

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

ALLERGEN GUIDE

VEGAN VEGETARIAN  DAIRY  GLUTEN  SOY  WHEAT  NUTS								VEGAN VEGETARIAN  DAIRY  GLUTEN  SOY  WHEAT  NUTS							
BASES				CONTAINS				SIDES				CONTAINS			
White Pita	•			•	•	•		Garlic Green Beans	•						
Wheat Pita	•			•	•	•		Lemonis Potatoes		•	•				
Mixed Greens	•							Dolmades - Vegetable	•			•	•	•	
Lemon Rice Pilaf		•	•					Spanakopita		•	•	•	•	•	
Brown Rice Pilaf	•							Avgolemeno Soup		•	•	•	•	•	
Lentils	•							Lentil Soup	•						
								Fries	•			†	•		
PROTEINS				CONTAINS				SWEETS				CONTAINS			
Traditional Gyro				•	•	•		Rizogalo		•	•				
Chicken Gyro				•				Baklava		•	•	•	•	•	•
Grilled Chicken								Baklava Cheesecake		•	•	•	•	•	•
Grilled Steak								Chocolate Chip Cookie		•	•	•	•	•	†
Shrimp (*Shellfish)															
Lentils	•														
Falafel	•			•	•	•									
SAUCES				CONTAINS				TOPPINGS				CONTAINS			
Greek Dressing		•						Feta Cheese		•	•				
Garlic Cream Sauce		•	•					Banana Peppers	•						
Tzatziki		•	•					Kalamata Olives	•						
Hummus	•							Red Onions	•						
Spicy Hummus	•							Cucumbers	•						
Spicy Pepper Sauce	•							Village Salad	•						
								Romaine Lettuce	•						
								Pickled Onions	•						
								Roasted Peppers	•						
								Garbanzo Beans	•						
								Tomatoes	•						