



NUTRITION INFORMATION

BREADS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Wrap V	250	0	0	0	30	55	0	5	8
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	200	10	2	67	61	0	0	0	26
Falafel V	255	4	0	0	925	42	13	7	14
Grilled Veggies V	50	0	0	0	215	19	4	3	2
Lamb & Beef	210	11	5	80	70	0	0	0	24
Pork	110	3	0	52	745	0	0	0	19
Sausage	280	22	7	66	595	0	0	0	17
Steak	245	16	4	47	62	0	0	0	22

HANDHELD TOPPINGS

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Baba Ganoush V	15	0.5	0	0	135	1	1	0.5	0.5
Chopped Romaine V	5	0	0	0	3	1	2	0	0
Tomato & Cucumber V	5	0	0	0	2	1	0	0	0
Feta Cheese V	50	5	3	20	240	1	0	1	4
Fries V	35	1.5	0	0	100	7	0	0	1
Hummus V	35	2	0	0	160	6	2	1	2
Kalamata Olives V	15	0	0	0	105	1	0	0	0
Onions V	5	0	0	0	0	1	0	0	0
Spicy Feta V	55	5	3.5	20	250	1	0	0	4
Vinegar Pickles V	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	230	11	2	87	79	0	0	0	35
Falafel V	325	6	2	0	790	49	16	10	18
Grilled Veggies V	70	0	0	0	290	20	5	4	3
Lamb & Beef	280	15	5	102	84	0	0	0	32
Pork	140	4	1	65	493	0	0	1	26
Sausage	340	29	9	89	525	0	0	0	22
Spanakopita V	375	18	5	46	575	38	3	3	10
Steak	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 V	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
Tzatziki V	20	2	1.5	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)
Caesar Salad V	332	14	5	14	883	38	6	4	13
Greek Salad V	305	19	8	43	993	16	6	8	11
Mediterranean Salad V	520	34	15	52	218	16	7	8	27
Spinach Salad V	418	20	7	27	161	43	10	23	19
Village Salad V	315	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)
Caesar Dressing V	267	28	0	0	640	6	0	0	2
Greek Vinaigrette V	195	19	0	0	570	4	0	2	0
Ranch Dressing V	255	25	4	9	470	4	0	4	0
Low Fat Italian V	62	5	0	0	735	5	0	5	0
Fat Free Raberry 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	140	8	5	45	820	11	0	2	4
Lentil	230	10	6	0	340	27	12	4	13
White Bean Tomato V	240	9	7	0	415	26	11	2	9
Chili	220	9	5	32	535	18	8	4	18

EXTRAS & INDULGENCES

	Calories	Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Baba Ghanoush V	85	4	1	0	810	7	5	3	2
Dolmades V	190	10	2	4.0	490	16	0	0	3
Falafel V	270	4.5	1	0	655	39	13	8	14
Fruit Cup V	100	0	0	0	10	25	3	20	2
Greek Yogurt V	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	76	5	2	11	248	4	2	2	3
Small Village Salad V	90	5	2	11	246	4	1	3	3
Spicy Olive Mix V	110	9	0.5	0	0	1	0	0	0
Spanakopita Side V	375	18	5	46	575	38	3	3	10
Baklava V	340	21	8	15	155	34	3	19	6
Large Rice Pudding V	171	6	3	19	76	24	0	22	6
Small Rice Pudding V	76	2.5	1.5	10	33	10	0	10	3
Greek Fries V	380	24	6	20	525	44	5	2	8

V = VEGETARIAN

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

Allergen Statement: Many of our products contain, or may come into contact with, common allergens including, but not limited to: wheat, nuts, soy, milk and eggs. Please ask store management for additional information.