

| MENU ITEM | PORTION | CALORIES | CALORIES FROM FAT (g) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CH LOESTEROL (mg) | SODIUM (mg) | CARBOHYDRATES (g) | FIBER (g) | SUGAR (g) | PROTEIN (g) | VITAMIN A (%RDA) | VITAMIN C (%RDA) | CALCIUM (%RDA) | IRON (%RDA) |
|------------------------------|-----------|----------|-----------------------|---------------|-------------------|---------------|-------------------|-------------|-------------------|-----------|-----------|-------------|------------------|------------------|----------------|-------------|
| BASES | | | | | | | | | | | | | | | | |
| White Pita | 1 pita | 215 | 22 | 3 | 1 | 10 | 0 | 491 | 40 | 2 | 3 | 8 | 0 | 0 | 3 | 13 |
| Wheat Pita | 1 pita | 201 | 40 | 4 | <1 | 0 | 0 | 283 | 33 | 33 | 1 | 8 | 0 | 0 | 2 | 6 |
| Mixed Greens | 2 oz | 20 | 0 | 0 | 0 | 0 | 0 | 50 | 3 | 1 | 0 | 2 | 80 | 20 | 6 | 6 |
| Lemon Rice Pilaf | 6 oz | 220 | 40 | 5 | 2 | 0 | 3 | 440 | 41 | <1 | 0 | 4 | 2 | 6 | 2 | 10 |
| Brown Rice | 6 oz | 266 | 3 | 3 | <1 | 0 | 0 | 128 | 55 | 2 | 1 | 6 | 0 | 9 | 2 | 2 |
| Lentils | 6 oz | 320 | 100 | 12 | 15 | 0 | 0 | 380 | 40 | 7 | 2 | 15 | 0 | 0 | 5 | 8 |
| PROTEINS | | | | | | | | | | | | | | | | |
| Traditional Gyro | 4 oz | 413 | 280 | 32 | 13 | 0 | 67 | 1040 | 9 | 0 | 0 | 21 | 0 | 0 | 4 | 8 |
| Chicken Gyro | 4 oz | 200 | 67 | 8 | 2 | 0 | 100 | 773 | 4 | 1 | 0 | 29 | 2 | 2 | 2 | 4 |
| Grilled Chicken | 4 oz | 210 | 80 | 10 | 2 | 0 | 90 | 440 | 1 | 0 | 0 | 28 | 0 | 6 | 2 | 4 |
| Grilled Steak | 4 oz | 340 | 240 | 28 | 6 | 0 | 15 | 1220 | <1 | 0 | 0 | 23 | 0 | 6 | 2 | 10 |
| Falafel (<i>per piece</i>) | 1 piece | 45 | 5 | <1 | 0 | 0 | 0 | 150 | 8 | 2 | 1 | 3 | 15 | 10 | 2 | 6 |
| Mediterranean Shrimp | 4 oz. | 87 | 5 | 6 | 1 | 0 | 0 | 5 | 5 | 0 | 2 | 16 | 0 | 15 | 4 | 3 |
| TOPPINGS | | | | | | | | | | | | | | | | |
| Feta Cheese | 1 oz | 60 | 35 | 4 | 3 | 0 | 15 | 310 | 1 | 0 | 0 | 5 | 4 | 0 | 6 | 0 |
| Banana Peppers | .50 oz | 3 | 0 | 0 | 0 | 0 | 0 | 230 | <1 | 0 | 0 | 0 | 19 | 0 | 0 | 0 |
| Kalamata Olives | 1 oz | 37 | 35 | 4 | <1 | 0 | 0 | 108 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 3 |
| Red Onions | .50 oz | 8 | 0 | 0 | 0 | 0 | 0 | 0 | <1 | 0 | 0 | 0 | 0 | 2 | 0 | 0 |
| Cucumbers | 1 oz | 5 | 0 | 0 | 0 | 0 | 0 | 0 | <1 | 0 | 0 | 0 | 0 | 2 | 0 | 0 |
| Village Salad | 1 oz | 100 | 45 | 5 | <1 | 0 | 0 | 210 | 2 | 1 | 1 | 0 | 4 | 6 | 0 | 0 |
| Shredded Romaine | .50 oz | 2 | 0 | 0 | 0 | 0 | 0 | <1 | 0 | 0 | 0 | 0 | 16 | 1 | 0 | 1 |
| Garbanzo Beans | 1 oz | 54 | 8 | <1 | 0 | 0 | 0 | 95 | 4 | 2 | 2 | 3 | 0 | <1 | 1 | 5 |
| Tomatoes | 1 oz | 3 | 0 | 0 | 0 | 0 | 0 | <1 | <1 | 0 | <1 | 0 | 3 | 4 | 20 | 0 |
| Roasted Red Peppers | 1 oz | 20 | 0 | 1 | 0 | 0 | 0 | 130 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Pickled Onion | 1 oz | 10 | 0 | 0 | 0 | 0 | 0 | 45 | 3 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| Sea Salt | 1/4 tsp | 0 | 0 | 0 | 0 | 0 | 0 | 580 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Olive/Canola Oil | .5 fl oz | 120 | 120 | 14 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Red Wine Vinegar | .5 fl oz | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Oregano | 1/4 tsp | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |
| Greek Dressing | 1 fl oz | 150 | 130 | 17 | 2 | 0 | 0 | 190 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Garlic Cream Sauce | 1 oz | 50 | 45 | 5 | 3 | 0 | 15 | 135 | 1 | 0 | 1 | 1 | 0 | 0 | 2 | 0 |
| Tzatziki | 1 oz | 25 | 15 | 2 | 1 | 0 | 5 | 90 | 1 | 0 | 0 | 1 | 0 | 2 | 2 | 4 |
| Hummus | 1 oz | 40 | 20 | 3 | 0 | 0 | 0 | 270 | 3 | 4 | 1 | 1 | 0 | 0 | 0 | 0 |
| Spicy Hummus | 1 oz | 35 | 15 | 2 | 0 | 0 | 0 | 115 | 0 | 4 | 0 | 0 | 1 | 0 | 0 | 0 |
| Garlic Green Beans | 2oz | 70 | 50 | 6 | 1 | 0 | 0 | 300 | 4 | 1 | 1 | 1 | 1 | 6 | 2 | 2 |
| Lemonis Potatoes | 2oz | 70 | 35 | 4 | 2 | 0 | 10 | 280 | 9 | 2 | 1 | 2 | 2 | 15 | 2 | 10 |
| Village Salad | 2oz | 60 | 50 | 5 | 0 | 0 | 0 | 210 | 2 | 0 | 1 | 0 | 4 | 6 | 0 | 2 |
| Dolmades- Vegan | 4.3 piece | 160 | 72 | 8 | 1 | 0 | 0 | 752 | 20 | 5 | 2 | 2 | 9 | 7 | 8 | 14 |

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|------------------------|----------|----------|-----------------------|---------------|-------------------|---------------|-------------------|-------------|-------------------|-----------|-----------|-------------|------------------|------------------|----------------|-------------|
| SIDES | | | | | | | | | | | | | | | | |
| Spanakopita | 1 piece | 280 | 180 | 20 | 9 | 2 | 20 | 310 | 18 | 1 | 2 | 6 | 20 | 20 | 10 | 2 |
| Tiropita | 1 piece | 300 | 190 | 22 | 12 | 2 | 40 | 380 | 18 | 1 | 2 | 8 | 10 | 0 | 8 | 2 |
| Avgolemono Soup | 12 fl oz | 240 | 45 | 5 | <1 | 0 | 90 | 790 | 24 | 1 | 3 | 16 | 0 | 6 | 2 | 6 |
| Lentil Soup | 12 fl oz | 310 | 110 | 12 | 1 | 0 | 0 | 880 | 25 | 11 | 3 | 9 | 110 | 10 | 4 | 15 |
| Fresh Cut Fries | 8 oz | 712 | 329 | 37 | 5 | 0 | 0 | 410 | 87 | 8 | 2 | 9 | 6 | 0 | 30 | 4 |
| Greek Fries | 8 oz | 787 | 383 | 43 | 8 | 0 | 25 | 1910 | 88 | 8 | 4 | 12 | 3 | 0 | 44 | 5 |
| DESSERTS | | | | | | | | | | | | | | | | |
| Rizogalo | 8 oz | 290 | 90 | 10 | 6 | 0 | 30 | 140 | 43 | 0 | 33 | 7 | 8 | 0 | 25 | 2 |
| Pumpkin Spice Rizogalo | 8 oz | 230 | 60 | 8 | 5 | 0 | 20 | 105 | 36 | 1 | 23 | 6 | 8 | 0 | 25 | 1 |
| Baklava | 1 piece | 400 | 140 | 16 | 4 | 3 | 0 | 180 | 60 | 2 | 24 | 5 | 0 | 0 | 2 | 8 |
| Baklava Cheesecake | 1 piece | 670 | 410 | 45 | 24 | 1 | 220 | 420 | 53 | 3 | 24 | 13 | 20 | 0 | 0 | 10 |
| Chocolate Chip Cookie | 1 cookie | 370 | 18 | 9 | 0 | 0 | 210 | 52 | 2 | 31 | 24 | 0 | 0 | 25 | 4 | 0 |

ALLERGEN GUIDE

| | VEGAN | VEGETARIAN | DAIRY | GLUTEN | SOY | WHEAT | NUTS | | VEGAN | VEGETARIAN | DAIRY | GLUTEN | SOY | WHEAT | NUTS |
|---------------------|-------|------------|-------|--------|-----|-------|------|-----------------------|-------|------------|-------|--------|-----|-------|------|
| BASES | | | | | | | | SIDES | | | | | | | |
| White Pita | • | • | | • | • | • | | Garlic Green Beans | • | • | | | | | |
| Wheat Pita | • | • | | • | • | • | | Lemonis Potatoes | • | • | | | | | |
| Lettuce | • | • | | | | | | Dolmades - Vegetable | • | • | | • | • | • | |
| Lemon Rice Pilaf | • | • | | | | | | Spanakopita | | • | • | • | • | • | |
| Brown Rice Pilaf | • | • | | | | | | Avgolemeno Soup | | | | • | • | • | |
| Lentils | • | • | | | | | | Lentil Soup | • | • | | | • | | |
| PROTEINS | | | | | | | | CONTAINS | | | | | | | |
| Traditional Gyro | | | | • | • | • | | Fries | • | • | | † | • | | |
| Chicken Gyro | | | | † | | † | | Greek Fries | • | • | • | † | • | | |
| Grilled Chicken | | | | | | | | Sweet Potato | • | • | | | | | |
| Grilled Steak | | | | | | | | SWEETS | | | | | | | |
| Shrimp (*Shellfish) | | | | | | | | CONTAINS | | | | | | | |
| Lentils | • | • | | | | | | Baklava | | • | • | • | • | • | • |
| Falafel | • | • | | • | • | • | | Baklava Cheesecake | | • | • | • | • | • | • |
| SAUCES | | | | | | | | CONTAINS | | | | | | | |
| Greek Dressing | | | | | | | | Chocolate Chip Cookie | | • | • | • | • | • | † |
| Garlic Cream Sauce | | • | • | | | | | Rizogalo | | • | | | | | |
| Tzatziki | | • | • | | | | | TOPPINGS | | | | | | | |
| Hummus | • | • | | | | | | CONTAINS | | | | | | | |
| Spicy Hummus | • | • | | | | | | Feta Cheese | | • | • | | | | |
| Spicy Pepper Sauce | • | • | | | | | | Kalamata Olives | • | • | | | | | |
| | | | | | | | | Red Onions | • | • | | | | | |
| | | | | | | | | Cucumbers | • | • | | | | | |
| | | | | | | | | Village Salad | • | • | | | | | |
| | | | | | | | | Lettuce | • | • | | | | | |
| | | | | | | | | Pickled Onions | • | • | | | | | |
| | | | | | | | | Roasted Peppers | • | • | | | | | |
| | | | | | | | | Garbanzo Beans | • | • | | | | | |
| | | | | | | | | Tomatoes | • | • | | | | | |



† Processed alongside products that contains allergens