



NUTRITION MENU GUIDE



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PLATTERS

	Serving Size (oz)	Serving Size (g)	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
REGULAR CHICKEN	18	521	648	93	10	3	0	245	1296	79	2	4	59
SMALL CHICKEN	13	356	471	65	7	2	0	163	926	61	1	2	40
REGULAR BEEF GYRO	18	521	939	320	36	16	1	107	2700	113	2	4	41
SMALL BEEF GYRO	13	356	665	217	24	11	1	71	1862	83	1	2	28
REGULAR COMBO	18	521	794	206	23	10	1	176	1998	96	2	4	50
SMALL COMBO	13	357	572	142	16	6	0	117	1401	73	1	3	34
REGULAR FALAFEL	19	536	1049	375	42	7	0	0	1968	139	22	6	29
SMALL FALAFEL	18	499	914	306	34	6	0	0	1686	126	18	6	25
REGULAR CHICKEN/FALAFEL	19	536	884	265	30	5	0	122	1716	109	14	5	45
SMALL CHICKEN/FALAFEL	14	386	648	182	20	4	0	82	1239	85	10	4	32
REGULAR BEEF GYRO/FALAFEL	19	536	1030	378	42	12	1	53	2418	126	14	5	36
SMALL BEEF GYRO/FALAFEL	14	386	745	258	29	8	0	36	1707	96	10	4	26



SANDWICHES

	Serving Size (oz)	Serving Size (g)	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
CHICKEN SANDWICH	10	278	419	66	7	2	0	163	904	47	2	4	41
BEEF GYRO SANDWICH	10	278	613	218	24	11	1	71	1840	69	2	4	29
COMBO SANDWICH	10	278	516	142	16	7	0	117	1372	58	2	4	35
FALAFEL SANDWICH	10	276	641	232	26	4	0	0	1259	82	14	5	20
CHICKEN/FALAFEL SANDWICH	10	295	597	183	20	4	0	82	1222	71	10	5	32
BEEF GYRO/FALAFEL SANDWICH	10	295	694	259	29	8	0	36	1690	82	10	5	26



SIDES

	Serving Size (oz)	Serving Size (g)	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
HUMMUS	6	170	377	212	24	4	0	0	756	29	13	0	12
BABA GHANOUSH	6	170	187	128	14	2	0	0	678	11	7	0	4
TABBOULEH	6	170	68	0	0	0	0	0	346	15	4	1	3
TAHINI	6	170	481	54	6	2	0	0	864	91	4	6	16
FALAFEL (PER 2 PIECES)	3	74	269	138	15	2	0	0	564	25	8	1	8
FRENCH FRIES	10	283	839	320	35	6	0	0	1170	121	12	0	9
PITA (WHOLE LOAF)	3	79	225	25	3	1	0	0	403	42	2	3	8



TOPPINGS

	Serving Size (oz)	Serving Size (g)	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
GREEN PEPPERS	1	28	5	0	0	0	0	0	0	1	1	1	590
ONIONS	1	28	8	0	0	0	0	0	5	2	1	0	0
OLIVES	1	28	49	38	4	1	0	0	547	2	2	0	0
JALAPENOS	1	28	5	0	0	0	0	0	247	1	1	0	0



SAUCE

	Serving Size (oz)	Serving Size (g)	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
TAHINI	1	28	92	68	8	1	0	0	46	3	3	0	3
WHITE SAUCE	3	85	450	381	42	6	0	54	540	17	11	1	1
WHITE SAUCE	2	57	300	254	28	4	0	36	360	11	7	1	0
HOT SAUCE	0	7	7	2	0	0	0	0	89	1	1	0	0
BBQ SAUCE	0	6	11	0	0	0	0	0	56	3	0	2	0



DESSERTS

	Serving Size (oz)	Serving Size (g)	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
BAKLAVA	2	51	230	92	10	3	0	1	89	32	4	17	3
CHOCOLATE CHIP COOKIES	3	85	370	160	18	9	0	35	210	52	2	30	5



BEVERAGE

BEVERAGE	Serving Size (oz)	Serving Size (g)	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
BARQ'S ROOT BEER	20	567	270	0	0	0	0	0	90	73	0	73	0
COCA-COLA	20	567	240	0	0	0	0	0	65	67	0	67	0
DIET COKE	20	567	0	0	0	0	0	0	85	1	0	0	0
CHERRY COCA-COLA	20	567	260	0	0	0	0	0	70	70	0	70	0
COCA-COLA ZERO SUGAR	20	567	0	0	0	0	0	0	65	0	0	0	0
DR PEPPER	20	567	240	0	0	0	0	0	75	65	0	64	0
FANTA ORANGE	20	567	250	0	0	0	0	0	65	67	0	66	0
FUZE SWEET TEA	20	567	140	0	0	0	0	0	85	37	0	37	0
FUZE UNSWEET TEA	20	567	0	0	0	0	0	0	85	0	0	0	0
FUZE RASPBERRY TEA	20	567	140	0	0	0	0	0	85	38	0	37	0
GLACEAU VITAMINWATER XXX	20	567	120	0	0	0	0	0	65	32	0	31	0
GOLD PEAK SWEETENED BLACK TEA	20	567	190	0	0	0	0	0	80	52	0	52	0
HI-C POPPIN' PINK LEMONADE	20	567	220	0	0	0	0	0	160	61	0	59	0
HI-C FLASHIN FRUIT PUNCH	20	567	260	0	0	0	0	0	120	71	0	69	0
LUZIANNE	20	567	0	0	0	0	0	0	0	0	0	0	0
MELLO YELLO	20	567	260	0	0	0	0	0	85	73	0	73	0
MINUTE MAID LEMONADE POM	20	567	240	0	0	0	0	0	115	67	0	63	0
MINUTE MAID LIGHT LEMONADE	20	567	10	0	0	0	0	0	70	3	0	0	0
PIBB XTRA	20	567	230	0	0	0	0	0	90	63	0	63	0
POWERADE MOUNTAIN BERRY BLAST	20	567	140	0	0	0	0	0	190	37	0	36	0
RITUALS	20	567	0	0	0	0	0	0	0	0	0	0	0
SEAGRAM'S GINGER ALE	20	567	220	0	0	0	0	0	75	59	0	58	0
SPRITE	20	567	230	0	0	0	0	0	115	61	0	61	0