

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (grams)	SATURATED FAT (grams)	TRANS FAT (grams)	CHOLESTEROL (mgs)	SODIUM (mgs)	TOTAL CARB (grams)	DIETARY FIBER (grams)	SUGARS (grams)	PROTEIN (grams)	ALLERGENS
MAIN DISHES													
GYRO	1 gyro	600	345	44	13	0	35	855	45	3	4	23	Plate dependent
WRAP	1 wrap	435	275	32	8	0	40	675	22	4	4	15	Plate dependent
BOWL	1 bowl	440	100	15	5	0	40	510	21	4	4	23	Plate dependent
NAAN PIZZA	1 pizza	780	195	38	16	0	100	1600	72	4	8	29	Plate dependent
PITA POCKET	1 pocket	870	400	45	10	0	165	2000	69	12	6	35	Plate dependent
SALAD	1 salad	350	90	15	5	0	40	450	20	3	3	24	Plate dependent
SIDE DISHES													
PITA CHIPS & HUMMUS	1 serving	200	140	15	2	0	0	215	13	1	0	3	milk, wheat, soy, gluten, sesame
SIDE SALAD	1 serving	35	5	0.5	0	0	0	35	6	4	2	1	
LENTIL SOUP	6 oz.	58	0	1	0	0	0	326	9	3	1	3	
MEDIT. COUSCOUS	1 cup	150	1	5	1	0	0	465	22	4	0	5	
FALAFEL & SAUCE	3 each	170	70	7	1	0	0	380	18	>1	4	7	soy
AVOCADO	half	110	90	10	1.5	0	0	0	6	4	0	1	
DOLMA	.5 cups	180	60	13	1.8	0	0	660	14	3	2	3	
TURMERIC BASMATI RICE	.5 cups	90	0	0	0	0	0	120	20	0	0	2	
DESSERT													
BAKLAVA	1 each	260	70	8	2	0	0	160	45	0	18	4	milk, wheat, tree nuts, soy, gluten
PROTEIN													
GRILLED CHICKEN	1 breast	150	35	4	1	0	70	60	0	0	0	26	wheat, soy, gluten
BEEF GYRO	2 oz.	190	140	16	6	0	35	340	4	<1	0	9	
BEEF MEATBALLS	1 meatball	85	3	5	2	0	31	201	3	<1	<1	5	
GRILLED VEGGIES	4 oz.	35	10	1	0	0	0	80	6	2	3	1	
FALAFEL	3 each	170	70	7	1	0	0	380	18	>1	4	7	
TOPPINGS													
MOROCCAN COUSCOUS	3 oz.	120	60	7	2	0	<5	75	12	<1	<1	3	milk, wheat, gluten

CUCUMBER SALAD	1 oz.	5	0	0	0	0	0	35	1	0	<1	0	
PICKLED ONIONS	1 oz.	10	0	0	0	0	0	0	3	0	2	0	
LEMON WEDGE	1 each	0	0	0	0	0	0	0	<1	0	0	0	
GREEK OLIVES	1 oz.	50	45	5	1	0	0	480	1	<1	0	0	
FETA CHEESE	1 tbsp.	20	15	2	1	0	<5	45	0	0	0	1	milk
HUMMUS	2 oz.	160	130	14	2	0	0	135	6	1	0	2	sesame
PEPPERONCINI	1 oz.	0	0	0	0	0	0	790	0	2	0	0	
SAUCES													
TZATZIKI	1 tbsp.	10	5	1	0	0	<5	20	1	0	<1	<1	milk
HARISSA	1 oz.	60	45	5	1	0	0	40	3	1	1	<1	
TAHINI	1 tbsp.	50	40	5	1	0	0	80	2	<1	0	0	sesame
LEMON VINAIGRETTE	2 tbsp.	130	110	12	2	0	0	190	4	0	3	0	soy
CITRUS MINT WHITE BALSAMIC	2 tbsp.	60	50	6	1	0	0	5	1	0	1	2	milk
GARLIC YOGURT	2 oz.	180	170	20	1.5	0	0	90	0	0	2	3	milk
WHIPPED FETA	1 oz.	80	50	6	3	0	10	150	3	0	0	4	milk
All measurements are approximations and may differ depending on plate combination.													