

MENU ITEM	SERVING SIZE	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
APPETIZERS												
Hummus GF (no pita)	1 each	360	180	22	2	0	0	1610	47	15	12	11
Dolmades (no pita)	1 each	720	380	43	13	0	50	2950	77	3	19	23
Tazikis*	1 each	130	60	6	3	0	20	960	14	1	6	4
Hummus*	1 each	270	150	17	2	0	0	1070	24	11	4	8
Spicy Pimento Cheese*	1 each	600	520	58	19	0	110	830	4	0	< 1	18
Mezedes Platter*	1 each	790	410	47	11	0	40	3580	81	12	10	15
Hummus Trias*	1 each	500	360	41	4.5	0	6	1720	32	13	6	12
* Pita, baked	12 slices	490	60	7	0	0	0	890	95	0	5	14
* Pita, soft	16 pieces	440	60	6	0	0	0	1040	82	4	4	14
SOUP & SALAD												
Greek Lemon Chickn Soup	1 bowl	420	190	21	7	0	115	670	27	2	2	30
Greek Salad + Soup	1 pita+dressing	760	460	54	10	0	120	1270	46	4	12	33
Greek Salad*	1 each	110	40	6	2.5	0	15	580	22	6	7	7
Greek Salad Small*	1 each	70	40	5	1	0	5	390	11	3	4	1
Mediterranean Salad*	1 each	320	190	22	4.5	0	15	620	30	10	10	10
Caesar Salad*	1 each	180	70	7	4	0	15	330	22	5	2	10
Chicken Salad Plate	1 each	400	190	22	4	0	60	1350	34	3	4	19
DRESSING & PITA												
* Bal/ Vin	1.5 oz	270	240	28	2	0	0	70	8	0	6	0
* Greek Salad Dressing	1.5 oz	230	220	26	2.5	0	< 5	160	1	0	0	0.5
* Caesar Dressing	1.5 oz	120	105	11	2.5	0	15	500	3	0	2	2
* Pita- Chip (baked)	1 slice	40	5	1	0	0	0	75	8	0	0	1
* Pita- Soft	1 slice	30	0	0	0	0	0	65	5	0	0	1
MEAT ADD-ONS												
Tilapia	6 oz	240	100	11	2	0	85	390	0	0	0	34
Salmon	8 oz	500	310	34	10	0	155	360	0	0	0	45
Shrimp	7 pieces	210	180	20	8	0	95	500	0	0	0	7
Turkey	4 oz	250	120	13	2	0	65	980	0	0	0	33
Pork	4 oz	320	220	25	6	0	70	450	0	0	0	22
Lamb	6 oz	270	120	14	3	0	110	100	0	0	0	35
Beef	5 oz	270	150	17	4	0	80	380	0	0	0	29
Chicken	5 oz	250	70	8	1	0	140	680	< 1	0	< 1	42
Chicken Salad	4 oz	300	220	24	4.5	0	75	420	1	0	< 1	17
VEGETARIAN												
Grilled Veggie Plate	1 each	910	580	67	19	0	70	1910	75	7	17	14
Dolmades Plate	1 each	1240	740	86	17	0	55	4310	115	6	28	26



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FRESH GRILLED GYROS												
Grilled Chicken Gyro	1 each	440	90	11	2	0	90	1350	52	4	7	35
Chicken Basil-Pesto Gyro	1 each	610	230	26	5	0	100	1390	47	3	5	38
Greek Salad Gyro	1 each	520	280	33	4	0	10	900	57	5	7	11
Greek Salad Gyro w/ Chicken	1 each	720	330	39	5	0	125	1440	52	5	8	45
Beef Gyro	1 each	510	180	21	4	0	70	1150	50	4	6	33
Lamb Gyro	1 each	490	150	18	4	0	80	1240	51	4	7	33
Lamb and Skordalia Gyro	1 each	500	180	20	3	0	70	1160	50	3	4	31
Grilled Veggie Gyro	1 each	680	410	47	10	0	45	1210	54	5	9	17
Shrimp Gyro	1 each	620	360	48	12	0	110	1350	47	4	4	20
Turkey Club Gyro	1 each	910	500	64	14	0	125	2110	47	4	4	54
MEDITERRANEAN DELI												
Chicken Roll-ups	2 each	520	140	19	6	0	105	1630	54	4	10	40
Grilled Chicken Sandwich	1 each	500	110	13	3	0	150	1160	41	1	4	52
Turkey-Club Ciabatta	1 each	950	500	58	14	0	125	2120	53	4	3	56
Turkey & Egg	1 each	910	490	54	16	1	290	1770	50	3	3	55
Tilapia Sandwich	1 each	640	300	35	7	1	100	1180	45	3	5	43
Beef Sandwich	1 each	760	430	48	13	1	105	1220	41	1	3	36
Tomato-Basil Sandwich	1 each	570	280	35	14	1	45	1090	55	4	10	21
Spicy Pimento Cheese Sandwich	1 each	920	600	66	24	1	110	1360	53	3	3	29
Chicken Salad Sandwich	1 each	590	280	32	5	0	85	900	50	3	4	28
HEALTHY SIDES												
Basmati Rice	1 each	240	80	8	5	0	20	400	38	1	0	4
Roasted New Potatoes	1 each	220	120	14	1	0	0	900	26	3	2	3
Pasta Salad	1 each	220	110	12	2	0	5	890	25	1	2	5
Fresh-Cut Fruit	1 each	50	0	0	0	0	0	10	14	1	11	<1
Tomato-Cucumber Salad	1 each	70	35	5	1	0	5	550	9	<1	4	2
Grilled Veggies	1 each	100	70	9	1	0	0	380	5	2	3	1
Chips	1 each	160	90	10	2	0	0	140	15	1	<1	2
Asparagus (with Pork Feast)	1 each	120	100	11	7	0	30	300	5	2	2	2
Pimento Cheese (w/ chix salad plate)	3.2 ounces	400	350	39	13	0	75	560	2	0	<1	12
Greek Salad Small	1 pita+dressing	340	270	32	3	0	5	590	20	3	9	3
SAUCES												
Tazikis	1.5 oz	30	10	1.5	1	0	5	250	4	0	2	1
Horseradish	1.5 oz	210	200	22	4	0	20	400	1	0	<1	0
Basil-Pesto	1.5 oz	220	190	22	4	0	10	350	4	1	<1	5
Pesto Aioli	1.5 oz	260	240	27	5	0	20	270	2	0	0	5
Fresh Salsa	1.5 oz	30	0	0	0	0	0	270	6	1	3	<1
Tomato Chutney Aoili	1.5 oz	240	220	24	5	0	20	340	6	0	5	0
Tartar Sauce	1.5 oz	150	150	17	3	0	15	370	<1	0	0	0
Skordalia	1.5 oz	90	50	5	0	0	0	230	9	0	0	1



MENU ITEM	SERVING SIZE	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
FEASTS												
Tilapia	6 oz	240	100	11	2	0	85	390	0	0	0	34
Salmon	8 oz	500	310	34	10	0	155	360	0	0	0	45
Shrimp	7 pieces	210	180	20	8	0	95	500	0	0	0	7
Pork	4 oz	320	220	25	6	0	70	450	0	0	0	22
Lamb	6 oz	270	120	14	3	0	110	100	0	0	0	35
Beef	5 oz	270	150	17	4	0	80	380	0	0	0	29
Chicken	5 oz	250	70	8	1	0	140	680	< 1	0	< 1	42
FEAST SAUCES												
Tazikis	1.5 oz	30	10	1.5	1	0	5	250	4	0	16	14
Horseradish	1.5 oz	210	200	22	4	0	20	400	1	0	< 1	0
Tomato Chutney Aoili	1.5 oz	240	220	24	5	0	20	340	6	0	5	0
Tartar Sauce	1.5 oz	150	150	17	3	0	15	370	< 1	0	0	0
Skordalia	1.5 oz	90	50	6	0	0	0	230	9	0	0	1
KID'S MENU												
Sneaky Taziki (No Cheese)	1 each	200	50	6	1	0	40	580	21	1	2	17
American cheese	1 slice	70	50	6	4	0	15	340	1	0	0	4
Cheddar	0.5oz	60	40	5	3	0	15	90	1	0	0	4
Swiss	1 slice	80	50	6	4	0	20	45	0	0	0	5
Feta, Crumble	0.5 oz	30	20	3	2	0	10	100	0	0	< 1	2
Child's Feast	1 each	350	110	12	6	0	85	790	38	1	0	23
Med. Turkey Melt	1 each	450	170	25	6	0	65	1190	43	2	2	31
Turkey melt, NO turkey	1 each	330	110	19	5	0	30	700	43	2	2	14
Grilled Cheese	1 each	440	170	20	13	1	30	1220	50	2	2	18
DESSERTS												
Dark Chocolate Cake	1 slice	480	190	21	5	0	20	450	70	4	48	5
Baklava	1 piece	350	120	14	3	2	0	160	52	1	21	5
Cookies	1 cookie (1.5 oz)	200	90	10	6	0	15	140	26	1	15	2
DAILY SPECIALS												
Chicken Portobello Sandwich	1 Sandwich	740	300	34	12	0	190	1320	50	4	9	57
Pork Sandwich	1 Sandwich	790	470	54	10	0	95	1030	50	2	9	30
Spanokopita	2 Roll-up	520	150	18	6	0	130	1120	20	1	2	23
Taziki's Taco	1 Taco	620	330	37	6	0	105	980	50	2	10	40
Signature Pasta	1 each	1280	600	70	13	0	190	840	100	6	18	70
Signature Pasta (small)	Half portion	640	300	35	6	0	95	420	50	3	9	35



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DINNER FOR 4: MEAT

Grilled Chicken Breast	20 ounces	1010	270	30	4.5	0	550	2710	2	0	2	170
Whole Baked Chicken	1 each	3670	2680	297	110	0	1140	2710	24	10	3	226
Pork Loin	4 feast portions	1280	3480	102	23	0	290	1780	0	0	0	90
Grilled Lamb	4 feast portions	1090	500	56	12	0	430	420	0	0	0	140

DINNER FOR 4: SAUCES

Taziki Sauce (w/ grill chix + whl bk chix)	8 ounces	170	60	7	5	0	30	1320	20	2	10	6
Tomato Chutney Aoili (w/ pork loin)	8 ounces	1280	1160	128	23	0	115	1790	30	0	26	0
Skordalia (w/ lamb)	8 ounces	340	240	28	2	0	0	810	234	0	1	3

DINNER FOR 4: SIDES & ADD-ONS

Fresh Vegetables	1 each	280	130	15	2	0	0	930	39	10	19	8
Rice	13.5 oz or 4 cups	870	270	30	31	0	75	1490	135	4	0	14
Potatoes	13.5 oz or 4 cups	660	370	43	3	0	0	2700	77	8	6	8
Soft Pita	16 pieces	440	60	6	0	0	0	1040	82	4	4	14
Baked Pita (updated na)	8 pieces	330	40	5	1	0	0	590	63	0	3	9
Salad (specific to dinner for 4)	1 each	290	120	17	3.5	0	20	1350	40	26	13	11
Dressing, Greek	8 ounces	1220	1200	140	12	0	15	860	4	0	3	3

BREAKFAST

Fresh Vegetables	1 each	280	130	15	2	0	0	930	39	10	19	8
Rice	13.5 oz or 4 cups	870	270	30	31	0	75	1490	135	4	0	14
Potatoes	13.5 oz or 4 cups	660	370	43	3	0	0	2700	77	8	6	8
Soft Pita	16 pieces	440	60	6	0	0	0	1040	82	4	4	14
Baked Pita (updated na)	8 pieces	330	40	5	1	0	0	590	63	0	3	9
Salad (specific to dinner for 4)	1 each	290	120	17	3.5	0	20	1350	40	26	13	11
Dressing, Greek	8 ounces	1220	1200	140	12	0	15	860	4	0	3	3
Greek Potatoes	1 side (126 grams)	170	90	11	1	0	0	670	19	2	2	2

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PARTY DIPS												
Hummus Dip	1 Pint	730	410	46	4.5	0	0	2850	65	29	10	22
Basil Pesto Hummus	1 Pint	1230	1060	122	18	0	40	3620	206	20	15	55
Rustic Tomato Hummus	1 Pint	810	570	66	5	0	0	2490	54	19	14	15
Taziki Dip	1 Pint	330	130	14	10	0	55	2640	41	4	20	13
Spicy Pimento Cheese	1 Pint	2010	1730	192	70	0	365	2780	12	< 1	3	61
PITA												
Small pasta, salads	15 baked pita	620	80	9	0.5	0	0	1110	119	0	7	21
1 pint dip, MED pasta, salads	20 baked pita	820	100	12	1	0	0	1480	158	0	8	23
Large pasta, salads	25 baked pita	1030	130	15	1	0	0	1850	198	0	9	28
SALADS												
Greek Salad Small+1 pint drs	Serves 10	3340	2800	326	47	1.5	160	5060	109	27	51	43
Greek Salad Med + 2 pints drs	Serves 15	6230	5400	629	82	2.5	255	8450	168	41	79	68
Greek Salad Large+ 2 pint drs	Serves 20	6680	5600	652	93	3	320	10120	219	55	101	87
Medtn Salad Small +1 pint drs	Serves 10	4730	3730	432	53	1.5	165	4180	218	44	121	53
Medtn Salad Med + 2 pint drs	Serves 15	8740	7140	827	92	2.5	205	6630	378	69	220	82
Medtn Salad Lrg + 2pint drs	Serves 20	9460	7460	863	106	3	275	8350	435	88	241	105
* Bal Vin	1 pint	2,920	2560	299	21	0	0	730	82	1	68	0
* Greek Dress	1 pint	2,450	2390	279	24	0	25	1710	8	< 1	6	6
HEALTHY SIDES												
Rice Small	Serves 10	4100	1300	143	85	0	365	7060	642	17	0	64
Rice Medium	Serves 15	6150	1940	213	128	0	545	10580	963	25	0	94
Rice Large	Serves 20	8200	2590	285	170	0	730	14110	1284	33	0	129
Potatoes Small	Serves 10	3150	1730	203	15	0	0	12780	367	40	26	39
Potatoes Medium	Serves 15	4720	2600	305	22	0	0	19160	550	59	39	58
Potatoes Large	Serves 20	6300	3470	406	30	0	0	25550	733	79	52	77
Tomato Cucumber Sm	Serves 10	1080	630	72	16	1	65	8250	165	18	63	27
Tomato Cucumber Med	Serves 15	1720	1010	117	29	1.5	135	12720	249	26	96	46
Tomato Cucumber Large	Serves 20	2360	1390	161	43	2.5	200	17190	333	35	129	65
Fresh Cut Fruit Sm	Serves 10	790	25	3	1	0	0	140	218	16	171	12
Fresh Cut fruit Med	Serves 15	1180	35	4	1	0	0	210	327	24	257	18
Fresh Cut fruit large	Serves 20	1570	50	6	1	0	0	280	435	32	342	23
Pasta Salad Sm	Serves 10	3830	1820	212	27	1	80	17940	431	23	34	85
Pasta Salad Med	Serves 15	5840	2810	325	46	2	155	27260	648	35	53	133
Pasta Salad Large	Serves 20	7850	3790	439	65	3	230	36580	865	47	72	181

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SIGNATURE PASTA												
Signature pasta Small	Serves 10	4900	2060	237	40	1.5	795	14530	425	30	71	291
Signature pasta Medium	Serves 15	7350	3090	356	60	3	1190	21800	637	45	106	437
Signature Pasta Large	Serves 20	9790	4120	474	80	3.5	1590	29070	850	60	142	582
FEASTS												
Grilled Chicken Feast	Serving 1 person	680	370	43	7	0	160	1510	27	3	8	50
Char Grilled Beef Feast	Serving 1 person	940	700	80	13	0	100	1610	27	3	7	30
Classic Roll up Feast	Serving 1 person	650	150	20	6	0	130	1870	77	6	28	49
BOXED LUNCHES												
Grilled Chix Sandwich	1 each/box	860	290	33	10	0	160	1440	82	3	19	56
Beef Sandwich	1 each	1120	610	68	20	1	115	1500	82	3	18	40
Chicken Roll up	1 each	930	330	40	13	0	145	2090	95	6	26	52
Chicken Basil Pesto Gyro	1 each	920	400	46	12	0	110	1600	88	5	20	42
Greek Salad w/ Chicken	1 each	1070	650	76	14	0	170	1760	58	7	24	54

EACH MENU ITEM IS LISTED AND ANY MAJOR ALLERGEN DETECTED WITH IT IS MARKED BY AN "X"

MENU ITEM	Wheat	Dairy	Egg	Soy	Fish	Shellfish	Peanuts	Tree Nuts	NOTES
APPETIZERS									
Hummus Gluten Free									
Soft Pita	X								
Pita Chips	X								
Hummus									
Dolmades		X							
Taziki Sauce		X							Contains Greek yogurt
Mezedes Platter	X	X							*Can remove pita chip (wheat)
Pimento Cheese		X	X						Contains mayonnaise and cheddar cheese

SOUP & SALAD									
Greek Chicken Lemon Soup	X	X		X					Chicken base contains Wheat, milk (dairy), and soy. Rice contains butter (dairy)
Chicken Salad & Company	X	X	X						Dairy: pimento cheese (contains cheddar cheese), pasta salad, tomato cucumber salad, and garden salad are topped with feta cheese.
Caesar Salad	X	X	X		X				Contains croutons (wheat), parmesan cheese (dairy), and Caesar dressing (egg and fish (anchovy paste))
Greek Salad	X	X							*Can remove pita chip (wheat) and feta cheese
Mediterranean Salad	X	X						X	*Can remove pita chip (wheat) and feta cheese
Grilled Veggie Plate	X	X							Dairy: salad has feta cheese, basmati rice has butter, Taziki sauce has Greek yogurt. Comes with a pita chip--can remove
Dolmades Plate	X	X							Dolmades contain basmati rice (contains butter); Taziki sauce has Greek yogurt

FRESH GRILLED GYROS									
Basil Pesto Gyro	X	X	X					X	Basil pesto sauce contains parmesan; aioli contains mayonnaise (egg)
Beef Gyro	X	X							Taziki sauce contains Greek yogurt
Chicken Gyro	X	X							Taziki sauce contains Greek yogurt
Greek Salad Gyro	X	X							Contains feta cheese
Lamb Gyro	X	X							Taziki sauce contains Greek yogurt
Lamb & Skordalia Gyro	X	X							Skordalia sauce contains soft pita (wheat)
Veggie Gyro	X	X	X					X	Pesto aioli contains mayonnaise (egg), parmesan cheese, and pecans
Chicken Roll-Ups	X	X							Contains feta. Tortilla contains wheat

EACH MENU ITEM IS LISTED AND ANY MAJOR ALLERGEN DETECTED WITH IT IS MARKED BY AN "X"

MENU ITEM	Wheat	Dairy	Egg	Soy	Fish	Shellfish	Peanuts	Tree Nuts	NOTES
MEDITERRANEAN DELI									
Chicken Salad Sandwich	X		X						Contains mayonnaise (egg). Bread contains wheat
Chicken Sandwich	X	X							Dairy: sandwich made with feta cheese, can be made without, butter on Kaiser bun. Bread contains wheat
Turkey Club Ciabatta	X	X	X					X	Pesto aioli contains mayonnaise (egg), parmesan cheese, and pecans. Swiss cheese can be removed. Ciabatta contains wheat
Tilapia Sandwich	X		X		X				Tartar sauce contains mayonnaise (egg). Bread contains wheat
Beef Sandwich	X	X	X		X				Horseradish sauce contains mayonnaise (egg) and Worcestershire sauce (anchovies). Swiss cheese can be removed. Bread contains wheat
Tomato Basil Sandwich	X	X						X	Basil pesto contains feta, parmesan, and pecans. Feta on sandwich. Bread contains wheat
Turkey and Egg Sandwich	X	X	X						Made with Swiss cheese (dairy), mayonnaise (egg) and sliced eggs. Bread contains wheat
Pimento Cheese Sandwich	X	X	X						Contains cheddar cheese (dairy) and mayonnaise (egg). Bread contains wheat

FEASTS

FEAST ONLY INCLUDES MEAT AND SAUCE. REFERENCE RICE, POTATOES, AND SALAD MENU ITEMS

Chicken Feast		X							Taziki sauce contains Greek yogurt
Beef Tender Feast			X		X				Horseradish sauce contains mayonnaise (egg) and Worcestershire sauce (anchovies)
Lamb Feast	X								Skordalia sauce contains soft pita (wheat)
Pork Loin Feast			X						Tomato chutney aioli contains mayonnaise (egg)
Salmon Feast					X				
Shrimp Feast						X			
Tilapia Feast		X			X				Tartar sauce contains mayonnaise (egg)

KID'S MENU

Mediterranean Turkey Melt	X	X							Cheddar cheese
Sneaky Taziki	X	X							Cheddar cheese. Tortilla contains wheat
Grilled Cheese	X	X							American cheese. Bread contains wheat
Child's Feast		X							Basmati rice contains butter

DESSERTS

Baklava	X							X	Contains walnuts and pecans
Chocolate Chip Cookies	X	X	X						Contains wheat, milk (dairy), and egg
Dark Chocolate Cake	X	X							Contains wheat and icing contains butter.

ALLERGEN GUIDE

EACH MENU ITEM IS LISTED AND ANY MAJOR ALLERGEN DETECTED WITH IT IS MARKED BY AN "X"

MENU ITEM	Wheat	Dairy	Egg	Soy	Fish	Shellfish	Peanuts	Tree Nuts	NOTES
DAILY SPECIALS									
Pork Sandwich	X	X	X						Tomato chutney aioli contains mayonnaise (egg). Kaiser bun: contains wheat and butter (dairy) on bread
Portobello Mushroom Sandwich	X	X							Dairy: Swiss cheese, butter in mushroom butter, and butter on bun. Bread contains wheat
Signature Pasta	X	X							Penne pasta contains wheat. Feta is dairy--can be removed
Spanakopita Roll-Ups	X	X		X					Contains feta. Tortilla contains wheat and soy
Taziki's Taco	X	X	X		X				Sauce: Contains Greek yogurt (dairy) and mayonnaise (egg). Tortilla contains wheat

SAUCES									
Pesto Aioli		X	X					X	Pesto aioli contains mayonnaise (egg), parmesan cheese, and pecans.
Basil Pesto		X						X	Basil pesto contains parmesan (dairy) and pecans
Mushroom Butter		X							Contains butter (dairy)
Greek Dressing									
Horseradish			X		X				Contains mayonnaise (egg) and anchovies in the Worcestershire sauce
Hummus									
Rustic Tomato Sauce									
Salsa									
Skordalia Sauce	X								Contains pita bread (wheat)
Tartar Sauce			X						Contains mayonnaise (egg)
Taziki Sauce		X							Contains Greek yogurt (dairy)
Tomato Chutney Aioli			X						Contains mayonnaise (egg)
Balsamic Vinaigrette									
Yogurt Mayo Sauce		X	X						Contains Greek yogurt (dairy) and mayonnaise (egg)

LIMITED TIME OFFERS									
Tomato Basil Soup	X	X		X					Chicken base contains Wheat, milk (dairy), and soy. Vegetables mixed in butter (dairy)

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ALL ITEMS THAT CAN BE VEGETARIAN OR VEGAN ARE LISTED; ITEMS CONTAINING MEAT OR SEAFOOD ARE NOT LISTED.

MENU ITEM	Vegetarian	Vegan	NOTES
APPETIZERS			
Hummus Trias	Yes	No*	*Parmesan Cheese in Basil Pesto
Hummus Appetizer	Yes	Yes	
Hummus Gluten Free	Yes	Yes	
Taziki Dip	Yes**	No	*Contains Greek yogurt
Spicy Pimento Cheese	Yes**	No	*Contains cheddar cheese and mayonnaise
Dolmades	Yes	No**	*Butter in rice
Mezedes Platter	Yes	No**	*Butter in rice
SOUP & SALAD			
Greek Salad (no meat)	Yes	Yes*	*No cheese
Greek Dressing	Yes	Yes	
Mediterranean Salad (no meat)	Yes	Yes*	*No cheese
Balsamic Vinaigrette	Yes	Yes	
Grilled Veggie Plate	Yes	Yes*	*No feta cheese on the garden salad
			*Served with potatoes instead of rice * No butter on asparagus
Dolmades Plate	Yes	No**	*Butter in rice, feta cheese on garden salad
FRESH GRILLED GYROS			
Basil Pesto Gyro (with no chicken)	Yes	No**	*Basil pesto contains Parmesan cheese
Greek Salad Gyro	Yes	Yes*	*No feta cheese *Could substitute hummus
Grilled Veggie Gyro	Yes	Yes*	*No feta cheese *No Pesto Aioli *Could substitute hummus
MEAT ADD-ONS			
Any Sandwich/Roll-ups (without meat)	Yes*	No	*No meat *Could substitute any veggie like grilled onions
Tomato-Basil Sandwich	Yes	No	*Basil pesto contains Parmesan cheese *Sandwich contains feta cheese
Spicy Pimento Cheese Sandwich	Yes**	No	*Contains cheddar cheese and mayonnaise

MENU ITEM	Vegetarian	Vegan	NOTES
KID'S MENU			
Sneaky Taziki	Yes*	No	*No meat **Could substitute any veggie like grilled onions
Grilled Cheese	Yes	No	
HEALTHY SIDES			
Basmati Rice	Yes	No**	*Butter in rice
Roasted Potatoes	Yes	Yes	
Fresh Cut Fruit	Yes	Yes	
Pasta Salad	Yes	Yes*	*Topped with feta cheese, can be made without
Tomato-Cucumber Salad	Yes	Yes*	*Topped with feta cheese, can be made without *Served with potatoes instead of rice * No butter on asparagus
Dolmades Plate	Yes	No**	*Butter in rice, feta cheese on garden salad
ADDITIONAL MENU ITEMS			
Baked Pita	Yes	Yes	
Soft Pita	Yes	Yes	
Chips	Yes	Yes	
Veggie-Side	Yes	Yes	
Grilled Onions	Yes	Yes	

VEGETARIAN & VEGAN MENU GUIDE

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MENU ITEM	Vegetarian	Vegan	NOTES
SAUCES			
Salsa	Yes	Yes	
Taziki's Sauce	Yes	No**	*Contains Greek yogurt
Basil Pesto	Yes	No**	*Contains Parmesan cheeses
Pesto Aioli	Yes	No**	*Contains basil pesto (Parmesan cheese) and mayonnaise
Skordalia Sauce	Yes	Yes	
Mayonnaise	Yes	No**	*Contains egg
Horseradish	No**	No**	*Contains mayonnaise and Worcestershire sauce (anchovies)
Tomato Chutney Aioli	Yes	No**	*Contains mayonnaise
Greek Dressing	Yes	Yes	
Balsamic Vinaigrette	Yes	Yes	

MENU ITEM	Vegetarian	Vegan	NOTES
DAILY SPECIALS			
Chicken Portobello Sandwich (no chicken)	Yes	Yes*	*Without mushroom butter *Without Swiss cheese *Do not butter Kaiser bun
Spanakopita Roll-Up (with no chicken)	Yes	Yes*	*No feta cheese *Could substitute any veggie
Signature Pasta (with no chicken)	Yes	Yes*	*No feta cheese
Taziki's Taco (no tilapia)	Yes	No	*Could substitute veggies for tilapia *Served with potatoes instead of rice *No butter on asparagus
Dolmades Plate	Yes	No**	*Butter in rice, feta cheese on garden salad

MENU ITEM	Vegetarian	Vegan	NOTES
DAILY SPECIAL SAUCES			
Mushroom Butter for Chicken Portobello Sandwich (no chicken)	Yes	No**	**Contains butter
Yogurt Mayo Sauce for Taziki's Taco	Yes**	No	*Contains Greek yogurt and mayonnaise
Signature Pasta (with no chicken)	Yes	Yes*	*No feta

* INDICATES SOURCES OF DAIRY, EGG, OR MEAT IN THE NOTED ITEMS AND ALSO INDICATES WHAT CHANGES WE ARE ABLE TO MAKE.

** INDICATES SOURCES OF DAIRY, EGG, OR MEAT THAT WE ARE NOT ABLE TO MAKE CHANGES TO.

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