

Menu Item	Volume/Weight/Unit	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Allergen Statement	Ingredient Statement
Avogolemono Soup	12 oz	240	45	5.0	<1	0	90	790	24	1	3	16	Egg	Water, Grilled Chicken, Chicken Soup Base (Roasted Chicken and Chicken Juices, Salt, Sugar, Corn Starch, Chicken Fat, Dehydrated Onion, Turmeric Flavoring), Egg, Corn Starch, Black Pepper, Lemon Juice
Baklava	2 oz	260		11	2	0	0	280	37	3	17	4	Tree Nuts, Wheat, Soybean Oil*	Fillo (Enriched Bleached Wheat Flour, Water, Corn Starch, Corn or Soybean Oil, Salt, Folic Acid), Water, Corn Syrup, Sugar, Walnuts, Almonds, Palm Oil, Honey, Citric Acid, Lecithin, Cinnamon, Natural and Artificial Butter Flavoring, Vanilla, and Rosewater.
Baklava Cheesecake	1 piece	440	410	10.0	4	0	180	210	31	0	25	6	Egg, Milk, Sesame, Soy, Tree Nuts, Wheat.	Pasteurized Milk and Cream, Cheese Culture (Guar, Locust Bean, Xanthan Gums), Whole Egg, Cane Sugar, Walnuts, Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid.), Hydrogenated Vegetable Oil (Soybean Oil, Cottonseed Oil, Corn Oil, Canola Oil, Palm Oil.), Salt, Cinnamon, CONTAINS 2% OR LESS OF: Corn Starch, Wheat Gluten, Vanillin, Baking Powder, Baking Soda, Modified Starch, Aluminum Propionate, Potassium Sorbate, Citric Acid, Soy Lecithin.
Chocolate Chip Cookie	3 oz	370		18	8	0	30	510	53	2	32	4	Eggs, Milk, Soy, Wheat	wheat flour (unbleached, enriched with thiamine mononitrate, riboflavin, folic acid), chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla, salt, milk), brown sugar, sugar, butter, pasteurized whole eggs, margarine (partially hydrogenated soybean oil, water, salt, milk powder, soy lecithin, mono & diglycerides, potassium sorbate, beta carotene for color, artificial flavor, vitamin A palmitate), vegetable oil blend (soybean, palm & olive oils), water, salt, milk, mono & diglycerides, soy lecithin, potassium sorbate (preservative), natural & artificial flavors, vitamin A palmitate, beta carotene for color), invert sugar, molasses, salt, baking soda, all natural vanilla flavor
Chopped Romaine Lettuce	1 oz	5	0	0	0	0	0	0	1	0	0	0		Romaine Lettuce.
Chopped Romaine Lettuce	3 oz	15	0	0	0	0	0	0	3	0	0	0		Romaine, Lettuce
Cucumber and Tomato Salad	1.5 oz (vol)	20	15	1.5	0	0	0	200	2	0	1	0		Cucumber, Tomatoes, Olive Oil/Canola Blend, Salt.
Falafel Fried	1 each (unit)	70	30	3.5	0	0	0	160	7	2	1	2		Water, Chickpeas, Parsley, Onions, Cilantro, Serrano Peppers, Garlic Puree (Garlic, Citric Acid and Ascorbic Acid), Contains 2% or less of: Salt, Spices, Rice Flour, Xanthan Gum.
Feta Cheese	.5 oz (wt)	45	24	3	2.0	0	15	185	0	0	0	3	Contains Milk	Feta (Cultured Pasteurized Milk, Salt, Enzymes).
Fresh Red Onion	.5 oz (wt)	5	0	0	0	0	0	0	1	0	1	0		Onions
Fries	8 oz	534	247	28	4	0	0	307	65	6	2	7	Soybean Oil*	Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose, Spice Blend (Salt, Spices: Cumin, Allspice, Cinnamon, Black Pepper, Red Pepper, Paprika), Dehydrated onion, Dehydrated Garlic, Turmeric).
Garbanzo Beans	1 oz	54	8	<1	0	0	0	95	4	2	2	3		Prepared garbanzo beans, water, salt, disodium EDTA added to promote color retention.
Garlic Green Beans	2 oz	70	50	5.0	0	0	300	4	1	1	1	1		Green Beans, Garlic, Olive Oil/Canola Blend, Salt
Greek Fries	8 oz	787	383	43.0	8	0	25	1910	88	8	4	12	Milk	Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose, Spice Blend (Salt, Spices: Cumin, Allspice, Cinnamon, Black Pepper, Red Pepper, Paprika), Dehydrated onion, Dehydrated Garlic, Turmeric), Garlic, Salt, Feta (Cultured Pasteurized Milk, Salt, Enzymes), Oregano, Red Wine Vinegar
Greek Vinaigrette	1 oz (vol)	130	110	12	1	0	0	330	4	0	3	0		Canola Oil, Vinegar, Sugar, Black Pepper, Salt, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Garlic, Fresh Oregano.
Gyro Bread	94 grams (wt)	240		5	1	0	0	510	41	2	2	7	Milk, Soy, Wheat, Soybean Oil*	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate [B1], Riboflavin [B2], Folic Acid), Water, Soybean Oil, Less than 2% of: Yeast, Sugar, Salt, Non-Fat Dry Milk, Guar Gum, Baking Powder (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Dough Conditioners (Calcium Sulfate, Vegetable Mono and Diglycerides, L-Cysteine, Calcium Peroxide), Yeast Nutrients (Monocalcium Phosphate, Ammonium Sulfate, Ascorbic Acid, Azodicarbonamide), Potassium Sorbate (Preservative), Calcium Propionate (Preservative).
Gyro Meat	3 oz (wt)	290	220	24	10	0	55	560	7	1	0	12	Soy, Wheat	Gyro Cone (Beef, Cereal Binder [Corn Flour, Wheat Flour, Rye Flour], Water, Lamb, Onions, contains 2% or less of: Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin], Salt Seasonings [Spices, Hydrolyzed
Hummus	1 oz	70	45	5	1.0	0	0	115	6	2	1	2	Contains Soy, Soybean Oil*	Hummus (Cooked Garbanzo Beans, Water, Soybean Oil and/or Canola Oil, Lemon Juice, Sesame Tahini, Organic Garlic Puree [Organic Garlic, Water], contains 2% or less of: Salt, Spice).
Kalamata Olives	1 oz (vol)	25	20	2	0	0	0	90	1	0	1	0		Kalamata olives, water, salt, sunflower oil, extra virgin olive oil, lactic acid, calcium chloride.
Lemon Grilled Chicken	4 oz	160	60	8	2	0	75	580	3	0	0	21		Chicken Thigh or Breast, Olive Oil/Canola Oil Blend, Lemon Juice, Salt, Oregano
Lemon Rice	3 oz	110	20	2.5	1	0	0	220	20	0	0	2		Water, Long Grain White Rice, Olive Oil/Canola Blend, Black Pepper, Garlic Salt, Lemon Juice, Parsley
Lemon Rice	6 oz	220	40	5.0	2	0	3	440	40	0	0	4		Water, Long Grain White Rice, Olive Oil/Canola Blend, Black Pepper, Garlic Salt, Lemon Juice, Parsley
Lentil Soup	12 oz	310	110	12.0	1	0	0	880	25	11	3	9		Water, Lentils, Olive Oil/Canola Blend, Carrots, Celery, Tomato Sauce, Onion, Tomato, Garlic, Salt, Black Pepper
Olive Oil/Canola Oil	.5 oz	120	120	14	1	0	0	0	0	0	0	0		Olive Oil, Canola Oil
Pickled Red Onion	1 oz (wt)	10	0	0	0	0	0	45	3	0	2	0		red onions, white vinegar, cinnamon stick, whole garlic cloves, salt, black peppercorns, sugar
Red Cabbage	.5 oz (wt)	10	5	1	0	0	0	35	1	0	0	0		Cabbage, Olive Oil/Canola Blend, Lemon Juice, Salt.
Red Wine Vinegar	.5 oz	5	0	0	0	0	0	0	0	0	0	0		Red Wine Vinegar
Rizogalo	8 oz	290	90	10.0	6	0	30	140	43	0	33	7	Milk	Whole Milk, Rice, Butter, Salt, Cinnamon, Sugar, Corn Starch, Vanilla Extract
Roma Tomatoes	.5 oz (wt)	5	0	0	0	0	0	0	1	0	0	0		Diced Tomato.
Seasoned Rice	6 oz (wt)	320	70	8	0	0	0	760	54	0	0	6		Rice, Olive Oil/Canola Blend, Rice Spice (Hydrolyzed Corn Protein, Salt, Turmeric, Spices, Canola Oil, Silicon Dioxide).
Seasoned Rice	3 oz (wt)	160	35	4	0	0	0	380	27	0	0	3		Rice, Olive Oil/Canola Blend, Rice Spice (Hydrolyzed Corn Protein, Salt, Turmeric, Spices, Canola Oil, Silicon Dioxide).
Signature Chicken	3 oz	160	70	8	2	0	115	135	0	0	0	21		Chicken Thigh, Olive Oil/Canola Oil, Spice Blend (Salt, Spices: Cumin, Allspice, Cinnamon, Black Pepper, Red Pepper, Paprika), Dehydrated onion, Dehydrated Garlic, Turmeric).
Signature Red Sauce	1 oz (vol)	45	32	4	0	0	0	235	2	0	1	0		Water, jalapenos, tomatoes, canola and/or sunflower oil, garlic, salt, red wine vinegar, crushed red peppers, ascorbic acid and citric acid.
Signature White Sauce	1 oz (vol)	140	140	17	3	0	15	220	0	0	0	0	Egg, Soybean Oil*	Mayonnaise (Soybean Oil, Eggs, Water, Distilled Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Water, Mediterranean Garlic Spice (Dill, Spice, Garlic Powder, Sugar).
Spanikopita	3 oz	280		21	10	0	40	510	19	1	1	6	milk, egg, soy, wheat	Dough (enriched wheat flour [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], water, corn starch, salt, canola oil, vital wheat gluten, preservatives [calcium propionate, potassium sorbate] dextrose, maltodextrin, citric acid), palm olein, spinach, cream cheese (pasteurized cultured milk & cream, salt, stabilizers [xanthan gum and/or carob bean and/or guar gum]), feta cheese (pasteurized milk, salt, cheese cultures & enzymes), dry curd cottage cheese (cultured skim milk, water, calcium chloride, enzymes), egg garlic, salt, modified food starch/m spices, scallions
Steak	3 oz (wt)	180	60	6	2	0	75	370	1	0	0	29		Beef, Olive Oil/Canola Blend, Salt, Spices (Cumin, White Pepper, Black Pepper, Smoked Paprika, Paprika, Lemon Peel Citric Acid, Turmeric).
Tabbouleh	1.5 oz (vol)	50	15	2	0	0	0	65	8	1	1	1	Wheat	Wheat Bulgur, Water, Cucumber, Tomatoes, Lemon Juice, Onions, Parsley, Olive Oil/Canola Blend, Salt, White Pepper.
Tzatziki Sauce	1 oz (vol)	35	25	3	1	0	5	110	2	0	1	1	Milk	Sour Cream (Cultured Cream, Whey, Modified Cornstarch, Sodium Phosphate, Sodium Tripolyphosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate), Yogurt (Lowfat Milk, Nonfat Milk, Modified Food Starch, Cultures), Cucumber, Lemon Juice, Olive Oil/Canola Blend, Mediterranean Garlic Spice (Dill, Spice, Garlic Powder, Sugar), Garlic, Olive Oil, Salt, Black Pepper, Cumin.
Village Salad	1 oz	30	24	2.5	0	0	0	100	1	0	0	0		Cucumber, Tomato, Olive Oil/Canola Blend, Red Wine Vinegar, Salt, Dried Oregano
Village Salad	2.5 oz	75	60	6.5	0	0	0	260	3	0	1	0		Cucumber, Tomato, Olive Oil/Canola Blend, Red Wine Vinegar, Salt, Dried Oregano
Wheat Pita	1 each (unit)	190	0	2.5	1	0	0	360	35	4	2	7	Wheat, *Soybean Oil	Wheat flour (stone ground whole wheat flour, wheat flour enriched [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid]), water, yeast, soybean oil, vital wheat gluten, sugar, salt, dough conditioner (mono & diglycerides, guar gum, corn syrup solids, L-cysteine (vegetable source), enzymes), calcium propionate as a mold inhibitor, oat fiber.
White Pita	1 each (unit)	260	5	0.5	0	0	0	510	56	2	5	7	Wheat	White Flour (Bleached Enriched Flour [Wheat Flour, Bleached, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Sugar, Salt, Yeast.