

NUTRITION FACTS

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	SODIUM	TOTAL CARBS	FIBER	SUGAR	PROTEIN
•★☆☆ Pita Bread	1	260	60	7g	1g	0g	540mg	43g	2g	3g	7g
•★☆☆ Mega Pita Bread	1	380	30	3g	1g	0g	810mg	68g	3g	3g	12g
• Gyro Meat	4oz	410	290	33g	14g	0g	770mg	9g	2g	0g	18g
★ Chicken Gyro Meat	4oz	180	70	8g	2.5g	0g	810mg	3g	1g	1g	23g
★ Falafel	4oz	173.3	30.6	2g	0g	0g	560mg	235.2g	8g	5.3g	9.3g
Chicken Shawarma	4oz	190	100	11g	2g	0g	490mg	2g	1g	0g	19g
Grilled Chicken	4oz	120	15	1.5g	.4g	0g	75mg	0g	0g	0g	26g
• Kids Chicken Tenders	2oz	190	70	8g	1.5g	0g	420g	14g	0g	0g	13g
★ Tzatziki (Cucumber) Sauce	2oz	90	0	9g	8g	0g	340mg	2g	0g	2g	2g
Hummus	2oz	140	0	9g	1g	0g	270mg	12g	4g	2g	4g
★ Spicy Feta	2oz	160	120	14g	6g	0g	500mg	2g	0g	0g	5g
★☆☆ Caesar Dressing	2oz	240	170	26g	4g	0g	560mg	2g	0g	1.4g	1.4g
Greek Dressing	2oz	240	220	26g	4g	0g	500mg	4g	0g	2g	0g
Onions	1oz	11	0.3	.03g	.01g	0g	1mg	2.7g	.5g	1.2g	0.3g
Kalamata Olives	1oz	85	85	8.5g	1g	0g	491mg	2g	2g	0g	0g
Tomato	3 slices	5.5	0	0	0g	0g	4mg	1g	.2g	.7g	.2g
Lettuce	1oz	5	0.9	.1g	.01g	0g	2mg	1g	.6g	.3g	.3g
Pepperoncini Peppers	1oz	0	0	0g	0g	0g	330mg	1g	0g	0g	0g
Cucumbers	1oz	4	0	.03g	0g	0g	0mg	1g	0g	0g	.2g

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Green Peppers	1oz	5.75	0	0g	0g	0g	0mg	1.3g	.4g	.8g	.2g
Mushrooms	1oz	25	0.3	.3g	.03g	0g	425mg	5.09g	2.4g	2.4g	2g
Pico de Gallo	2oz	24	3	0g	0g	0g	163mg	4.8g	.4g	1g	.4g
• Tabouli	6oz	79	53	6g	.8g	0g	607mg	4.6g	1.4g	2.2g	1.2g
★ Basmati Rice	1oz	342	102	11g	7g	0g	92mg	56g	0g	.1g	4.8g
French Fries	7oz	327	70	8g	1.2g	8g	58g	47g	4.7g	0g	4.7g
Kid's Fry	3oz	140	30	3.5g	.5g	0g	25mg	20g	2g	0g	2g
Fryer Oil <i>soybean</i>	3.5oz	900	78	100g	15g	1g	0mg	0g	0g	0g	0g
Mott's Applesauce	4oz	50	0	0g	0g	0g	0mg	13g	1g	11g	0g
•* Baklava	1	400	150	17g	5g	0g	125mg	58g	2g	30g	5g
•☆☆* Chocolate Chip Cookie	1	380	140	16g	5g	0g	320mg	57g	2g	33g	5g
•☆☆* M&M Cookie	1	390	110	12g	2.5g	0g	330mg	61g	1g	36g	5g
•☆☆* Double Chocolate Chip Cookie	1	380	140	16g	5g	0g	320mg	57g	2g	33g	5g
★ Parmesan Cheese	.5oz	50	30	3.5g	2g	0g	215mg	.5g	0g	.5g	4g
★ Feta Cheese	.5oz	72	25	3g	2g	0g	160mg	.5g	0g	0g	2g
Swiss Cheese	1.5oz	70	50	5g	3g	0g	300mg	0g	0g	0g	4g
TRADITIONAL SANDWICHES											
Gyro		776.5									
Chicken Gyro		773.5									
Spicy Gyro		851.5									
Falafel		548.8									
Philly		756.75									
Grilled Chicken		713.5									
Grilled Chicken Caesar		765.5									
Chicken Mushroom Swiss		546									

• = wheat ★ = milk ☆ = soy/soybeans ⊕ = egg * = nuts * = fish