

## NUTRITION INFORMATION

V ..... Vegan  
 GF ..... Gluten Free  
 DF ..... Dairy Free  
 SF ..... Soy Free  
 WF ..... Wheat Free

	Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>BASES</b>																
White Pita (V, DF)	1 pita	215	22	3g	1g	10g	0mg	491mg	40g	2g	3g	8g	0%	0%	3%	13%
Whole Wheat Pita (V, DF)	1 pita	201	40	4g	0.5g	0g	0mg	283mg	33g	3g	1g	8g	0%	0%	2%	6%
Spinach (V, GF, DF, SF, WF)	2 cups	25	0	0g	0g	0g	0mg	90mg	4g	2g	0g	3g	210%	50%	10%	15%
Kale (V, GF, DF, SF, WF)	2 cups	60	10	1g	0g	0g	0mg	45mg	10g	4g	0g	5g	230%	230%	15%	10%
Mixed Greens (V, GF, DF, SF, WF)	2 cups	20	0	0g	0g	0g	0mg	50mg	3g	1g	0g	2g	80%	20%	6%	6%
Lemon Rice Pilaf (GF, SF, WF)	4 oz	90	15	1.5g	1g	0g	< 5mg	370mg	17g	0g	0g	2g	0%	4%	2%	4%
Brown Rice Pilaf (GF, SF, WF)	4 oz	220	60	6g	2g	0g	10mg	470mg	38g	2g	0g	4g	2%	4%	0%	2%
Lentils (V, GF, DF, SF, WF)	6 oz	320	100	12g	1.5g	0g	0mg	380mg	40g	7g	2g	15g	0%	6%	2%	20%
<b>PROTEINS</b>																
Traditional Gyro (DF)	4 oz	413	280	32g	13g	0g	67mg	1037mg	9g	0g	0g	21g	0%	0%	5%	8%
Chicken Gyro (DF, SF)	4 oz	150	45	5g	1.5g	0g	30mg	280mg	1g	1g	0g	23g	2%	0%	2%	6%
Grilled Chicken (GF, DF, SF, WF)	4 oz	210	80	10g	1.5g	0g	90mg	440mg	1g	0g	0g	28g	0%	6%	2%	4%
Grilled Steak (GF, DF, SF, WF)	4 oz	340	240	28g	6g	0g	75mg	1220mg	< 1g	0g	0g	23g	0%	6%	2%	10%
Pork Souvlaki (GF, DF, SF, WF)	4 oz	290	200	22g	7g	0g	80mg	950mg	2g	< 1g	0g	20g	0%	2%	6%	10%
Lentils (V, GF, DF, SF, WF)	4 oz	320	100	12g	1.5g	0g	0mg	380mg	40g	7g	2g	15g	0%	6%	2%	20%
<b>TOPPINGS</b>																
Feta Cheese (GF, SF, WF)	1 oz	60	35	4g	2.5g	0g	15mg	370mg	1g	0g	0g	5g	4%	0%	6%	0%
Pepperoncinis (V, GF, DF, SF, WF)	1 oz	45	0	0g	0g	0g	0mg	560mg	3g	0g	1g	0g	0%	0%	0%	0%
Kalamata Olives (V, GF, DF, SF, WF)	1 oz	45	45	5g	0g	0g	0mg	850mg	0g	0g	0g	0g	0%	0%	0%	0%
Red Onions (V, GF, DF, SF, WF)	1 oz	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Cucumbers (V, GF, DF, SF, WF)	1 oz	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g	0%	2%	0%	0%
Village Salad (V, GF, DF, SF, WF)	1 oz	50	45	5g	1g	0g	0mg	170mg	2g	0g	1g	0g	4%	6%	0%	0%
Romaine Lettuce (V, GF, DF, SF, WF)	1 oz	10	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	< 1g	60%	15%	0%	2%
Garbanzo Beans (V, GF, DF, SF, WF)	1 oz	30	0	0g	0g	0g	0mg	95mg	4g	< 1g	0g	1g	0%	0%	0%	2%

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Tomatoes (V, GF, DF, SF, WF)	1 oz	0	0	0g	0g	0g	0mg	0mg	1g	0g	< 1g	0g	4%	6%	0%	0%
Scallions (V, GF, DF, SF, WF)	0.25 oz	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g	2%	2%	0%	0%

## FINISHES

Garlic Salt (V, GF, DF, SF, WF)	1 gram	0	0	0g	0g	0g	0mg	490mg	0g	0g	0g	0g	0%	0%	0%	0%
Greek Sea Salt (V, GF, DF, SF, WF)	1 gram	0	0	0g	0g	0g	0mg	390mg	0g	0g	0g	0g	0%	0%	0%	0%
Olive Oil (V, GF, DF, SF, WF)	1 fl oz	120	120	14g	2g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Vinegar (V, GF, DF, SF, WF)	1 fl oz	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Lemon Juice (V, GF, DF, SF, WF)	1 fl oz	0	0	0g	0g	0g	0mg	0mg	1g	0g	0g	0g	0%	10%	0%	0%
Oregano (V, GF, DF, SF, WF)	1 gram	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g	0%	0%	2%	2%

## SAUCES

Greek Dressing (V, GF, DF, SF, WF)	1 fl oz	150	150	17g	2.5g	0g	0mg	150mg	1g	0g	0g	0g	0%	0%	0%	0%
Garlic Cream Sauce (GF, SF, WF)	1 oz	50	45	5g	3g	0g	15mg	160mg	0g	0g	0g	0g	0%	0%	0%	0%
Tzatziki (GF, SF, WF)	1 oz	25	15	2g	1g	0g	< 5mg	70mg	1g	0g	< 1g	< 1g	2%	2%	4%	0%
Hummus (V, GF, DF, SF, WF)	1 oz	35	15	1.5g	0g	0g	0mg	115mg	4g	1g	0g	1g	0%	0%	2%	2%
Spicy Hummus (V, GF, DF, SF, WF)	1 oz	35	15	1.5g	0g	0g	0mg	115mg	4g	< 1g	0g	1g	0%	0%	0%	2%

## SIDES

Garlic Green Beans (V, GF, DF, SF, WF)	2 oz	80	60	7g	1g	0g	0mg	230mg	4g	1g	2g	1g	6%	10%	2%	2%
Lemonis Potatoes (GF, SF, WF)	2 oz	80	40	4.5g	2g	0g	5mg	190mg	10g	< 1g	0g	1g	2%	8%	0%	2%
White Beans & Kale (V, GF, DF, SF, WF)	2 oz	150	80	9g	1.5g	0g	0mg	150mg	15g	6g	2g	5g	70%	80%	8%	8%
Village Salad (V, GF, DF, SF, WF)	2 oz	50	45	5g	1g	0g	0mg	170mg	2g	0g	1g	0g	4%	6%	0%	0%
Dolmades	1 piece	90	30	3g	1g	0g	5mg	670mg	9g	1g	1g	9g	20%	6%	6%	15%
Spanakopita	1 piece	280	180	20g	9g	1.5g	20mg	310mg	18g	1g	2g	6g	20%	0%	10%	6%
Tiropita	1 piece	300	190	22g	12g	1.5g	40mg	380mg	18g	1g	2g	8g	10%	0%	8%	4%
Avgo Lemono Soup (GF, SF, WF)	12 fl oz	160	15	1.5g	0g	0g	25mg	790mg	24g	0g	2g	12g	0%	6%	4%	6%
Lentil Soup (V, GF, DF, SF, WF)	12 fl oz	160	70	8g	1g	0g	0mg	880mg	25g	11g	3g	9g	110%	10%	4%	15%
Fries (V, GF, DF, WF)	7 oz	340	120	13g	3.5g	0g	0mg	410mg	51g	4g	2g	6g	0%	25%	4%	15%

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Greek Fries (GF, WF)	9 oz	590	260	29g	13g	0g	60mg	1910mg	56g	4g	2g	26g	15%	25%	30%	15%
Hummus & Pita (V, DF)	4 oz/1 pita	355	82	9g	1g	0g	0mg	951mg	56g	6g	3g	12g	0%	0%	11%	21%

## SWEETS

Rizogalo (GF, SF, WF)	8 oz	280	80	9g	6g	0g	25mg	180mg	41g	1g	28g	7g	8%	0%	25%	2%
Baklava (V)	1 piece	400	140	16g	3.5g	2.5g	0mg	180mg	60g	2g	24g	5g	0%	0%	2%	8%
Baklava Cheesecake	1 piece	670	410	45g	24g	1g	220mg	420mg	53g	3g	24g	13g	20%	0%	10%	8%

## YOGURT BAR

Greek Yogurt (GF, SF, WF)	4 oz	140	90	10g	6g	0g	35mg	60mg	6g	0g	3g	7g	8%	0%	25%	0%
Dark Chocolate (V, DF, WF)	1 oz	70	35	4.5g	2.5g	0g	0mg	0mg	9g	< 1g	8g	< 1g	0%	0%	0%	2%
Pistachios (V, GF, DF, SF, WF)	1 oz	80	50	6g	1g	0g	0mg	0mg	4g	1g	1g	3g	0%	0%	2%	4%
Figs (V, GF, DF, SF, WF)	1 oz	74	2	0g	0g	0g	0mg	3mg	19g	3g	14g	1g	0%	3%	5%	3%
Greek Honey (V, GF, DF, SF, WF)	1 oz	90	0	0g	0g	0g	0mg	0mg	23g	0g	23g	0g	0%	2%	0%	6%
Strawberries (V, GF, DF, SF, WF)	1 oz	10	0	0g	0g	0g	0mg	0mg	2g	< 1g	1g	0g	0%	30%	0%	0%
Walnuts (V, GF, DF, SF, WF)	1 oz	190	150	18g	1.5g	0g	0mg	0mg	4g	2g	< 1g	4g	0%	0%	2%	4%
Blueberries (V, GF, DF, SF, WF)	1 oz	15	0	0g	0g	0g	0mg	0mg	4g	< 1g	3g	0g	0%	4%	0%	0%