

STARTERS

Menu Item	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)
Fire Feta® and Pita	333	31	6	624
Original Hummus and Pita	330	37	2	533
Red Pepper Hummus and Pita	322	37	2	509
Lemon Chicken Soup Starter	219	17	4	1099
Lemon Chicken Cup of Soup	376	38	5	1302

FRESH SALADS

Menu Item	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)
With Lite Dressing				
Calamari Greek Salad	554	36	8	1690
Chicken Greek Salad	469	16	8	1244
Falafel Greek Salad	737	54	9	1574
Gyros Greek Salad	656	25	20	1678
Original Greek Salad	256	16	6	878
Shrimp Greek Salad	420	22	8	1620
Spicy Chicken Greek Salad	591	19	13	1598

Menu Item	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)
With Original Dressing				
Calamari Greek Salad	599	36	9	1736
Chicken Greek Salad	514	16	9	1290
Falafel Greek Salad	782	54	10	1619
Gyros Greek Salad	702	25	21	1724
Original Greek Salad	302	16	7	924
Shrimp Greek Salad	466	22	8	1665
Spicy Chicken Greek Salad	847	19	15	1914

KID'S MEALS

Menu Item	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)
With Fries				
Kids Gyros Pita	593	57	9	756
Kids Chicken Tenders	363	21	2	411
Kids Bare Burger	626	68	4	1126

Menu Item	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)
With Rice				
Kids Gyros Pita	571	60	9	1075
Kids Chicken Tenders	340	24	2	730
Kids Bare Burger	600	71	4	1440

Menu Item	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)
With Lite Dressing				
Kids Gyros Pita	559	41	12	1118
Kids Chicken Tenders	328	5	6	773
Kids Bare Burger	592	52	7	1487

Menu Item	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)
With Original Dressing				
Kids Gyros Pita	589	41	13	1148
Kids Chicken Tenders	359	5	6	804
Kids Bare Burger	622	52	7	1518

SIDES

Menu Item	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)
Baklava	260	38	4	180
Chicken Ka-bob	162	3	1	258
Dolmas	126	11	1	306
Falafel	279	23	2	413
Fire Fries	393	40	6	436
French Fries	270	37	1	82
Gyros	400	9	14	800
Pita Bread	210	28	1	270
Rice	238	45	1	679
Salad & Rice and Lite Dressing	354	50	5	1087
Salad & Rice and Original Dressing	384	50	5	1117
Shrimp	352	26	2	946
Spanakopita	220	11	5	330
Steak Ka-bob	111	4	1	138
Tzatziki	47	3	3	191



Nutritional Information

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PLATES

Menu Item	Main Item				Including French Fries				Including Rice and Salad with Original Dressing				Including Rice and Salad with Lite Dressing			
	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)
Fresh Carved Gyros	500	11	18	1000	770	49	19	1082	884	61	23	2117	854	61	22	2087
Fresh Roasted Half Chicken	1494	9	35	2285	1716	46	35	2294	1897	59	41	3432	1848	59	40	3372
Crispy Shrimp	246	9	2	1112	517	46	3	1194	630	59	7	2229	600	59	6	2199
Crispy Calamari	298	20	2	812	568	57	3	894	682	70	7	1929	652	70	7	1899
Fresh Carved Gyros and Grilled Chicken Ka-bob	466	9	12	835	947	75	14	1187	1061	87	18	2222	1030	87	18	2192
Fresh Carved Gyros and Grilled Steak Ka-bob	414	10	12	715	895	76	14	1068	1009	88	18	2103	978	88	18	2072
Grilled Chicken and Grilled Steak Ka-bob	273	8	3	396	543	45	4	478	657	57	8	1513	627	57	7	1483
Fresh Carved Gyros and Crispy Shrimp	427	11	12	1133	907	76	14	1486	811	60	17	2250	991	88	17	2490
Fresh Carved Gyros and Vegetarian Falafel	558	28	12	978	1038	93	14	1331	942	78	17	2096	911	78	17	2065
Grilled Chicken Ka-bobs	325	6	2	515	595	44	4	597	709	56	7	1605	680	56	7	1635
Grilled Steak Ka-bobs	221	9	3	276	845	96	9	1445	605	59	8	1393	575	59	7	1363
Veggie Combo	702	50	9	1209	1183	115	11	1562	1086	100	14	2327	1056	100	13	2296

PITAS

Menu Item	Main Item				Including French Fries				Including Rice and Salad with Original Dressing				Including Rice and Salad with Lite Dressing			
	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)
Fresh Carved Gyros	667	42	16	1150	938	80	17	1232	1052	92	21	2267	1021	92	20	2237
Grilled Chicken	480	33	3	716	750	71	5	798	864	83	8	1833	834	83	8	1803
Spicy Grilled Chicken	602	36	8	1069	1108	120	9	1897	868	83	9	1845	838	83	8	1815
Crispy Calamari	491	48	3	959	761	86	4	1041	875	98	8	2076	845	98	8	2046
Vegetarian Falafel	546	56	3	763	816	93	4	845	930	106	8	1880	900	106	8	1849
Crispy Shrimp	431	39	31	1091	702	77	4	1174	816	89	8	2209	785	89	7	2178

LUNCH SPECIALS

Menu Item	Main Item				Including French Fries				Including Rice and Salad with Original Dressing				Including Rice and Salad with Lite Dressing			
	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)	Calories	Carbs (g)	Sat Fat (g)	Sod (mg)
Grilled Chicken Ka-bob	162	3	1	258	433	41	3	340	547	53	6	1375	520	53	6	1340
Fresh Roasted Quarter Chicken	742	4	17	1135	1013	42	19	1217	1126	54	23	2252	1096	54	22	2222
Grilled Steak Ka-bob	111	4	1	138	381	42	3	220	705	82	8	1526	464	54	6	1225
Vegetarian	482	39	4	879	752	76	5	962	866	89	9	1997	836	89	8	1966
Pita Burger with No Topping	552	51	4	1131	822	88	5	1213	936	101	9	2248	906	101	9	2217
Add Fire Feta®	122	3	5	354												
Add Red Pepper Hummus	111	9	1	239												
Add Feta Cheese	91	0	5	445												
Add Gyros	200	5	7	400												

Pita lunch specials are represented in the "Pitas" category. To add the nutritional value of Pita Bread and Tzatziki for Plates and Lunch Specials please see the "Sides" Category.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. These values are based on standard product formulation. Minor acceptable variations can be expected due to sampling differences, product assembly, seasonal influences and regional suppliers. Promotional entrees have not been included.