

		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	
		Taziki Dip	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	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	
	Dressing & Pita	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	
		Bal/ Vin	1.5 oz	270	240	28	2	0	0	70	8	0	6	0	
	Meat Add-Ons	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	
		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		
Veg.	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		
	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		
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		
Sides and Sauces	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	
	Sauces	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	
		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	
Feasts	Feasts	Fresh Salsa	1.5 oz	30	0	0	0	0	0	270	6	1	3	< 1	
		Tomato Chutney Aioli	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	
		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	
Sauces	Sauces	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	
		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 Aioli	1.5 oz	240	220	24	5	0	20	340	6	0	5	0	
Kid's Menu	Kid's Menu	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	
		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	0.5 oz	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	
Dessert	Dessert	Grilled Cheese	1 each	440	170	20	13	1	30	1220	50	2	2	18	
		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		
Dinners for 4	Meats	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	
	Sides and Add-Ons	Sides and Add-Ons	Taziki Sauce (w/ grill chix + whl bk chix)	8 ounces	170	60	7	5	0	30	1320	20	2	10	6
			Tomato Chutney Aioli (w/ pork loin)	8 ounces	1280	1,160	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
			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												