

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

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

ALLERGEN GUIDE

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