

ALLERGEN GUIDE

	VEGAN	VEGETARIAN	DAIRY	GLUTEN	SOY	WHEAT	NUTS		VEGAN	VEGETARIAN	DAIRY	GLUTEN	SOY	WHEAT	NUTS
BASES								SIDES							
CONTAINS								CONTAINS							
Wheat Pita	•	•		•	•	•		Garlic Green Beans	•	•					
Lettuce	•	•						Lemon Potatoes	•	•					
Lemon Rice Pilaf	•	•						Dolmades - Vegetable	•	•		•	•	•	
PROTEINS								SWEETS							
CONTAINS								CONTAINS							
Traditional Gyro				•	•	•		Rizogalo		•	•				
Chicken Gyro				†		†		Baklava		•	•	•	•	•	•
Grilled Chicken								Baklava Cheesecake		•	•	•	•	•	•
Grilled Steak								Chocolate Chip Cookie		•	•	•	•	•	†
Falafel	•	•		•	•	•		TOPPINGS							
SAUCES								CONTAINS							
CONTAINS								CONTAINS							
Greek Dressing	•	•						Feta Cheese		•	•				
Garlic Cream Sauce		•	•					Kalamata Olives	•	•					
Tzatziki		•	•					Red Onions	•	•					
Hummus	•	•						Cucumbers	•	•					
Spicy Pepper Sauce	•	•						Village Salad	•	•					
								Romaine Lettuce	•	•					
								Pickled Onions	•	•					
								Roasted Peppers	•	•					
								Garbanzo Beans	•	•					
								Tomatoes	•	•					



† Processed alongside products that contains allergens

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																
Wheat Pita	1 pita	201	40	4	<1	0	0	283	33	33	1	8	0	0	2	6
Lettuce	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
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
TOPPINGS																
Feta Cheese	1 oz	60	35	4	3	0	15	310	1	0	0	5	4	0	6	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
Tzatzik	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
Garlic Green Beans	2 oz	70	50	6	1	0	0	300	4	1	1	1	1	6	2	2
Lemon Potatoes	2 oz	70	35	4	2	0	10	280	9	2	1	2	2	15	2	10
Village Salad	2 oz	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
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
Signature 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
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