



Nutritional Information

| | Total Calories | Carbohydrates (g) | Protein (g) | Fats (g) | Total Fat Cal. | Fiber (g) |
|---------------------------------------|-----------------------|--------------------------|--------------------|-----------------|-----------------------|------------------|
| SALAD | | | | | | |
| Mini Greek Salad, without Dressing | 523 | 28 | 7 | 43.5 | 391.5 | 10 |
| Regular Greek Salad, without Dressing | 565 | 33.5 | 8 | 45 | 405 | 12 |
| Caesar Salad | 405 | 12 | 5.5 | 38 | 342 | 4 |
| Horiatiki Salad | 629 | 38 | 9 | 49 | 441 | 12 |
| Wheat Pita | 210 | 37 | 7 | 2.5 | 22.5 | 2 |
| White Pita | 230 | 38 | 7 | 5 | 45 | 1 |
| Tzatziki Sauce, 2 oz. | 115 | 2.5 | 3 | 10 | 90 | 0 |
| Greek Dressing, 2 oz. | 244.5 | 6 | 0 | 24.5 | 220.5 | 0 |
| Add | | | | | | |
| Grilled Chicken Breast | 260 | 4 | 28 | 15 | 135 | 0 |
| Gyro Meat, 5 oz. | 540 | 10 | 18.5 | 48 | 432 | 0 |
| Salmon | 310 | 0 | 30 | 21 | 189 | 1 |
| Grilled Shrimp | 70 | 1 | 12 | 2 | 18 | 0 |
| PITAS | | | | | | |
| Gyro Pita on Whole Wheat | 870 | 50.5 | 28.5 | 72 | 544.5 | 2 |
| Gyro Pita on White | 890 | 51.5 | 28.5 | 73 | 567 | 1 |
| Chicken Pita on Whole Wheat | 590 | 43.5 | 38 | 27.5 | 247.5 | 2 |
| Chicken Pita on White | 605 | 44.5 | 38 | 30 | 270 | 1 |
| Combo Gyro on Whole Wheat | 685 | 41.5 | 34 | 42.5 | 382.5 | 2 |
| Combo Gyro on White | 675 | 39 | 33 | 43.5 | 391.5 | 1 |
| Chicken Caesar on Whole Wheat | 650 | 44 | 36 | 38.5 | 346.5 | 6 |
| Chicken Caesar on White | 670 | 47 | 37.5 | 39 | 351 | 3 |
| Falafel Pita on Whole Wheat | 655 | 71 | 23 | 29.5 | 265.5 | 3 |
| Falafel Pita on White | 675 | 72 | 23 | 32 | 288 | 2 |
| Veggie Pita on Whole Wheat | 338 | 45.5 | 14 | 11.5 | 31.5 | 6 |
| Veggie Pita on White | 358 | 46.5 | 14 | 14 | 54 | 5 |
| <i>add for Greek Dressing</i> | <i>429</i> | <i>10</i> | <i>0</i> | <i>43</i> | <i>387</i> | <i>0</i> |
| Hungry Pita- Chicken on Whole Wheat | 770 | 57.5 | 44.5 | 34 | 306 | 6 |
| Hungry Pita- Chicken on White | 730 | 49.5 | 42.5 | 36 | 324 | 3 |
| Hungry Pita- Gyro on Whole Wheat | 1050 | 63.5 | 35 | 67 | 603 | 6 |
| Hungry Pita- Gyro on White | 1010 | 55.5 | 33 | 69 | 621 | 3 |
| Hungry Pita- Falafel on Whole Wheat | 840 | 85 | 29.5 | 36 | 324 | 7 |
| Hungry Pita- Falafel on White | 860 | 86 | 29.5 | 38.5 | 346.5 | 4 |
| Philly Gyro Pita on Whole Wheat | 1110 | 53.5 | 43.5 | 93 | 837 | 2 |
| Philly Gyro Pita on White | 1130 | 54.5 | 43.5 | 94 | 846 | 1 |
| Chicken Philly on Whole Wheat | 830 | 47.5 | 53 | 60 | 540 | 4 |
| Chicken Philly on White | 850 | 48.5 | 53 | 61 | 549 | 1 |
| Haloumi Pita on Whole Wheat | 450.5 | 41.5 | 15.5 | 25 | 225 | 4 |
| Haloumi Pita on White | 470.5 | 42.5 | 21.5 | 27.5 | 247.5 | 2 |
| PITA SIDE OPTIONS | | | | | | |
| French Fries | 374 | 59 | 6 | 14 | 126 | 4 |
| Greek Salad | 452.5 | 19 | 4 | 41 | 369 | 5 |
| Potato Salad | 258 | 20 | 0 | 20 | 180 | 0 |
| Rice | 310 | 45 | 6 | 12 | 108 | 3 |
| Cup of Soup | 214 | 19 | 7.5 | 12 | 108 | 0 |
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|--|-----------------------|--------------------------|--------------------|-----------------|-----------------------|------------------|
| BOWLS | | | | | | |
| Greek Bowl "No Protein" | 425 | 40 | 18 | 28.5 | 256.5 | 12 |
| Fajita Bowl "No Protein" | 614 | 48.5 | 18.5 | 45 | 405 | 8.5 |
| Marinara Bowl "No Protein" | 379 | 31.5 | 8 | 31 | 279 | 4 |
| Add | | | | | | |
| Falafel | 330 | 31.5 | 13 | 17 | 153 | 1 |
| Grilled Chicken Breast | 260 | 4 | 28 | 15 | 135 | 0 |
| Gyro Meat | 651 | 12 | 22.2 | 58.2 | 523.8 | 0 |
| Salmon | 310 | 0 | 30 | 21 | 189 | 1 |
| Grilled Shrimp | 70 | 1 | 12 | 2 | 18 | 0 |
| MEALS | | | | | | |
| Spinach Pie | 526 | 36 | 12.5 | 37 | 333 | 4 |
| Chicken Souvlaki (2 Skewers with Rice) | 543 | 50 | 34 | 23 | 207 | 3 |
| <i>Add Third Skewer</i> | 659 | 54 | 50 | 28 | 252 | 3 |
| Beef Kabob | 742 | 47 | 46 | 40 | 360 | 3 |
| Combo Kabob | 642 | 48 | 54 | 34 | 306 | 3 |
| Grilled Salmon | 620 | 45 | 36 | 33 | 297 | 3 |
| Gyro Platter | 742.2 | 67 | 28.2 | 60 | 632 | 3 |
| Dolmades (4 pc.) | 270 | 22 | 18 | 12 | 108 | 4 |
| Dolmades (6 pc.) | 405 | 33 | 27 | 18 | 162 | 6 |
| Falafels | 722.5 | 85 | 22.5 | 34 | 306 | 4 |
| Baked Pastitio | 1033 | 84 | 37 | 61 | 549 | 0 |
| Baked Mousaka | 975 | 91 | 29 | 55 | 495 | 0 |
| Add for Side Greek Salad | 452.5 | 19 | 4 | 41 | 369 | 5 |
| Add for Side of Soup | 428 | 38 | 15 | 24 | 252 | 0 |
| KIDS | | | | | | |
| Kiddy Souvlaki | 346 | 42 | 21 | 10 | 90 | 2 |
| Kiddy Gyro Platter | 555.5 | 44 | 18.1 | 34.1 | 307 | 2 |
| Kiddy Fingers | 220 | 22 | 14 | 10 | 90 | 0 |
| Pita Pizza | 370 | 44 | 12 | 14 | 126 | 1 |
| Add for French Fries | 374 | 59 | 6 | 14 | 126 | 4 |
| Add for Rice | 155 | 22.5 | 3 | 6 | 54 | 1.5 |
| SIDE ORDERS | | | | | | |
| Chicken Skewer | 116 | 2 | 16 | 6 | 54 | 0 |
| Beef Kabob | 216 | 2 | 20 | 16 | 144 | 0 |
| Dolmades (2 pc.) | 135 | 11 | 9 | 6 | 54 | 2 |
| Spinach Pie | 526 | 36 | 12.5 | 37 | 333 | 4 |
| Falafel | 330 | 31.5 | 13 | 17 | 153 | 1 |
| Haloumi Cheese | 90 | 0 | 6 | 8 | 72 | 0 |
| Tzatziki Sauce, 8 oz. | 460 | 10 | 12 | 40 | 360 | 0 |
| Rice | 310 | 45 | 6 | 12 | 108 | 3 |
| Wheat Pita | 210 | 37 | 7 | 2.5 | 22.5 | 2 |
| White Pita | 230 | 38 | 7 | 5 | 45 | 1 |
| Hummus and Pita, Whole Wheat | 366 | 50 | 14 | 11.5 | 103.5 | 8 |
| Hummus and Pita, White | 386 | 51 | 14 | 14 | 126 | 7 |
| Potato Salad | 258 | 20 | 0 | 20 | 180 | 0 |
| French Fries | 374 | 59 | 6 | 14 | 126 | 4 |
| Shrimp Skewer | 70 | 1 | 12 | 2 | 18 | 0 |
| SOUP | | | | | | |
| Cup, 8 oz. | 214 | 19 | 7.5 | 12 | 108 | 0 |
| Bowl, 16 oz. | 428 | 38 | 15 | 24 | 252 | 0 |
| SuperBowl, 32 oz. | 856 | 76 | 30 | 48 | 504 | 0 |
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