

EAT WELL. LIVE WELL.



NUTRITIONAL INFORMATION

daphnes.biz



LOOKING FOR SOMETHING VEGETARIAN OR GLUTEN-FREE?

Daphne's is proud to serve items that are vegetarian (does not contain meat or fish) and gluten-free for those with special dietary needs. Listed below are items that are vegetarian and gluten-free on our menu.

VEGETARIAN

STARTERS

- Fire Feta® with Pita or Multigrain Pita Chips
- Premium Hummus with Pita or Multigrain Pita Chips
- Starter Sampler

FLATBREAD PIZZAS

- Rustic Greek
- Margherita

ALL SALADS

- Falafel
- Fire-Roasted Vegetables

CLASSIC PITA SANDWICHES

- Falafel
- Fire-Roasted Vegetables

STREET PITASSM

- Falafel
- #### PITA BURGERSM
- Gardenburger™
 - All Burger toppings

PLATES

- Mix & Match with Falafel
- Vegetarian Plate

THREE COURSE DINNER ENTRÉE

- Falafel and Spanakopita

FAMILY PACK ENTRÉE

- Vegetarian- Falafel, Dolmas and Spanakopita

ALL SIDES

ALL DESSERTS

GLUTEN-FREE

PROTEINS

- Grilled Chicken
- Grilled Steak
- Salmon
- Grilled Chicken Kabob
- Grilled Steak Kabob

ALL SALADS WITH CHICKEN AND WITHOUT PITA

FRIES

FIRE-ROASTED VEGETABLES

ORIGINAL AND PESTO HUMMUS

SEASONED RICE PILAF

FIRE FETA[®]

DOLMAS

TZATZIKI SAUCE

- The nutrition information provided is derived from testing conducted in laboratories, published resources, or from information provided from Daphne's California Greek suppliers. The nutrition information is based on standard product formulations and serving sizes. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences, may affect the nutrition values for each product. Due to federal rounding regulations, the calculation of an entire meal may vary slightly from the sum of each menu item in the meal. This information is correct as of September 2011, unless stated otherwise.
- Feta cheese is pasteurized.
- All Daphne's menu items are MSG free.
- Our menu items and cooking oil are trans-fat free, with the exception of naturally occurring trans-fat.
- Nutritional information for our promotional offerings is available at Daphne's locations.
- The U.S. Departments of Health & Human Services and Agriculture recommend limits for a 2,000 calorie daily diet to 20 grams of saturated fat and 2,300 milligrams of sodium.



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STARTERS

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Fire Feta® and Pita	310	150	17	6	25	610	31	1	3	8
Fire Feta® and Multigrain Pita Chips	290	140	15	5	25	630	30	5	3	10
Original Hummus and Pita	300	130	15	2	0	520	37	3	1	6
Original Hummus and Multigrain Pita Chips	290	120	13	1	0	540	36	6	2	8
Roasted Red Pepper Hummus and Pita	330	140	16	2	0	720	40	3	1	7
Roasted Red Pepper Hummus and Multigrain Pita Chips	320	130	14	1	0	740	40	6	2	9
Pesto Hummus and Pita	360	190	22	3	0	580	38	3	1	7
Pesto Hummus and Multigrain Pita Chips	350	180	20	2	0	590	37	6	2	9
Lemon Chicken Soup with Pita	230	110	13	4	56	1160	24	1	1	5
Starter Sampler	510	260	29	6	23	1120	52	11	5	15
For Multigrain Pita Add/Subtract	0	+10	+1	+1	0	-30	+1	+5	+2	+1

FLATBREAD PIZZAS

Rustic Greek Flatbread Pizza	460	220	25	12	64	1280	45	3	8	19
Margherita Flatbread Pizza	500	290	32	10	51	970	41	3	5	18
BBQ Chicken Flatbread Pizza	450	180	20	9	72	1170	47	2	13	24
Pepperoni Flatbread Pizza	470	250	28	13	73	1390	38	1	4	20

SALADS (listed without dressing)

California Greek Salad	500	270	30	8	90	990	29	12	9	34
Chicken Pine Nut Salad	460	280	31	11	90	950	12	5	4	36
Spinach Apple Salad	550	260	28	6	77	1170	47	9	25	34
Classic Greek Salad (no protein)	190	100	11	5	25	590	19	5	9	8
Classic Greek Salad with Grilled Chicken	330	130	15	6	90	1130	21	5	10	32
Classic Greek Salad with Falafel	540	290	31	8	25	1190	49	14	11	17
Classic Greek Salad with Crispy Shrimp	350	170	19	6	105	1130	28	5	9	19
Classic Greek Salad with Fresh-Carved Gyros	620	430	47	20	100	1270	28	5	10	24

SALAD DRESSING

(add the following values)										
Classic Greek Dressing	110	110	12	2	0	230	2	0	0	0
Greek Lite Dressing	60	55	6	1	0	180	2	0	0	0
Gorgonzola Dressing	160	140	16	4	12	410	2	0	0	3
Pomegranate Dressing	170	70	8	1	0	150	23	0	22	0

SANDWICHES

CLASSIC PITA

Classic Pita Sandwich - Fresh-Carved Gyros	660	420	47	16	74	1025	40	2	4	21
Classic Pita Sandwich - Grilled Chicken	370	130	15	2	64	880	33	2	3	28
Classic Pita Sandwich - Fire-Roasted Vegetables	350	160	18	5	19	890	39	4	4	10
Classic Pita Sandwich - Falafel	510	250	28	4	0	860	54	8	4	12
Classic Pita Sandwich - Crispy Shrimp	390	170	19	3	80	880	40	2	3	15
For Multigrain Pita Add/Subtract	0	+10	+1	+1	0	-30	+1	+5	+2	+1

STREET PITASSM (add two for total)

Street Pitas SM - Fresh-Carved Gyros	380	230	26	8	39	640	26	1	2	11
Street Pitas SM - Grilled Chicken	290	125	14	3	43	650	23	1	2	17
Street Pitas SM - Falafel	340	170	19	4	11	590	33	5	3	9

PITA BURGERSSM

Pita Burger SM - Seasoned Ground Beef	680	380	42	14	86	890	46	3	4	32
Pita Burger SM - Grilled Chicken	490	180	20	4	69	1100	48	3	5	33
Pita Burger SM - Gardenburger TM	440	170	19	4	15	940	62	8	5	14

BURGER TOPPINGS

Guacamole	25	20	2	0	0	40	2	1	0	0
Feta Cheese	75	50	6	4	25	310	1	0	0	4
Fire Feta®	60	50	6	3	13	180	1	0	1	2
Original Hummus	60	40	4	1	0	130	4	1	0	1
American Cheese	65	40	5	3	14	250	2	0	1	4

PLATES (+ 2 sides = total calorie count)

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
MIX & MATCH PLATE (add 2 for total calorie count)										
Fresh-Carved Gyros	320	250	27	11	56	520	7	0	1	12
Grilled Chicken Kabob	150	40	4	1	66	560	4	1	2	25
Grilled Steak Kabob	170	80	9	2	39	230	4	1	2	18
Falafel	180	100	11	2	0	320	16	5	1	5
Crispy Shrimp	120	60	6	1	60	410	7	0	0	8
VEGETARIAN PLATE	660	400	45	8	25	1260	52	8	3	16
GRILLED SALMON PLATE	330	200	22	5	46	490	0	1	0	32
KIDS MEAL										
Kids Pita Burger SM - Beef	620	330	37	13	81	830	42	2	2	31
Kids Pita Burger SM - Chicken	430	130	15	3	64	1040	44	2	3	32
Kids Pita Burger SM - Gardenburger TM	390	120	14	3	10	900	60	7	3	13
Kids Grilled Chicken Tenders	190	50	6	1	90	760	3	0	1	33
Kids Grilled Cheese	350	140	15	5	14	500	44	2	3	12
Kids Fresh-Carved Gyros	210	170	18	7	37	340	5	0	1	8
Kids Fresh-Carved Gyros Street Pita SM	380	230	26	8	39	340	26	1	2	11
Kids Grilled Chicken Street Pita SM	290	130	14	3	43	350	23	1	2	17
Kids Falafel Street Pita SM	340	170	19	4	11	590	33	5	3	9
Apple Slices	35	1	0	0	0	1	10	7	2	0

3-COURSE DINNER

Grilled Chicken Kabob and Lemon Chicken Soup	290	120	14	4	120	1580	15	1	3	28
Grilled Chicken Kabob and Crispy Shrimp	270	95	11	2	126	970	11	1	2	33
Falafel and Spanakopita	410	230	26	6	23	640	32	7	3	12
Two Fresh-Carved Gyros Street Pitas SM	760	460	52	17	78	1280	52	3	4	23
Fresh-Carved Gyros Street Pita SM and Grilled Chicken Kabob	530	270	30	9	105	1200	30	2	4	36

SIDES

Fire-Roasted Vegetables	50	30	3	0	0	270	5	2	2	1
Tabouli	80	10	1	0	0	230	17	1	1	3
Seasoned Rice Pilaf	250	50	6	1	0	400	47	1	1	5
Fries	310	140	16	3	1	600	39	3	0	3
Side Greek Salad With Classic Dressing	150	110	12	3	13	380	8	2	3	3
Side Greek Salad With Lite Dressing	120	70	8	3	13	350	8	2	3	3
Side Greek Salad Without Dressing	70	40	4	2	13	230	7	2	3	3
Multigrain Pita Chips	170	40	5	0	0	270	27	5	2	6
Original Hummus	180	120	13	2	0	390	13	2	0	4
Roasted Red Pepper Hummus	210	130	14	2	0	600	17	3	1	4
Pesto Hummus	240	180	20	2	0	450	14	3	0	4

PITA AND TZATZIKI SAUCE

Original Pita	180	55	6	1	0	260	28	1	1	4
Tzatziki Sauce	50	25	3	2	0	140	2	0	1	1
Original Pita and Tzatziki Sauce	230	80	9	3	0	400	30	1	2	5
For Multigrain Pita Add/Subtract	0	+10	+1	+1	0	-30	+1	+5	+2	+1

DESSERTS

Baklava	250	85	9	3	5	170	36	1	26	2
Caramel Pecan	110	80	9	2	0	35	12	1	7	1
Peanut Butter Chocolate Chip Cookie	380	180	20	8	20	320	47	2	28	6
Cranberry White Chocolate Chip Cookie	360	140	16	10	20	280	53	2	36	4
Shortbread Cookie	410	210	23	12	25	65	47	1	18	4
Chocolate Chunk Cookie	380	160	18	10	20	300	51	2	32	4

FAMILY PACK (serves up to four)

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate(g)	Fiber (g)	Sugar (g)	Protein (g)
Fresh-Carved Gyros Entrée	740	580	64	26	130	1200	16	0	2	28
Grilled Chicken Tenders Entrée	460	120	14	3	215	1810	7	0	3	79
Vegetarian Entrée	860	510	56	12	48	1470	68	12	6	23
Fire-Roasted Vegetables	250	140	15	2	0	1420	28	11	12	7
Tabouli	320	30	3	0	0	910	67	3	5	11
Seasoned Rice Pilaf	960	200	22	4	0	1530	180	5	5	19
Greek Salad With Classic Greek Dressing	300	200	23	6	25	810	20	5	9	8
Greek Salad With Lite Dressing	250	150	17	5	25	770	20	5	9	8
Greek Salad Without Dressing	190	100	11	5	25	590	19	5	9	8
Original Hummus	520	350	38	5	0	1150	38	7	0	10
Roasted Red Pepper Hummus	590	370	41	5	0	1550	46	7	1	12
Pesto Hummus	650	460	51	6	0	1260	41	7	0	12
Original Pita	920	280	32	5	0	1290	139	5	5	20
Tzatziki Sauce	320	190	20	14	0	1000	16	0	7	9
For Multigrain Pita Add/Subtract	0	+40	+5	+2	0	-150	+5	+25	+10	+5

GRAB AND GO

Original Pita (Bag of 10)	1580	310	34	5	0	2540	274	10	10	39
Toasted Original Pita (Bag of 10)	1830	560	63	10	0	2590	278	10	10	40
Original Hummus	520	350	38	5	0	1150	38	7	0	10
Roasted Red Pepper Hummus	590	370	41	5	0	1550	46	7	1	12
Pesto Hummus	650	460	51	6	0	1260	41	7	0	12
Tzatziki Sauce	280	160	18	12	0	870	14	0	6	8
Fire Feta®	540	430	48	22	110	1550	12	2	8	18
Classic Greek Dressing 1 Bottle	850	850	97	12	0	1820	12	0	0	0
Lite Dressing 1 Bottle	490	440	49	6	0	1460	12	0	0	0
For Multigrain Pita Add/Subtract	+40	+100	+12	+5	0	+210	+19	+51	+20	+12
For Toasted Multigrain Pita Add/Subtract	0	+90	+10	+5	0	+310	+10	+50	+20	+10

BEVERAGES

Coca Cola- 12oz	140	0	0	0	0	10	40	0	40	0
Coca Cola- 22oz	260	0	0	0	0	15	70	0	70	0
Coca Cola- 32oz	380	0	0	0	0	20	100	0	100	0
Coke Zero- 12oz	0	0	0	0	0	5	0	0	0	0
Coke Zero- 22oz	0	0	0	0	0	10	0	0	0	0
Coke Zero- 32oz	0	0	0	0	0	15	0	0	0	0
Diet Coke- 12oz	0	0	0	0	0	10	0	0	0	0
Diet Coke-22oz	0	0	0	0	0	10	0	0	0	0
Diet Coke- 32oz	0	0	0	0	0	15	0	0	0	0
Dr. Pepper- 12oz	140	0	0	0	0	50	40	0	40	0
Dr. Pepper- 22oz	250	0	0	0	0	90	70	0	70	0
Dr. Pepper- 32oz	370	0	0	0	0	130	100	0	100	0
Sprite- 12oz	140	1	0	0	0	30	35	0	30	0
Sprite- 22oz	250	1	0	0	0	60	60	0	60	0
Sprite- 32oz	360	2	0	0	0	80	90	0	80	0
Sprite Zero-12oz	0	0	0	0	0	10	0	0	0	0
Sprite Zero- 22oz	5	0	0	0	0	20	0	0	0	0
Sprite Zero- 32oz	10	0	0	0	0	25	0	0	0	0
Minute Maid Light Lemonade- 12oz	10	0	0	0	0	5	1	0	0	0
Minute Maid Light Lemonade- 22oz	15	0	0	0	0	10	1	0	0	0
Minute Maid Light Lemonade- 32oz	20	0	0	0	0	10	2	0	0	0
Powerade Mountain Blast- 12oz	80	0	0	0	0	80	20	0	20	0
Powerade Mountain Blast- 22oz	150	0	0	0	0	140	40	0	40	0
Powerade Mountain Blast- 32oz	220	0	0	0	0	210	60	0	60	0
Cherry Flavor Shot	0	0	0	0	0	0	0	0	0	0
Orange Flavor Shot	0	0	0	0	0	0	0	0	0	0
Vanilla Flavor Shot	0	0	0	0	0	0	0	0	0	0
Fresh Brewed Iced Tea	0	0	0	0	0	0	0	0	0	0

ALLERGEN INFO

	SOY	EGG	FISH	MILK	PEANUTS	TREE NUTS	SHELLFISH	WHEAT
Multigrain Pita	**			**				*
Original Pita	*			*				*
American Cheese				*				
Baklava	*			*		*		*
BBQ Sauce	*							
Caramel Pecan	*			*		*		*
Chocolate Chunk Cookie	*	*		*				*
Classic Greek Dressing	*							
Cranberry White Chocolate Cookie	*	*		*				*
Crispy Shrimp	*						*	*
Daphne's Sauce	*	*		*				
Dolmas								
Falafel	*			**				*
Feta Cheese				*				
Fire Feta®	*			*				
Fire-Roasted Vegetables								
Flatbread	*			**				*
Fresh-Carved Gyros	*							*
Fries	*							
Gardenburger™	*			*				*
Gorgonzola Cheese				*				
Gorgonzola Vinaigrette	*			*				
Greek Lite Dressing	*							
Grilled Chicken Tenders/Kabobs	*							
Grilled Steak Kabobs	*							
Guacamole								
Hummus	*							
Lemon Chicken Soup	*	*		*				*
Mozzarella Cheese				*				
Multigrain Pita Chips								*
Peanut Butter Cookie	*	*		*	*			*
Pesto	*			*		*		
Pine Nuts						*		
Pomegranate Dressing	*							
Roasted Red Pepper	*	*		*		*		*
Salmon with Seasoning	*		*					
Seasoned Rice Pilaf	*							
Shortbread Cookie				*				*
Spanakopita	*	*		*				*
Tabouli								*
Tomato Pizza Sauce				*				
Tzatziki Sauce	*			*				
Walnuts	*				**	*		

* Contains allergen

** Manufactured in a facility that uses these ingredients

- These products are cooked in a shared fryer: Crispy Shrimp, Falafel, Fries and Spanakopita

While we do our best to keep products separate, all food items are prepared in the same kitchen, providing for possible exchange of allergens.