

MENU ITEM	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	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 (<i>per piece</i>)	1 piece	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	100	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								SIDES							
CONTAINS								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	•						
PROTEINS								CONTAINS							
Traditional Gyro				•	•	•		Fries	•			†	•		
Chicken Gyro				•				Greek Fries	•	•	•	†	•		
Grilled Chicken								SWEETS							
Grilled Steak								Rizogalo		•	•				
Shrimp (*Shellfish)								Baklava		•	•	•	•	•	•
Lentils	•							Baklava Cheesecake		•	•	•	•	•	•
Falafel	•			•	•	•		Chocolate Chip Cookie		•	•	•	•	•	†
SAUCES								CONTAINS							
Greek Dressing		•						TOPPINGS							
Garlic Cream Sauce		•	•					Feta Cheese		•	•				
Tzatziki		•	•					Banana Peppers	•						
Hummus	•							Kalamata Olives	•						
Spicy Hummus	•							Red Onions	•						
Spicy Pepper Sauce	•							Cucumbers	•						
								Village Salad	•						
								Romaine Lettuce	•						
								Pickled Onions	•						
								Roasted Peppers	•						
								Garbanzo Beans	•						
								Tomatoes	•						