Nutritional MENU

MENU



ТҮРЕ	MENU ITEM	SERVING SIZE (02)	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)	VITAMIN A (µg)	VITAMIN C (mg)	VITAMIN D2 (IU)	VITAMIN D3 (IU)	POTASSIUM (mg)	IRON (mg)	CALCIUM (mg)	PEANUT	ALMOND	EGG	HAZELNUT	TOTAL MILK	GLIADIN (Gluten) WALNUT GRUSTAGEA	AUS	LUPINE	MUSTARD	SESAME	CASEIN	BRAZIL NUT Cashew / Pistachio
PLATTERS	Regular Chicken Platter	18	521	648	93	10	3	0	245	1296	79	2	4	59	0	3	0	0	927	3	83						✓ Pita	✓ P	ita	✓ Pita	✓ Pita	✓ Chicken	
PLATTERS	Small Chicken Platter	13	356	471	65	7	2	0	163	926	61	1	2	40	0	2	0	0	617	2	58						✓ Pita	✓ P	ita	✓ Pita	✓ Pita	√ Chicken	
PLATTERS	Regular Beef Gyro Platter	18	521	939	320	36	16	1	107	2700	113	2	4	41	0	3	0	0	999	4	134						✓ Beef Gyro, Pita	✓ P	ita	✓ Pita	√ Pita		
PLATTERS	Small Beef Gyro Platter	13	356	665	217	24	11	1	71	1862	83	1	2	28	0	2	0	0	665	3	92						√ Beef Gyro, Pita	✓ P	ita	✓ Pita	✓ Pita		
PLATTERS	Regular Combo Platter	18	521	794	206	23	10	1	176	1998	96	2	4	50	0	3	0	0	963	3	109						√ Beef Gyro, Pita	✓ P	ita	✓ Pita	√ Pita	√ Chicken	
PLATTERS	Small Combo Platter	13	357	572	142	16	6	0	117	1401	73	1	3	34	0	2	0	0	645	2	77						√ Beef Gyro, Pita	✓ P	ita	✓ Pita	✓ Pita	✓ Chicken	
PLATTERS	Regular Falafel Platter	19	536	1049	375	42	7	0	0	1968	139	22	6	29	0	3	0	0	1391	5	207						✓ Falafel, Pita	✓ P	ita	✓ Pita	√ Pita		
PLATTERS	Small Falafel Platter	18	499	914	306	34	6	0	0	1686	126	18	6	25	0	3	0	0	1194	4	180						√ Falafel, Pita	✓ P	ita	✓ Pita	✓ Pita		
PLATTERS	Regular Chicken/Falafel Platter	19	536	884	265	30	5	0	122	1716	109	14	5	45	0	3	0	0	1223	4	145						✓ Falafel, Pita	✓ P	ita	✓ Pita	✓ Pita	✓ Chicken	
PLATTERS	Small Chicken/Falafel Platter	14	386	648	182	20	4	0	82	1239	85	10	4	32	0	2	0	0	845	3	109						√ Falafel, Pita	✓ P	ita	✓ Pita	√ Pita	√ Chicken	
PLATTERS	Regular Beef Gyro/Falafel Platter	19	536	1030	378	42	12	1	53	2418	126	14	5	36	0	3	0	0	1258	4	171						✓ Beef Gyro, Pita	✓ P	ita	√ Pita	√ Pita		
PLATTERS	Small Beef Gyro/Falafel Platter	14	386	745	258	29	8	0	36	1707	96	10	4	26	0	2	0	0	869	3	126						√ Beef Gyro, Pita	✓ P	ita	✓ Pita	√ Pita		
SANDWICHES	Chicken Sandwich	10	278	419	66	7	2	0	163	904	47	2	4	41	0	2	0	0	702	4	117						✓ Pita	✓ P	ita	✓ Pita	✓ Pita	√ Chicken	
SANDWICHES	Beef Gyro Sandwich	10	278	613	218	24	11	1	71	1840	69	2	4	29	0	2	0	0	750	4	151						√ Beef Gyro, Pita	✓ P	ita	✓ Pita	√ Pita		
SANDWICHES	Combo Sandwich	10	278	516	142	16	7	0	117	1372	58	2	4	35	0	2	0	0	726	4	134						√ Beef Gyro, Pita	✓ P	ita	✓ Pita	✓ Pita	✓ Chicken	
SANDWICHES	Falafel Sandwich	10	276	641	232	26	4	0	0	1259	82	14	5	20	0	2	0	0	946	5	191						√ Falafel, Pita	✓ P	ita	✓ Pita	✓ Pita		
SANDWICHES	Chicken/Falafel Sandwich	10	295	597	183	20	4	0	82	1222	71	10	5	32	0	2	0	0	922	5	168						√ Falafel, Pita	✓ P	ita	✓ Pita	✓ Pita	✓ Chicken	
SANDWICHES	Beef Gyro/Falafel Sandwich	10	295	694	259	29	8	0	36	1690	82	10	5	26	0	2	0	0	946	5	185						✓ Beef Gyro, Pita	✓ P	ita	✓ Pita	✓ Pita		
SIDES	Hummus	6	170	377	212	24	4	0	0	756	29	13	0	12	0	0	0	0	287	3	113										✓		
SIDES	Baba Ghanoush	6	170	187	128	14	2	0	0	678	11	7	0	4	0	0	0	0	230	1	58										✓		
SIDES	Tabbouleh	6	170	68	0	0	0	0	0	346	15	4	1	3	0	45	0	0	509	1	85						✓						
SIDES	Tahini	6	170	481	54	6	2	0	0	864	91	4	6	16	0	0	0	0	537	6	209										✓		
SIDES	Falafel (per 2 pieces)	3	74	269	138	15	2	0	0	564	25	8	1	8	0	0	0	0	394	1	55						✓ <u> </u>						
SIDES	French Fries	10	283	839	320	35	6	0	0	1170	121	12	0	9	0	0	0	0	1350	2	26										✓	✓ 	
SIDES	Pita (Whole Loaf)	3	79	225	25	3	1	0	0	403	42	2	3	8	0	0	0	0	251	3	98						V	✓		✓	✓		
DESSERTS	Baklava	2	51	230	92	10	3	0	1	89	32	4	17	3	0	0	0	0	77	1	14						V V					<i></i>	
TOPPINGS	Green Peppers	1	28	5	0	0	0	0	0	0	1	1	1	0	0	14	0	0	38	0	3											,	
TOPPINGS	Onions Olives	1	28	8	0	0	0	U	U	5	2	2	0	0	U	0	U	U	28	0	5											<i></i>	
TOPPINGS TOPPINGS	Jalapenos	1	28	49	38	0	0	n	n	547 247	1	1	0	0	n	n	n	n	9 22	0	9 22											/	
SAUCE	Tahini	1	28	92	68	8	1	n	n	46	3	3	0	3	n	n	n	n	56	0	26										J	V	
SAUCE	White Sauce	3	85	450	381	42	6	n	54	540	17	11	1	1	n	n	n	80	12	0	9			✓ 							V		
SAUCE	White Sauce	2	57	300	254	28	4	0	36	360	11	7	1	0	0	0	0	54	8	0	6			✓									
SAUCE	Hot Sauce	0.25	7	7	2	0	0	0	0	89	1	1	0	0	0	0	0	0	34	0	4												
SAUCE	BBQ Sauce	0.2	6	11	0	0	0	0	0	56	3	0	2	0	0	0	0	0	12	0	3												

BEVERAGES

ТҮРЕ	MENU ITEM	SERVING SIZE (02)	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)
FOUNTAIN	Barq's Root Beer	20	567	270	0	0	0	0	0	90	73	0	73	0
FOUNTAIN	Coca-Cola	20	567	240	0	0	0	0	0	65	67	0	67	0
FOUNTAIN	Diet Coke	20	567	0	0	0	0	0	0	85	1	0	0	0
FOUNTAIN	Cherry Coca-Cola	20	567	260	0	0	0	0	0	70	70	0	70	0
FOUNTAIN	Coca-Cola Zero Sugar	20	567	0	0	0	0	0	0	65	0	0	0	0
FOUNTAIN	Dr Pepper	20	567	240		0		0		75	65	0	64	0
FOUNTAIN	Fanta Orange	20	567	250	0	0	0	0	0	65	67	0	66	0
FOUNTAIN	Fuze Sweet Tea	20	567	140	0	0	0	0	0	85	37	0	37	0
FOUNTAIN	Fuze Unsweet Tea	20	567	0	0	0	0	0	0	85	0	0	0	0
FOUNTAIN	Fuze Raspberry Tea	20	567	140	0	0	0	0	0	85	38	0	37	0
FOUNTAIN	Glaceau vitaminwater xxx	20	567	120	0	0	0	0	0	65	32	0	31	0
FOUNTAIN	Gold Peak Sweetened Black Tea	20	567	190	0	0	0	0	0	80	52	0	52	0

TYPE	MENU ITEM	SERVING SIZE (02)	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)
FOUNTAIN	Hi-C Poppin' Pink Lemonade	20	567	220	0	0	0	0	0	160	61	0	59	0
FOUNTAIN	Hi-C Flashin Fruit Punch	20	567	260	0	0	0	0	0	120	71	0	69	0
FOUNTAIN	Luzianne	20	567	0	0	0	0	0	0	0	0	0	0	0
FOUNTAIN	Mello Yello	20	567	260	0	0	0	0	0	85	73	0	73	0
FOUNTAIN	Minute Maid Lemonade POM (3% Juice)	20	567	240	0	0	0	0	0	115	67	0	63	0
FOUNTAIN	Minute Maid Light Lemonade	20	567	10	0	0	0	0	0	70	3	0	0	0
FOUNTAIN	Pibb Xtra	20	567	230	0	0	0	0	0	90	63	0	63	0
FOUNTAIN	POWERade Mountain Berry Blast	20	567	140	0	0	0	0	0	190	37	0	36	0
FOUNTAIN	Rituals	20	567	0	0	0	0	0	0	0	0	0	0	0
FOUNTAIN	Seagram's Ginger Ale	20	567	220	0	0	0	0	0	75	59	0	58	0
FOUNTAIN	Sprite	20	567	230	0	0	0	0	0	115	61	0	61	0