

# NUTRITION FACTS



Menu Item	Entrée Choice	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Breads</b>													
White Pita		1 each	260	5	0.5	0	0	0	270	56	2	2	8
Wheat Pita		1 each	250	10	1	0	0	0	270	54	4	3	8
Laffa		1 each	330	70	8	3	0	0	710	55	5	1	9
Wheat Laffa		1 each	290	60	7	3	0	0	750	50	6	0	9
<b>Proteins</b>													
Chicken Shwarma	Plate	88 grams	190	90	10	2.5	0	80	120	0	0	0	22
Chicken Shwarma	Pita	76 grams	160	80	9	2.5	0	70	105	0	0	0	19
Chicken Shwarma	Laffa	88 grams	190	90	10	2.5	0	80	120	0	0	0	22
Steak Shwarma	Plate	101 grams	180	45	5	2.5	0	50	250	0	0	0	31
Steak Shwarma	Pita	76 grams	130	30	3.5	2	0	40	190	0	0	0	23
Steak Shwarma	Laffa	101 grams	180	45	5	2.5	0	50	250	0	0	0	31
Falafel	Plate	180 grams (6 falafels)	380	180	21	1	0	0	1070	42	12	1	15
Falafel	Pita	120 grams (4 falafels)	250	120	14	1	0	0	710	28	8	1	10
Falafel	Laffa	180 grams (6 falafels)	380	180	21	1	0	0	1070	42	12	1	15
Grilled Portobello Mushroom	Plate	126 grams	100	70	8	1	0	0	90	6	3	3	4
Grilled Portobello Mushroom	Pita	72 grams	60	40	4.5	0.5	0	0	50	3	2	2	2
Grilled Portobello Mushroom	Laffa	126 grams	100	70	8	1	0	0	90	6	3	3	4
<b>Kabob</b>													
Chicken Kabob	Kabob	1 skewer	170	100	12	2	0	40	200	2	0	1	15
Chicken Kabob	Kabob	2 skewers	340	210	23	3.5	0	80	410	3	1	1	29
Steak Kabob	Kabob	1 skewer	220	120	13	3	0	35	220	2	0	1	22
Steak Kabob	Kabob	2 skewers	440	240	27	6	0	70	430	3	1	1	44
Hummus	Kabob	68 grams	180	120	14	0	0	0	320	5	0	0	9
Rice	Kabob	149 grams	240	50	6	0.5	0	0	570	40	1	0	5
Vegetable Salad	Kabob	102 grams	50	35	4	0	0	0	490	4	1	2	1
<b>Salads</b>													
Hummus	Plate	70 grams	190	130	14	0	0	0	330	5	0	0	9
Hummus	Pita	37 grams	100	70	7	0	0	0	170	2	0	0	5
Hummus	Laffa	70 grams	190	130	14	0	0	0	330	5	0	0	9
Hummus	Kabob	68 grams	180	120	14	0	0	0	320	5	0	0	9
Chopped Lettuce	Plate	18 grams	5	0	0	0	0	0	0	1	0	0	0
Chopped Lettuce	Pita	18 grams	5	0	0	0	0	0	0	1	0	0	0
Chopped Lettuce	Laffa	18 grams	5	0	0	0	0	0	0	1	0	0	0
Red Cabbage	Plate	37 grams	30	20	2.5	0	0	0	85	3	1	1	0
Red Cabbage	Pita	20 grams	15	10	1.5	0	0	0	45	1	0	1	0
Red Cabbage	Laffa	37 grams	30	20	2.5	0	0	0	85	3	1	1	0
Tabuleh Salad	Plate	50 grams	70	20	2.5	0	0	0	150	10	3	0	2
Tabuleh Salad	Pita	30 grams	40	15	1.5	0	0	0	90	6	2	0	1
Tabuleh Salad	Laffa	50 grams	70	20	2.5	0	0	0	150	10	3	0	2
Red Onion	Plate	9 grams	5	0	0	0	0	0	0	1	0	0	0
Red Onion	Pita	8 grams	5	0	0	0	0	0	0	1	0	0	0
Red Onion	Laffa	9 grams	5	0	0	0	0	0	0	1	0	0	0

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<b>Vegetable Salad</b>	Plate	100 grams	50	35	4	0	0	0	480	4	1	2	1
<b>Vegetable Salad</b>	Pita	50 grams	25	20	2	0	0	0	240	2	0	1	0
<b>Vegetable Salad</b>	Laffa	100 grams	50	35	4	0	0	0	480	4	1	2	1
<b>Vegetable Salad</b>	Kabob	102 grams	50	35	4	0	0	0	490	4	1	2	1
Pickles	Plate	45 grams	5	0	0	0	0	0	540	1	0	0	0
Pickles	Pita	26 grams	5	0	0	0	0	0	310	1	0	0	0
Pickles	Laffa	45 grams	5	0	0	0	0	0	540	1	0	0	0
<b>Babaganoush</b>	Plate	45 grams	60	35	4	0.5	0	0	160	2	1	0	2
<b>Babaganoush</b>	Pita	22 grams	30	15	2	0	0	0	80	1	0	0	1
<b>Babaganoush</b>	Laffa	45 grams	60	35	4	0.5	0	0	160	2	1	0	2
<b>Etc.</b>													
Rice	Plate	71 grams	110	25	3	0	0	0	270	19	0	0	2
Rice	Pita	31 grams	50	10	1	0	0	0	120	8	0	0	1
Rice	Laffa	71 grams	110	25	3	0	0	0	270	19	0	0	2
Rice	Kabob	149 grams	240	50	6	0.5	0	0	570	40	1	0	5
Garbanzo Seasoned Chips		100 grams	530	310	34	5	0	0	20	53	5	0	7
Gilled Eggplant		83 grams (3 slices)	70	60	7	0	0	0	0	4	3	2	1
Dolmas		110 grams (4 each)	170	100	11	1.5	0	5	420	16	2	1	2
Hard-Boiled Egg		1 egg	80	50	5	1.5	0	185	60	1	0	1	6
Pepperoncini		9 grams (about 1)	0	0	0	0	0	0	160	1	0	0	0
Kalamata Olives		16 grams (5 olives)	45	35	4	0	0	0	260	2	0	0	0
Colby Jack Cheese		42 grams (2 slices)	150	110	12	7	0	40	290	1	0	0	9
Feta Cheese		40 grams	110	80	9	6	0	35	450	2	0	2	6
<b>Sauces</b>													
Tahini	Plate	47 grams	120	90	10	1.5	0	0	160	1	3	0	5
Tahini	Pita	32 grams	80	60	7	1	0	0	110	1	2	0	3
Tahini	Laffa	47 grams	120	90	10	1.5	0	0	160	1	3	0	5
<b>Mediterranean Garlic Sauce</b>	Plate	26 grams	130	130	15	2.5	0	15	75	0	0	0	0
<b>Mediterranean Garlic Sauce</b>	Pita	24 grams	120	120	14	2.5	0	10	70	0	0	0	0
<b>Mediterranean Garlic Sauce</b>	Laffa	26 grams	130	130	15	2.5	0	15	75	0	0	0	0
Cilantro Sauce	Plate	43 grams	40	30	3.5	0	0	0	140	2	1	1	1
Cilantro Sauce	Pita	30 grams	25	20	2.5	0	0	0	100	1	1	1	0
Cilantro Sauce	Laffa	43 grams	40	30	3.5	0	0	0	140	2	1	1	1
<b>Red Chili Sauce</b>	Plate	36 grams	45	35	4	0	0	0	240	3	0	2	0
<b>Red Chili Sauce</b>	Pita	21 grams	25	20	2.5	0	0	0	135	1	0	1	0
<b>Red Chili Sauce</b>	Laffa	36 grams	45	35	4	0	0	0	240	3	0	2	0
Tzatziki	Plate	47 grams	60	45	5	2.5	0	10	105	2	0	2	1
Tzatziki	Pita	40 grams	50	40	4.5	2	0	10	90	2	0	2	1
Tzatziki	Laffa	47 grams	60	45	5	2.5	0	10	105	2	0	2	1
<b>Dressings</b>													
Greek Vinaigrette		32 grams	140	120	13	2	0	0	980	4	0	3	0
Zesty Lemon Vinaigrette		32 grams	120	110	13	1	0	0	420	3	0	0	0
<b>Entrée Salad</b>													
Greek Salad (no dressing, no protein)		1 salad	160	90	10	1.5	0	10	1090	15	5	5	4
<b>Other</b>													
Lemon Slices		1 slice	0	0	0	0	0	0	0	0	0	0	0

\* Please Note: Measurements are approximate  
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