	0g	0g	32g
Lamb Skewer	215	90	10g	4g	0g	90mg	90mg	0g	0g	0g	30g
Salmon Skewer	188	79	8.8g	1.2g	0g	63mg	63mg	0g	0g	0g	27.5g
Shrimp Skewer	100	13	1g	0g	0g	180mg	805mg	1g	0g	0g	19g
Steak Skewer	250	115	12g	5g	0g	97mg	63mg	0g	0g	0g	31g
Vegetarian Skewer	80	5	.5g	0g	0g	0mg	180mg	19g	3g	8g	3g
Rice Bowls	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Chicken Bowl	610	190	21g	4.5g	0g	110mg	460mg	60g	6g	2g	47g
Braised Lamb Bowl	670	300	35g	12g	0g	85 mg	450mg	60g	6g	2g	32g
Steak Bowl	660	240	28g	7g	0g	120mg	440mg	60g	6g	2g	46g
Falafel Bowl	660	260	30g	5g	0g	15mg	740mg	84g	7g	3g	19g
Vegetable Bowl	260	0	0g	0g	0g	0mg	125mg	57g	3g	5g	8g
Salmon Bowl	660	290	33g	7g	0g	75mg	440mg	60g	6g	2g	35g
Lamb Bowl	640	240	27g	7g	0g	105mg	460mg	60g	6g	2g	42g
Kefta Bowl	770	350	40g	12g	1g	125mg	470mg	60g	6g	2g	44g
Shrimp Bowl	530	160	19g	4g	0g	190mg	1180mg	61g	6g	2g	31g