



BREADS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Wheat Pita v	240	6	1	0	300	39	3	1	8
White Pita v	240	5	1	0	280	41	3	1	7

HANDHELD/SALAD FILLINGS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chicken gf	200	10	2	67	61	0	0	0	26
Falafel v gf	255	4	0	0	925	42	13	7	14
Lamb & Beef gf	210	11	5	80	70	0	0	0	24
Steak gf	245	16	4	47	62	0	0	0	22

HANDHELD/PLATE TOPPINGS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Baba Ganoush v gf	15	0.5	0	0	135	1	1	0.5	0.5
Chopped Romaine v gf	5	0	0	0	3	1	2	0	0
Tomato & Cucumber v gf	5	0	0	0	2	1	0	0	0
Feta Cheese v gf	50	5	3	20	240	1	0	1	4
Fries v	35	1.5	0	0	100	7	0	0	1
Hummus v gf	35	2	0	0	160	6	2	1	2
Kalamata Olives v gf	15	0	0	0	105	1	0	0	0
Onions v gf	5	0	0	0	0	1	0	0	0
Spicy Feta v gf	55	5	3.5	20	250	1	0	0	4
Vinegar Pickles v gf	5	0	0	0	200	1	0	0	0

PLATE FILLINGS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chicken gf	230	11	2	87	79	0	0	0	35
Falafel v gf	325	6	2	0	790	49	16	10	18
Lamb & Beef gf	280	15	5	102	84	0	0	0	32
Spanakopita v	375	18	5	46	575	38	3	3	10
Steak gf	295	20	6	64	80	0	0	0	30

PLATE SIDES

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Mediterranean Rice	110	1	0	0	180	24	0	0	2
Orzo Pasta v	230	8	5	30	440	27	3	3	9

SAUCES

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Spicy Red v	0	0	0	0	290	0	0	2	0
Tahini v	30	3	0	0	10	1	0	0	1
Hot Tahini v	30	3	0	0	73	1	0	0	1
Tzatziki v	20	2	15	0	310	1	0	0	0

SALADS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Greek Salad v gf	305	19	8	43	993	16	6	8	11
Mediterranean Salad v gf	520	34	15	52	218	16	7	8	27
Spinach Salad v gf	418	20	7	27	161	43	10	23	19
Village Salad v gf	415	18	8	45	985	19	5	12	11

DRESSINGS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Greek Vinaigrette v gf	195	19	0	0	570	4	0	2	0
Low Fat Italian v	62	5	0	0	735	5	0	5	0
Fat Free Raspberry Vin v	85	0	0	0	200	15	0	13	0

SOUPS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Greek Egg-Lemon (8oz.)	140	8	5	45	820	11	0	2	4
Greek Egg-Lemon (12oz.)	210	12	8	45	1230	17	0	3	6
Lentil (8oz.) v gf	230	10	6	0	340	27	12	4	13
Lentil (12oz.) v gf	345	15	9	0	510	41	18	6	20

EXTRAS & INDULGENCES

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Baba Ghanoush v gf	85	4	1	0	810	7	5	3	2
Dolmades v gf	190	10	2	4	490	16	0	0	3
Falafel v gf	270	4.5	1	0	655	39	13	8	14
Greek Yogurt v gf	170	12	0	28	100	5	0	0	8
Hummus v	240	12	2	0	815	33	11	5	14
Small Orzo Pasta v	230	10	6	35	520	27	2	3	9
Small Greek Salad v gf	76	5	2	11	248	4	2	2	3
Small Village Salad v gf	90	5	2	11	246	4	1	3	3
Spanakopita Side v	375	18	5	46	575	38	3	3	10
Baklava v	340	21	8	15	155	34	3	19	6
Rice Pudding v gf	171	6	3	19	76	24	0	22	6
Greek Fries v	380	24	6	20	525	44	5	2	8

v = VEGETARIAN
gf = GLUTEN FREE

NUTRITION VALUES are estimated based on our standard serving portions. Food serving size may vary slightly per visit.

ALLERGEN STATEMENT: Greek Kitchen team members openly handle several allergens throughout our stores, including dairy, soy, tree nuts, eggs, wheat and others. While we take precautions to keep ingredients separate, we cannot guarantee that any of our foods or beverages are allergen free as we use shared equipment to store, prepare, and serve them. The Food Allergy Research & Education website at www.foodallergy.org is a recommended reference. Please consult your physician if you have questions about food allergies, so that you can make the decision that is right for you.