



Nutritional Information - Starters (1 of 1)

Starters	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Appetizer Platter													
Spinach Pie (1/2)	290	21	9	2			23	345		19	2	1.5	7
Falafel (3 oz - about 3 patties)	138	8	1					389		14	4	2	4
Pita Bread	210	3			1.5			380		37	2		7
Hummus (4oz)	360	16	4					480		20	8	4	8
Tzatziki Sauce	120	12	6		1.5	4	25	180	80	2		2	1
Cucumber (4 slices)	3.4							0.5	38	0.6			
Olives (6)	127.8	13.26	2					678		65		1.8	0.8

Hummus and Pita Bread													
Hummus (4oz)	360	16	4					480		20	8	4	8
Pita Bread	210	3			1.5			380		37	2		7

Falafel													
Falafel (7.5oz - 5 patties)	345	20	3					973		35	10	5	10
Tzatziki Sauce	120	12	6		1.5	4	25	180	80	2		2	1

Dolmades													
Dolmades (4)	328	20	8				80	1200	80	10			20
Dolmades Sauce (2oz)	18	2	1			1	5	100	10	1.5			

Spinach Pie													
Spinach Pie	580	42	17	3			45	690		37	3	3	14
Tzatziki Sauce	120	12	6		1.5	4	25	180	80	2		2	1

Fried Pita													
Fried Pita	400	25	5		11	5		360		37	2		7
Tzatziki Sauce	120	12	6		1.5	4	25	180	80	2		2	1



Salads	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Caesar Salad	950	92	17		23	9	10	1540	610	22	5	10	11
Greek Salad - Large	1220	88	20				80	4840	1540	78	16	34	36
Greek Salad - Regular	610	44	10				40	2420	770	39	8	17	18
Greek Salad - Mini	305	22	5				20	1210	385	20	4	9	9
Horiatiki (Village) Salad	740	52	11				40	3870	1240	54	13	25	20
ADD PROTEIN													
Chicken (5oz Breast)	260	11	3		5	3	100	490	330	2			36
Gyro (5oz)	480	44	18				85	1020		10		1	20
Salmon Skewer (3oz)	174	11	2		4	4	54	234	324				19



Soups	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cup of Soup (8oz)	240	16	5		4	7	60	1460	120	12		3	10
Bowl of Soup (12oz)	360	24	8		8	11	90	2190	180	18		5	15
Soup/Salad Combo	545	38	10		4	7	80	2670	505	32	4	12	19



	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Pitas & Wraps													
PROTEIN PITAS													
PITA OR WRAP													
Pita Bread	210	3			1.5			380		37	2		7
Wrap Tortilla	310	7	3					740		52	2		8
ADD VEGGIES													
Shredded Iceberg Lettuce (1oz)	4.32							8	55.8	0.8	0		0.4
Tomato (2 slices)	5.6	0.6						1.55	73.5	1.2	1	0.8	0.3
Onion (2 onion slices)	4.8							0.48	17.5	1.1	0	0.5	0.1
ADD PROTEIN													
Gyro (5oz)	480	44	18				85	1020		10		1	20
Chicken (5oz Breast)	260	11	3		5	3	100	490	330	2			36
Steak (5oz)	360	24	7		5	10	75	230	380	1			34
Olympian pita	548	37	14		5	3	151	1,102	330	8		0.6	48
Lamb Skewer (6oz)	468	30	10		8	10	162	264	408	1.2			44
Falafel (7.5oz - 5 patties)	345	20	3					973		35	10	5	10
Burger (5.33oz)	254	20	8	1		9	70	65	270				17
ADD CHEESE AND SAUCE													
Tzatziki Sauce (2oz)	120	12	6		1.5	4	25	180	80	2		2	1
Feta (1.8oz)	128	7.29	5				27	620		3.7		1.8	11
VEGGIE PITA													
PITA OR WRAP													
Pita Bread	210	3			1.5			380		37	2		7
Wrap Tortilla	310	7	3					740		52	2		8
ADD VEGGIES													
Shredded Iceberg Lettuce (1oz)	4.32							8	55.8	0.8	0		0.4
Tomato (2 slices)	5.6	0.6						1.55	73.5	1.2	1		
Onion (2 onion slices)	4.8							0.5	17.5	1			
Cucumber (4 slices)	3.36							0.5	38	0.6			
Olives (6)	127.8	13.26	2					678		65		1.8	0.8
ADD CHEESE AND SAUCE													
LG House Dressing (2.7oz)	241	22	3					667		11	3	9.5	3
Hummus (2oz)	180	8	2					240		10	4	2	4
Feta (1.8oz)	128	7.29	5				27	620		3.7		1.8	11



	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Light Meals													
Souvlaki Meals													
Greek Salad - Mini	305	22	5				20	1210	385	20	4	9	9
Rice (6oz)	280	7	1	2	2	2		590	135	48	1	1	5
Pita Bread	210	3			1.5			380		37	2		7
Tzatziki Sauce	120	12	6		1.5	4	25	180	80	2		2	1
*****add 4 previous totals to each one of the proteins below to determine those dinner.													
Chicken Skewer (6oz)	312	13	3		6	4	120	588	396	2			44
Lamb Skewer (6oz)	468	30	10		8	10	162	264	408	1.2			44
Steak Skewer (6oz)	432	28	8		6	12	90	276	456	1.2			40
Salmon Skewer (6oz)	348	22	4		8	8	108	468	648				38
Dolmades													
Greek Salad - Mini	305	22	5				20	1210	385	20	4	9	9
Pita Bread	210	3			1.5			380		37	2		7
Dolmades (4)	328	20	8				80	1200	80	10			20
Dolmades Sauce (2oz)	18	2	1			1	5	100	10	1.5			
Spinach Pie													
Greek Salad - Mini	305	22	5				20	1210	385	20	4	9	9
Pita Bread	210	3			1.5			380		37	2		7
Tzatziki Sauce	120	12	6		1.5	4	25	180	80	2		2	1
Spinach Pie	580	42	17	3			45	690		37	3	3	14



Dinners	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Greek Salad - Mini	305	22	5				20	1210	385	20	4	9	9
Rice (6oz)	280	7	1	2	2	2		590	135	48	1	1	5
Pita Bread	210	3			1.5			380		37	2		7
Tzatziki Sauce	120	12	6		1.5	4	25	180	80	2		2	1
*****add 4 previous totals to each one of the proteins below to determine those dinner.													
Gyro (7oz)	672	62	25				119	1428		14		1.4	28
Chicken Skewer (9oz)	468	20	8		9	5	180	882	594	3			65
Lamb Skewer (9oz)	702	45	15		12	15	243	396	612	1.8			66
Steak Skewer (9oz)	648	42	12		9	18	135	414	684	1.8			60
Salmon Skewer (9oz)	522	33	6		12	12	162	702	972				57

Greek Salad - Mini	305	22	5				20	1210	385	20	4	9	9
Pita Bread	210	3			1.5			380		37	2		7
Marinara Sauce	65	3						750		9	1	4	1
*****add 3 previous totals to each one of the dishes below to determine those dinner items.													
Mousaka	1080	68	22	5	15	10	145	1890	880	76	7	15	43
Pastitsio	780	47	17	5	3.5	6	140	1800	330	52	3	12	39



	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Kid's													
Mac N Cheese	300	9	3				15	570	310	45	2	8	11
Pita Bread	210	3			1.5			380		37	2		7

Kid's Gyro Platter

Gyro (3oz)	288	26	11				51	612		6		0.6	12
Cucumber (1)	0.8							0.1	10				
Tomato (1 wedge)	6	0.6						1.5	74	1	1	1	
Rice	140	3.5	1	1	1	1		295	68	24	1	0.5	2.5
Tzatziki Sauce (2oz)	120	12	6		1.5	4	25	180	80	2		2	1
Pita Bread	210	3			1.5			380		37	2		7

Kid's Chicken on a Stick

Chicken Skewer (3oz)	156	6.6	2		3	2	60	294	198	1.2			22
Cucumber (1)	0.8							0.1	10				
Tomato (1 wedge)	6	0.6						1.5	74	1	1	1	
Rice	140	3.5	1	1	1	1		295	68	24	1	0.5	2.5
Tzatziki Sauce (2oz)	120	12	6		1.5	4	25	180	80	2		2	1
Pita Bread	210	3			1.5			380		37	2		7

Kid's Pita Cheeseburger w/ Fries

Pita Bread	210	3			1.5			380		37	2		7
Burger (5.33oz)	254	20	8	1	0.5	9	70	65	270				17
Handcut French Fries (3oz)	167	11	2		6	2		133	274	15	1		1
Add Cheese	100	9	5				25	510					5

Kid's Grilled Chese Pita w/ fries

2 pitas	420	6			3			760		74	4		14
add cheese (4 pieces)	400	36	20				100	2040					20
Handcut French Fries (3oz)	167	11	2		6	2		133	274	15	1		1



	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Extras & Sides													
Rice (6oz)	280	7	1	2	2	2		590	135	48	1	1	5
Potato Salad (4 scoops - 5.6oz)	360	27	4				25	780	500	26	2	1	3
Greek Potatoes	410	15	3	3	5	4		1510	1020	66	6	6	6
Handcut French Fries (7oz)	390	25.7	5		15	5		310	640	34	3	1	3
Chicken Skewer (3oz)	156	6.6	2		3	2	60	294	198	1.2			22
Gyro (5oz)	480	44	18				85	1020		10		1	20
Lamb Skewer (3oz)	234	15	5		4	5	81	132	204	0.6			22
Dolmades (1)	82	5	2				20	300	20	2.5			5
Dolmades Sauce (2oz)	18	2	1			1	5	100	10	1.5			
Feta (1.8oz)	128	7.29	5				27	620		3.7		1.8	11
Chicken (5oz Breast)	260	11	3		5	3	100	490	330	2			36
Steak Skewer (3oz)	216	14	4		3	6	45	138	228	0.6			20
Salmon Skewer (3oz)	174	11	2		4	4	54	234	324				19
Tzatziki Sauce	120	12	6		1.5	4	25	180	80	2		2	1
LG House Dressing (2.7oz)	241	22	3					667		11	3	9.5	3
Little Greek Hot Sauce (1 ts)	0	0	0	0				40		0	0	0	0
Potato Salad(1 scoop 1.4oz)	90	7	1				6	195	125	7			
Pita Bread	210	3			1.5			380		37	2		7



Desserts	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Baklava Cheesecake (1)	670	45	24	1			220	420		53	3	24	13
Baklava (1)	350	14	3	2				160		52	1	21	4

*Our dressing, gyro meat and anything that contains chicken base contains MSG.

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Disclaimer Language for Posted Nutritional Information:

The nutritional information seen here was prepared by MenuTrinfo®. LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data