

MENU ITEM	VVEGAN VG...VEGETARIAN GF...GLUTEN FREE DF...DAIRY FREE SF...SOY FREE WF...WHEAT FREE	PORTION	CALORIES	CALORIES FROM FAT (g)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CH LOESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%RDA)	VITAMIN C (%RDA)	CALCIUM (%RDA)	IRON (%RDA)
BASES																	
White Pita	V, DF	1 pita	215	22	3	1	10	0	491	40	2	3	8	0	0	3	13
Wheat Pita	V, DF	1 pita	201	40	4	<1	0	0	283	33	33	1	8	0	0	2	6
Mixed Greens	V, GF, DF, SF, WF	2 oz	20	0	0	0	0	0	50	3	1	0	2	80	20	6	6
Lemon Rice Pilaf	VG, GF, SF, WF	6 oz	220	40	5	2	0	3	440	41	<1	0	4	2	6	2	10
Brown Rice	VG, GF, SF, WF	6 oz	266	3	3	<1	0	0	128	55	2	1	6	0	9	2	2
Lentils	V, GF, DF, SF, WF	6 oz	320	100	12	15	0	0	380	40	7	2	15	0	0	5	8
PROTEINS																	
Traditional Gyro	DF	4 oz	413	280	32	13	0	67	1040	9	0	0	21	0	0	4	8
Chicken Gyro	SF	4 oz	200	67	8	2	0	100	773	4	1	0	29	2	2	2	4
Grilled Chicken	GF, DF, SF, WF	4 oz	210	80	10	2	0	90	440	1	0	0	28	0	6	2	4
Grilled Steak	GF, DF, SF, WF	4 oz	340	240	28	6	0	15	1220	<1	0	0	23	0	6	2	10
Falafel (per piece)	SF	1 oz	45	5	<1	0	0	0	150	8	2	1	3	15	10	2	6
Mediterranean Shrimp	GF, DF, SF, WF	4 oz.	87	5	6	1	0	0	5	5	0	2	16	0	15	4	3
TOPPINGS																	
Feta Cheese	VG, GF, SF, WF	1 oz	60	35	4	3	0	15	310	1	0	0	5	4	0	6	0
Banana Peppers	V, GF, DF, SF, WF	.50 oz	3	0	0	0	0	0	230	<1	0	0	0	19	0	0	0
Kalamata Olives	V, GF, DF, SF, WF	1 oz	37	35	4	<1	0	0	108	1	0	0	0	1	0	1	3
Red Onions	V, GF, DF, SF, WF	.50 oz	8	0	0	0	0	0	0	<1	0	0	0	0	2	0	0
Cucumbers	V, GF, DF, SF, WF	1 oz	5	0	0	0	0	0	0	<1	0	0	0	0	2	0	0
Village Salad	V, GF, DF, SF, WF	1 oz	50	45	5	<1	0	0	210	2	1	1	0	4	6	0	0
Shredded Romaine	V, GF, DF, SF, WF	.50 oz	2	0	0	0	0	0	<1	0	0	0	0	16	1	0	1
Garbanzo Beans	V, GF, DF, SF, WF	1 oz	54	8	<1	0	0	0	95	4	2	2	3	0	<1	1	5
Tomatoes	V, GF, DF, SF, WF	1 oz	3	0	0	0	0	0	<1	<1	0	<1	0	3	4	20	0
Roasted Red Peppers	V, GF, DF, SF, WF	1 oz	20	0	1	0	0	0	130	1	0	1	0	0	0	0	0
Pickled Onion	V, GF, DF, SF, WF	1 oz	10	0	0	0	0	0	45	3	0	2	0	0	0	0	0
Sea Salt	V, GF, DF, SF, WF	1/4 tsp	0	0	0	0	0	0	580	0	0	0	0	0	0	0	0
Olive/Canola Oil	V, GF, DF, SF, WF	.5 fl oz	120	120	14	1	0	0	0	0	0	0	0	0	0	0	0
Red Wine Vinegar	V, GF, DF, SF, WF	.5 fl oz	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oregano	V, GF, DF, SF, WF	1/4 tsp	1	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Greek Dressing	VG, GF, DF, SF, WF	1 fl oz	150	130	17	2	0	0	190	1	0	1	0	0	0	0	0
Garlic Cream Sauce	VG, GF, SF, WF	1 oz	50	45	5	3	0	15	135	1	0	1	1	0	0	2	0
Tzatziki	VG, GF, SF, WF	1 oz	25	15	2	1	0	5	90	1	0	0	1	0	2	2	4
Hummus	V, GF, DF, SF, WF	1 oz	40	20	3	0	0	0	270	3	4	1	1	0	0	0	0
Spicy Hummus	V, GF, DF, SF, WF	1 oz	35	15	2	0	0	0	115	0	4	0	0	1	0	0	0
Garlic Green Beans	V, GF, DF, SF, WF	2oz	70	50	6	1	0	0	300	4	1	1	1	1	6	2	2
Lemonis Potatoes	VG, GF, DF, SF, WF	2oz	70	35	4	2	0	10	280	9	2	1	2	2	15	2	10
Village Salad	V, GF, DF, SF, WF	2oz	60	50	5	0	0	0	210	2	0	1	0	4	6	0	2
Dolmades- Vegan	V, GF, DF, WF	4.3 piece	160	72	8	1	0	0	752	20	5	2	2	9	7	8	14

V.....VEGAN
 VG...VEGETARIAN
 GF...GLUTEN FREE
 DF...DAIRY FREE
 SF...SOY FREE
 WF...WHEAT FREE

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SIDES																	
Spanakopita	VG	1 piece	280	180	20	9	2	20	310	18	1	2	6	20	20	10	2
Tiropita	VG	1 piece	300	190	22	12	2	40	380	18	1	2	8	10	0	8	2
Avgolemono Soup	GF, SF, WF	12 fl oz	240	45	5	<1	0	90	790	24	1	3	16	0	6	2	6
Lentil Soup	V, GF, DF, SF, WF	12 fl oz	310	110	12	1	0	0	880	25	11	3	9	110	10	4	15
Fresh Cut Fries	V, DF, SF, WF	8 oz	712	329	37	5	0	0	410	87	8	2	9	6	0	30	4
Greek Fries	VG, SF, WF	8 oz	787	383	43	8	0	25	1910	88	8	4	12	3	0	44	5
DESSERTS																	
Rizogalo	VG, GF, SF, WF	8 oz	290	90	10	6	0	30	140	43	0	33	7	8	0	25	2
Pumpkin Spice Rizogalo	VG, GF, SF, WF	8 oz	230	60	8	5	0	20	105	36	1	23	6	8	0	25	1
Baklava	VG, SF	1 piece	400	140	16	4	3	0	180	60	2	24	5	0	0	2	8
Baklava Cheesecake	VG, SF	1 piece	670	410	45	24	1	220	420	53	3	24	13	20	0	0	10
Chocolate Chip Cookie	VG, SF	1 cookie	370	18	9	0	0	210	52	2	31	24	0	0	25	4	0