

Greek Platter

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Rice, 0.69 cup cooked	137	32	0	3	0	0
Generic - Gyro Meat, 3.3 oz(s)	165	3	13	7	330	0
Tomatoes, 0.56 oz	3	1	0	0	1	0
Onion, 0.34 oz	4	1	0	0	0	0
Mccain - Fries, 14 pieces	110	20	3	2	115	1
	419	57	16	12	446	1

Greek dressing – 0.3 oz: 43 calories

Total Calories without dressing: 419 calories

Total Calories with dressing: 462 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Rice, 0.69 cup cooked	137	32	0	3	0	0
Generic - Gyro Meat, 3.3 oz(s)	165	3	13	7	330	0
Tomatoes, 0.56 oz	3	1	0	0	1	0
Onion, 0.34 oz	4	1	0	0	0	0
Mccain - Fries, 14 pieces	110	20	3	2	115	1
Tomatoes, 0.45 oz	2	0	0	0	1	0
Pita - Pita, 1 pita	100	22	1	4	160	1
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Pepperoncini - Pepperoncini, 1 oz	5	1	0	0	360	0
Parsley - Parsley (100g), 0.01 ounce	0	0	0	0	0	0
Olive Oil, 0.08 fl oz	1	0	0	0	0	0
hummus - Hummus, 8 tbsp	280	16	20	8	520	4
Kalamata - Olives, 0.5 g (3-5 olives)	2	0	0	0	8	0
Mezeh - Pita Croutons, 0.3 oz	18	3	0	0	14	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Lettuce, 1.5 oz	6	1	0	1	12	0
	905	105	41	28	1,634	6

Total Calories of platter with sides, no dressing: 905 calories

Total Calories of platter with side and dressing: 948 calories

Shish Kabob

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Wegmans - Lamb Skewers, 10 oz	600	5	40	50	875	0
Rice, 1 cup cooked	200	47	0	4	0	0
	800	52	40	54	875	0

Total Calories: 800 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Wegmans - Lamb Skewers, 10 oz	600	5	40	50	875	0
Rice, 1 cup cooked	200	47	0	4	0	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Mezeh - Pita Croutons, 0.3 oz	18	3	0	0	14	0
Kalamata - Olives, 0.5 g (3-5 olives)	2	0	0	0	8	0
hummus - Hummus, 8 tbsp	280	16	20	8	520	4
Olive Oil, 0.08 fl oz	1	0	0	0	0	0
Parsley - Parsley (100g), 0.01 ounce	0	0	0	0	0	0
Pepperoncini - Pepperoncini, 1 oz	5	1	0	0	360	0
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Pita - Pita, 1 pita	100	22	1	4	160	1
Tomatoes, 0.45 oz	2	0	0	0	1	0
	1,286	100	65	70	2,063	5

Greek dressing – 0.3 oz: 43 calories

Total Calories with house sides, no dressing: 1,286 calories

Total Calories with house sides and dressing: 1,329 calories

Chicken Shawarma Over Rice

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tomatoes, 0.56 oz	3	1	0	0	1	0
Rice, 1 cup cooked	200	47	0	4	0	0
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0
	271	48	4	11	113	0

Total Calories: 271 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tomatoes, 0.56 oz	3	1	0	0	1	0
Rice, 1 cup cooked	200	47	0	4	0	0
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Pita - Pita, 1 pita	100	22	1	4	160	1
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Pepperoncini - Pepperoncini, 1 oz	5	1	0	0	360	0
Parsley - Parsley (100g), 0.01 ounce	0	0	0	0	0	0
Olive Oil, 0.08 fl oz	1	0	0	0	0	0
hummus - Hummus, 8 tbsp	280	16	20	8	520	4
Kalamata - Olives, 0.5 g (3-5 olives)	2	0	0	0	8	0
Mezeh - Pita Croutons, 0.3 oz	18	3	0	0	14	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Lettuce, 1.5 oz	6	1	0	1	12	0
	757	96	29	27	1,301	5

Greek dressing – 0.3 oz: 43 calories

Total Calories with house sides, no dressing: 757 calories

Total Calories with house sides and dressing: 800 calories

Beef Chawarma Over Rice

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tomatoes, 0.56 oz	3	1	0	0	1	0
Rice, 1 cup cooked	200	47	0	4	0	0
Onion, 0.85 oz	10	2	0	0	1	1
93% lean beef - Beef, 112 g (4 oz)	170	0	8	23	75	0
	383	50	8	27	77	1

Total calories: 383 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tomatoes, 0.56 oz	3	1	0	0	1	0
Rice, 1 cup cooked	200	47	0	4	0	0
Onion, 0.85 oz	10	2	0	0	1	1
93% lean beef - Beef, 112 g (4 oz)	170	0	8	23	75	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Mezeh - Pita Croutons, 0.3 oz	18	3	0	0	14	0
Kalamata - Olives, 0.5 g (3-5 olives)	2	0	0	0	8	0
hummus - Hummus, 8 tbsp	280	16	20	8	520	4
Olive Oil, 0.08 fl oz	1	0	0	0	0	0
Parsley - Parsley (100g), 0.01 ounce	0	0	0	0	0	0
Pepperoncini - Pepperoncini, 1 oz	5	1	0	0	360	0
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Pita - Pita, 1 pita	100	22	1	4	160	1
	869	98	33	43	1,265	6

Greek dressing – 0.3 oz: 43 calories

Total Calories with sides, no dressing: 869 calories

Total Calories with sides and dressing: 912 calories

Kafta Kabob

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tomatoes, 0.56 oz	3	1	0	0	1	0
Rice, 1 cup cooked	200	47	0	4	0	0
Generic - Kafta Kabob, 10 ounce	567	13	33	53	0	0
	770	61	33	57	1	0

Total Calories: 770 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tomatoes, 0.56 oz	3	1	0	0	1	0
Rice, 1 cup cooked	200	47	0	4	0	0
Generic - Kafta Kabob, 10 ounce	567	13	33	53	0	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Pita - Pita, 1 pita	100	22	1	4	160	1
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Pepperoncini - Pepperoncini, 1 oz	5	1	0	0	360	0
Parsley - Parsley (100g), 0.01 ounce	0	0	0	0	0	0
Olive Oil, 0.08 fl oz	1	0	0	0	0	0
hummus - Hummus, 8 tbsp	280	16	20	8	520	4
Kalamata - Olives, 0.5 g (3-5 olives)	2	0	0	0	8	0
Mezeh - Pita Croutons, 0.3 oz	18	3	0	0	14	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Lettuce, 1.5 oz	6	1	0	1	12	0
	1,256	109	58	73	1,189	5

Greek dressing – 0.3 oz: 43 calories

Total Calories with sides, no dressing: 1,256 calories

Total Calories with sides and dressing: 1,299 calories

Grilled Salmon

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Salmon, 8 oz.	200	0	2	42	480	0
Tomatoes, 0.56 oz	3	1	0	0	1	0
Rice, 1 cup cooked	200	47	0	4	0	0
	403	48	2	46	481	0

Total calories: 403 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Salmon, 8 oz.	200	0	2	42	480	0
Tomatoes, 0.56 oz	3	1	0	0	1	0
Rice, 1 cup cooked	200	47	0	4	0	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Mezeh - Pita Croutons, 0.3 oz	18	3	0	0	14	0
Kalamata - Olives, 0.5 g (3-5 olives)	2	0	0	0	8	0
hummus - Hummus, 8 tbsp	280	16	20	8	520	4
Olive Oil, 0.08 fl oz	1	0	0	0	0	0
Parsley - Parsley (100g), 0.01 ounce	0	0	0	0	0	0
Pepperoncini - Pepperoncini, 1 oz	5	1	0	0	360	0
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Pita - Pita, 1 pita	100	22	1	4	160	1
	889	96	27	62	1,669	5

Greek dressing – 0.3 oz: 43 calories

Total calories with sides, no dressing: 889 calories

Total calories with sides and dressing: 932 calories

Barbeque Special

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Rice, 1 cup cooked	200	47	0	4	0	0
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0
Mccain - Fries, 14 pieces	110	20	3	2	115	1
Barbeque Sauce, 2 tbsp	58	14	0	0	349	11
	436	81	7	13	576	12

Total calories: 436 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Rice, 1 cup cooked	200	47	0	4	0	0
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0
Mccain - Fries, 14 pieces	110	20	3	2	115	1
Barbeque Sauce, 2 tbsp	58	14	0	0	349	11
Pita - Pita, 1 pita	100	22	1	4	160	1
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Pepperoncini - Pepperoncini, 1 oz	5	1	0	0	360	0
Parsley - Parsley (100g), 0.01 ounce	0	0	0	0	0	0
Olive Oil, 0.08 fl oz	1	0	0	0	0	0
hummus - Hummus, 8 tbsp	280	16	20	8	520	4
Kalamata - Olives, 0.5 g (3-5 olives)	2	0	0	0	8	0
Mezeh - Pita Croutons, 0.3 oz	18	3	0	0	14	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
	922	129	32	29	1,764	17

Greek dressing – 0.3 oz: 43 calories

Total calories with house sides, no dressing: 922 calories

Total calories with house sides and dressing: 965 calories

Mousaka

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Toro - Mousaka, 8 ounce	295	20	11	27	0	0
	295	20	11	27	0	0

Total calories: 295 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Toro - Mousaka, 8 ounce	295	20	11	27	0	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Mezeh - Pita Croutons, 0.3 oz	18	3	0	0	14	0
Kalamata - Olives, 0.5 g (3-5 olives)	2	0	0	0	8	0
hummus - Hummus, 8 tbsp	280	16	20	8	520	4
Olive Oil, 0.08 fl oz	1	0	0	0	0	0
Parsley - Parsley (100g), 0.01 ounce	0	0	0	0	0	0
Pepperochini - Pepperochini, 1 oz	5	1	0	0	360	0
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Pita - Pita, 1 pita	100	22	1	4	160	1
	781	68	36	43	1,188	5

Greek dressing – 0.3 oz: 43 calories

Total calories with house sides, no dressing: 781 calories

Total calories with house sides and dressing: 824 calories

Spanakopita

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Greek Pastry - Spanakopita, 2 large piece (4 oz)	280	24	16	8	320	4
Rice, 1 cup cooked	200	47	0	4	0	0
Tzatziki - Tzatziki, 2 ounce	121	20	12	16	31	18
	601	91	28	28	351	22

Total calories: 601 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Greek Pastry - Spanakopita, 2 large piece (4 oz)	280	24	16	8	320	4
Rice, 1 cup cooked	200	47	0	4	0	0
Tzatziki - Tzatziki, 2 ounce	121	20	12	16	31	18
Pita - Pita, 1 pita	100	22	1	4	160	1
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Pepperochini - Pepperochini, 1 oz	5	1	0	0	360	0
Parsley - Parsley (100g), 0.01 ounce	0	0	0	0	0	0
Olive Oil, 0.08 fl oz	1	0	0	0	0	0
hummus - Hummus, 8 tbsp	280	16	20	8	520	4
Kalamata - Olives, 0.5 g (3-5 olives)	2	0	0	0	8	0
Mezeh - Pita Croutons, 0.3 oz	18	3	0	0	14	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
	1,087	139	53	44	1,539	27

Greek dressing – 0.3 oz: 43 calories

Total calories with house sides, no dressing: 1,087 calories

Total calories with house sides and dressing: 1,130 calories

Mediterranean Combo

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tabouli, 4 wt. oz	96	12	5	2	740	1
Grape Leaves - Leaves, 3 leaves	19	4	0	1	180	2
Chicken - Chicken Thigh, 0.5 cup	68	0	4	7	112	0
	183	16	9	10	1,032	3

Total calories: 183 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tabouli, 4 wt. oz	96	12	5	2	740	1
Grape Leaves - Leaves, 3 leaves	19	4	0	1	180	2
Chicken - Chicken Thigh, 0.5 cup	68	0	4	7	112	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Mezeh - Pita Croutons, 0.3 oz	18	3	0	0	14	0
Kalamata - Olives, 0.5 g (3-5 olives)	2	0	0	0	8	0
hummus - Hummus, 8 tbsp	280	16	20	8	520	4
Olive Oil, 0.08 fl oz	1	0	0	0	0	0
Parsley - Parsley (100g), 0.01 ounce	0	0	0	0	0	0
Pepperoncini - Pepperoncini, 1 oz	5	1	0	0	360	0
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Pita - Pita, 1 pita	100	22	1	4	160	1
	669	64	34	26	2,220	8

Greek dressing – 0.3 oz: 43 calories

Total calories with sides, no dressing: 669 calories

Total calories with sides and dressing: 712 calories

Kibbeh Over Rice

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Kibbeh, 4 wt. oz	211	9	14	13	283	1
Tomatoes, 0.56 oz	3	1	0	0	1	0
Onion, 0.34 oz	4	1	0	0	0	0
Rice, 1 cup cooked	200	47	0	4	0	0
	418	58	14	17	284	1

Total calories: 418 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Kibbeh, 4 wt. oz	211	9	14	13	283	1
Tomatoes, 0.56 oz	3	1	0	0	1	0
Onion, 0.34 oz	4	1	0	0	0	0
Rice, 1 cup cooked	200	47	0	4	0	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Pita - Pita, 1 pita	100	22	1	4	160	1
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Pepperochini - Pepperochini, 1 oz	5	1	0	0	360	0
Parsley - Parsley (100g), 0.01 ounce	0	0	0	0	0	0
Olive Oil, 0.08 fl oz	1	0	0	0	0	0
hummus - Hummus, 8 tbsp	280	16	20	8	520	4
Kalamata - Olives, 0.5 g (3-5 olives)	2	0	0	0	8	0
Mezeh - Pita Croutons, 0.3 oz	18	3	0	0	14	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Lettuce, 1.5 oz	6	1	0	1	12	0
	904	106	39	33	1,472	6

Greek dressing – 0.3 oz: 43 calories

Total calories with sides, no dressing: 904 calories

Total calories with sides and dressing: 947 calories

King David's Super Sampler

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
hummus - Hummus, 3 fluid ounce	210	12	15	6	390	3
Generic - Falafel Patty, 4 Patty	228	22	12	9	200	0
Pita - Pita, 2 pita	200	44	1	8	320	2
Kibbeh, 4 wt. oz	211	9	14	13	283	1
Grape Leaves - Leaves, 4 leaves	25	5	1	1	240	2
Homemade - Beef Shish Kabob, 1 skewer	170	8	5	23	180	5
Homemade - Babaganoush - Homemade, 6 tbsn	144	10	12	4	192	2
	1,188	110	60	64	1,805	15

Total Calories: 1,188 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
hummus - Hummus, 3 fluid ounce	210	12	15	6	390	3
Generic - Falafel Patty, 4 Patty	228	22	12	9	200	0
Pita - Pita, 2 pita	200	44	1	8	320	2
Kibbeh, 4 wt. oz	211	9	14	13	283	1
Grape Leaves - Leaves, 4 leaves	25	5	1	1	240	2
Homemade - Beef Shish Kabob, 1 skewer	170	8	5	23	180	5
Homemade - Babaganoush - Homemade, 6 tbsn	144	10	12	4	192	2
Lettuce, 1.5 oz	6	1	0	1	12	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Mezeh - Pita Croutons, 0.3 oz	18	3	0	0	14	0
Kalamata - Olives, 0.5 g (3-5 olives)	2	0	0	0	8	0
Pepperoncini - Pepperoncini, 1 oz	5	1	0	0	360	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
	1,236	115	61	66	2,263	15

Greek dressing – 0.3 oz: 43 calories

Total calories with sides, no dressing: 1,236

Total calories with sides and dressing: 1,279

Mazza for Two

Total Calories: 1,455 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Feta - Greek Feta Cheese, 2 ounce	150	2	12	8	633	2
Homemade - Babaganoush - Homemade, 6 tbsn	144	10	12	4	192	2
Grape Leaves - Leaves, 4 leaves	25	5	1	1	240	2
Pita - Pita, 4 pita	400	88	2	16	640	4
Generic - Falafel Patty, 4 Patty	228	22	12	9	200	0
hummus - Hummus, 3 fluid ounce	210	12	15	6	390	3
Onion, 0.85 oz	10	2	0	0	1	1
Kalamata - Olives, 2.5 g (3-5 olives)	8	0	1	0	38	0
Salaam - Shawarma, Beef, 4 oz	280	0	0	0	0	0
	1,455	141	55	44	2,334	14

Vegetarian Dinner for Two:

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
hummus - Hummus, 3 fluid ounce	210	12	15	6	390	3
Generic - Falafel Patty, 6 Patty	342	32	18	14	300	0
Pita - Pita, 4 pita	400	88	2	16	640	4
Homemade - Babaganoush - Homemade, 6 tbsn	144	10	12	4	192	2
Tabouli, 3 wt. oz	72	9	4	2	555	1
Tzatziki - Tzatziki, 2 ounce	121	20	12	16	31	18
Greek Pastry - Spanakopita, 2 large piece (4 oz)	280	24	16	8	320	4
Dolmades, 4 piece	268	17	16	15	881	1
Baklava, 2 piece	613	59	40	11	427	31
	2,450	271	135	92	3,736	64

Homemade Tahini – 133 calories

Total calories without Tahini:2,450 calories

Total calories with Tahini:2,583 calories

Rice Pudding

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Rice pudding - Pudding, 8 ounce	241	42	4	8	0	28
	241	42	4	8	0	28

Baklava

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Baklava, 1 piece	306	29	20	5	213	16
	306	29	20	5	213	16

Falafel Patties

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Generic - Falafel Patty, 4 Patty	228	22	12	9	200	0

Homemade Tahini – 44 Calories (2 oz)

Total Calories: 272 Calories

Hummus

(Small- 8 oz.)

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
hummus - Hummus, 8 fluid ounce	560	32	40	16	1,040	8

Total calories (small): 560 calories

(Large – 16 oz)

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
hummus - Hummus, 16 fluid ounce	1,120	64	80	32	2,080	16

Total calories (Large): 1,120 calories

Babaganouge

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Homemade - Babaganoush - Homemade, 16 tbsn	384	26	31	10	512	6

Total Calories (8 oz): 384 calories

Grape Leave

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Grape Leaves - Leaves, 8 leaves	50	10	1	2	480	4

Total calories: 50 calories

Dolmades

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Dolmades, 8 wt. oz	437	28	26	25	1,438	2

Total Calories: 437 calories

Spanakopita

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Greek Pastry - Spanakopita, 2 large piece (4 oz)	280	24	16	8	320	4

Total calories: 280 calories

Tabouleh:

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tabouli, 8 wt. oz	192	24	10	5	1,480	2

Total Calories: 192 calories

Fries

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
mcaïn - french fries (frozen), 3 ounce	156	1	6	2	0	0

Total Calories: 156 calories

Sweet Potato Fries

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
sweet potato - Fries, 3 ounce	140	24	5	1	140	6

Total Calories: 140 calories

Eggplant Fries

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Generic - Crumbed Eggplant Fries, 1.5 serving	389	44	14	24	1,535	12

Total Calories: 389 calories

Greek Fries

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Mccain - Fries, 39.2 pieces	308	56	7	6	322	3
Feta - Greek Feta Cheese, 0.5 ounce	37	1	3	2	158	1
Kalamata - Olives, 2.5 g (3-5 olives)	8	0	1	0	38	0
	353	57	11	8	518	4

Total Calories: 353 calories

Fried Calamari

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Calamari - Fried Calamari, 4 ounce	179	2	2	36	844	0

Sweet plum sauce , 2 oz – 208 calories

Total Calories: 387 calories

Tzatziki

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tzatziki - Tzatziki, 16 ounce	966	159	93	132	249	145

Total calories: 966 calories

Rice

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Rice, 1 cup cooked	200	47	0	4	0	0

Total calories: 200 calories

Pita

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Pita - Pita, 1 pita	100	22	1	4	160	1

Total Calories: 100 calories

Cheese Pitza

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Pita - Pita, 1 pita	100	22	1	4	160	1
Generic - Gyro Meat, 4 oz (57g)	200	4	16	8	400	0
Feta - Greek Feta Cheese, 4 ounce	299	5	24	16	1,266	5
Mozzarella, 1 cup, shredded	336	2	25	25	702	1
Kalamata - Olives, 2.5 g (3-5 olives)	8	0	1	0	38	0
Tomatoes, 2 oz	10	2	0	0	3	1
Oregano, 1 tsp	3	1	0	0	0	0
Garlic powder, 1 tsp	10	2	0	1	2	0
	966	38	67	54	2,571	8

Total Calories: 956 calories

Chicken Pesto Pitza

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Pita - Pita, 1 pita	100	22	1	4	160	1
Chicken - Chicken Thigh, 3 fluid ounce	51	0	3	5	84	0
Pesto - Pesto Sauce, 0.25 cup(s)	320	3	30	11	420	0
Feta - Greek Feta Cheese, 4 ounce	299	5	24	16	1,266	5
Garlic powder, 1 tsp	10	2	0	1	2	0
Oregano, 1 tsp	3	1	0	0	0	0
Tomatoes, 2 oz	10	2	0	0	3	1
Kalamata - Olives, 2.5 g (3-5 olives)	8	0	1	0	38	0
Mozzarella, 1 cup, shredded	336	2	25	25	702	1
	1,137	37	84	62	2,675	8

Total Calories: 1,137 calories

BBQ Harissa Chicken Pitza

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Mozzarella, 1 cup, shredded	336	2	25	25	702	1
Kalamata - Olives, 2.5 g (3-5 olives)	8	0	1	0	38	0
Tomatoes, 2 oz	10	2	0	0	3	1
Oregano, 1 tsp	3	1	0	0	0	0
Garlic powder, 1 tsp	10	2	0	1	2	0
Feta - Greek Feta Cheese, 4 ounce	299	5	24	16	1,266	5
Chicken - Chicken Thigh, 3 fluid ounce	51	0	3	5	84	0
Pita - Pita, 1 pita	100	22	1	4	160	1
BBQ sauce - Bbq Sauce, 2 tbsp	60	15	0	0	240	12
	877	49	54	51	2,495	20

Total Calories: 877 calories

Gyro Pitza

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Pita - Pita, 1 pita	100	22	1	4	160	1
Feta - Greek Feta Cheese, 4 ounce	299	5	24	16	1,266	5
Garlic powder, 1 tsp	10	2	0	1	2	0
Oregano, 1 tsp	3	1	0	0	0	0
Tomatoes, 2 oz	10	2	0	0	3	1
Kalamata - Olives, 2.5 g (3-5 olives)	8	0	1	0	38	0
Mozzarella, 1 cup, shredded	336	2	25	25	702	1
Generic - Gyro Meat, 4 oz (57g)	200	4	16	8	400	0

Total Calories: 200 calories

Vegetarian Pizta

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Mozzarella, 1 cup, shredded	336	2	25	25	702	1
Kalamata - Olives, 2.5 g (3-5 olives)	8	0	1	0	38	0
Tomatoes, 2 oz	10	2	0	0	3	1
Oregano, 1 tsp	3	1	0	0	0	0
Garlic powder, 1 tsp	10	2	0	1	2	0
Feta - Greek Feta Cheese, 4 ounce	299	5	24	16	1,266	5
Pita - Pita, 1 pita	100	22	1	4	160	1
roasted - red pepper , 2 ounce	13	2	0	0	0	0
White Mushrooms - 1, 4 oz(s)	25	4	0	4	6	2
Artichoke hearts - Artichoke Hearts, 2 tsp(s)	4	1	0	0	32	0
Homemade - Eggplant Fries, 1 serving	185	13	13	8	0	0
	993	54	64	58	2,209	10

Total Calories: 993 calories

Greek Salad

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Lettuce, 22 oz	94	18	1	8	175	5
Tomatoes, 2 oz	10	2	0	0	3	1
Feta - Greek Feta Cheese, 4 ounce	299	5	24	16	1,266	5
Kalamata - Olives, 2.5 g (3-5 olives)	8	0	1	0	38	0
Mezeh - Pita Croutons, 3 oz	182	34	2	5	142	0
	593	59	28	29	1,624	11

Homemade Greek dressing, 2 oz – 286 calories

Total Calories without dressing: 593 calories

Total Calories with dressing: 879 calories

Greek Chicken Salad

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Mezeh - Pita Croutons, 3 oz	182	34	2	5	142	0
Kalamata - Olives, 2.5 g (3-5 olives)	8	0	1	0	38	0
Feta - Greek Feta Cheese, 4 ounce	299	5	24	16	1,266	5
Tomatoes, 2 oz	10	2	0	0	3	1
Lettuce, 22 oz	94	18	1	8	175	5
Chicken - Chicken Thigh, 4 fluid ounce	661	59	32	36	1,736	11

Homemade Greek dressing, 2 oz – 286 calories

Total Calories without dressing: 661 calories

Total Calories with dressing: 947 calories

Gyro Salad

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Lettuce, 22 oz	94	18	1	8	175	5
Tomatoes, 2 oz	10	2	0	0	3	1
Generic - Gyro Meat, 3.3 oz (57g)	165	3	13	7	330	0
Mezeh - Pita Croutons, 3 oz	182	34	2	5	142	0
Tzatziki - Tzatziki, 2 ounce	121	20	12	16	31	18
Onion, 0.25 cup, chopped	16	4	0	0	2	2
	588	81	28	36	683	26

Total Calories: 588 calories

Mediterranean Salad

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tomatoes, 2 oz	10	2	0	0	3	1
Lettuce, 22 oz	94	18	1	8	175	5
Feta - Greek Feta Cheese, 4 ounce	299	5	24	16	1,266	5
Kalamata - Olives, 2.5 g (3-5 olives)	8	0	1	0	38	0
Artichoke hearts - Artichoke Hearts, 2 tsp(s)	4	1	0	0	32	0
roasted - red pepper , 2 ounce	13	2	0	0	0	0
Cucumber, 0.25 cup, slices	4	1	0	0	1	0
chickpeas - Chickpeas, 1 tablespoon	46	8	1	2	3	1
	478	37	27	26	1,518	12

Homemade Balsamic Vinaigrette, 2 oz – 173 calories

Total Calories without dressing: 478 calories

Total Calories with dressing: 651 calories

Spinach Salad

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Onion, 0.25 cup, chopped	16	4	0	0	2	2
Spinach, 22 oz	143	23	2	18	493	3
Walnuts, 0.25 cup, ground	131	3	13	3	0	1
Dried cranberries - Dried Cranberries, 0.08 cup	43	11	0	0	3	9
Goat Cheese, 14.3 gram(s)	38	0	3	3	66	0
	371	41	18	24	564	15

Homemade Balsamic Vinaigrette, 2 oz – 173 calories

Total Calories without dressing: 371 calories

Total Calories with dressing: 544 calories

Falafel Salad

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Mccain - Fries, 39.2 pieces	308	56	7	6	322	3
Feta - Greek Feta Cheese, 0.5 ounce	37	1	3	2	158	1
Kalamata - Olives, 2.5 g (3-5 olives)	8	0	1	0	38	0
	353	57	11	8	518	4

Homemade Tahini, 2 oz – 133 calories

Total Calories without dressing: 353 calories

Total Calories with dressing: 486 calories

Chicken Salad

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Mezeh - Pita Chips, 3 oz	210	39	5	6	188	0
Tomatoes, 2 oz	10	2	0	0	3	1
Lettuce, 22 oz	94	18	1	8	175	5
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0
	382	59	10	21	478	6

Homemade Greek dressing, 2 oz – 286 calories

Total Calories without dressing: 382 calories

Total Calories with dressing: 668 calories

Beet Salad

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Arugula - Arugula, Raw, 22 ounce (28g)	154	22	0	15	167	13
Love Beets - Roasted Beets, 2 ounce	27	6	0	1	24	4
Clementines, 0.5 clementine	17	4	0	0	0	3
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Walnuts, 0.25 cup, ground	131	3	13	3	0	1
Onion, 0.25 cup, chopped	16	4	0	0	2	2
Feta - Greek Feta Cheese, 4 ounce	299	5	24	16	1,266	5
	701	49	40	37	1,509	28

Homemade Balsamic Vinaigrette, 2 oz – 173 calories

Total Calories without dressing: 701 calories

Total Calories with dressing: 874 calories

Combo: Chicken Over Hummus

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Pita - Pita, 1 pita	100	22	1	4	160	1
Plain Hummus - Hummus, 4 fluid ounce	200	17	10	10	455	0
	376	40	15	22	740	1

Homemade Tahini, 0.5 oz – 34 calories

Total Calories= 410 calories

Combo: Chicken Over Rice

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Pita - Pita, 1 pita	100	22	1	4	160	1
Plain Hummus - Hummus, 4 fluid ounce	200	17	10	10	455	0
Rice, 1 cup cooked	200	47	0	4	0	0
	576	87	15	26	740	1

Homemade Tahini, 0.5 oz – 34 calories

Total Calories= 610 calories

Combo: Beef Over Hummus

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
93% lean beef - Beef, 4 ounce	172	0	8	23	76	0
Mezeh - Pita Chips, 0.3 oz	21	4	0	1	19	0
Onion, 0.85 oz	10	2	0	0	1	1
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Pita - Pita, 1 pita	100	22	1	4	160	1
Plain Hummus - Hummus, 4 fluid ounce	200	17	10	10	455	0
	511	46	19	39	724	2

Homemade Tahini, 0.5 oz – 34 calories

Total Calories= 545 calories

Combo: Beef Over Rice

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
93% lean beef - Beef, 4 ounce	172	0	8	23	76	0
Mezeh - Pita Chips, 0.3 oz	21	4	0	1	19	0
Onion, 0.85 oz	10	2	0	0	1	1
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Pita - Pita, 1 pita	100	22	1	4	160	1
Plain Hummus - Hummus, 4 fluid ounce	200	17	10	10	455	0
Rice, 1 cup cooked	200	47	0	4	0	0
	711	93	19	43	724	2

Homemade Tahini, 0.5 oz – 34 calories

Total Calories= 745 calories

Mousaka

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tomatoes, 0.45 oz	2	0	0	0	1	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Mezeh - Pita Chips, 0.3 oz	21	4	0	1	19	0
Toro - Moussaka, 200 g / 1 pors	300	20	15	22	3	0

Homemade Tahini, 0.5 oz – 34 calories

Total Calories= 334 calories

Spanakopita

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Mezeh - Pita Chips, 0.3 oz	21	4	0	1	19	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Greek Pastry - Spanakopita, 2 large piece (4 oz)	280	24	16	8	320	4

Homemade Tahini, 0.5 oz – 34 calories

Total Calories: 314 calories

Kibbeh Combo

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Plain Hummus - Hummus, 3 fluid ounce	150	13	8	7	341	0
Pita - Pita, 1 pita	100	22	1	4	160	1
Generic - Falafel Patty, 1 Patty	57	5	3	2	50	0
Kibbeh, 1 piece	78	3	5	5	105	0
Tabouli, 3 wt. oz	72	9	4	2	555	1
	457	52	21	20	1,211	2

Total Calories: 457 calories

Vegetarian Plate

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Tabouli, 3 wt. oz	72	9	4	2	555	1
Generic - Falafel Patty, 4 Patty	228	22	12	9	200	0
Pita - Pita, 2 pita	200	44	1	8	320	2
Plain Hummus - Hummus, 3 fluid ounce	150	13	8	7	341	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Homemade - Babaganoush - Homemade, 6 tbsn	144	10	12	4	192	2
Homemade Tahini, 0.5 oz – 34 calories	802	99	37	31	1,621	5

Total Calories: 836 calories

Gyro bowl

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Rice, 1 cup cooked	200	47	0	4	0	0
Onion, 0.85 oz	10	2	0	0	1	1
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0
Wegmans Tzatziki Dip - Tzatziki, 2 fluid ounce	90	4	8	2	300	2
	376	54	12	14	426	3

Total Calories: 376 calories

Farro Bowl

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0
Farro - Farro Cooked, 0.75 cup dry	510	102	3	18	30	0
kale blend - salad, 2 .5 cups	25	5	0	2	0	0
Closed Cup Mushrooms - Mushrooms, 4 ounce	20	0	0	3	0	0

Garlic sauce – 1 oz (32 Cal)

Harissa aioli – 1 oz. (32 Cal)

Total Calories: 687 calories

Chawarma Bowl

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Onion, 0.85 oz	10	2	0	0	1	1
Rice, 1 cup cooked	200	47	0	4	0	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Lettuce, 1.5 oz	6	1	0	1	12	0
93% lean beef - Beef, 4 ounce	172	0	8	23	76	0

Homemade Tahini – 44 Calories (2 oz)

Total Calories: 434 calories

Falafel Bowl

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Rice, 1 cup cooked	200	47	0	4	0	0
Onion, 0.85 oz	10	2	0	0	1	1
Falafel King - Falafel Balls, 5 balls (28g)	108	18	3	5	425	0

Homemade Tahini – 44 Calories (2 oz)

Total Calories: 370 Calories

Vegetarian Bowl

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Rice, 1 cup cooked	200	47	0	4	0	0
Homemade - Babaganoush - Homemade, 4 tbsn	96	7	8	2	128	1
Plain Hummus - Hummus, 4 tablespoon	100	8	5	5	228	0
Tabouli, 4 tbsp	34	4	2	1	261	0
Onion, 0.85 oz	10	2	0	0	1	1
Tomatoes, 0.45 oz	2	0	0	0	1	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Generic - Falafel Patty, 3 Patty	171	16	9	7	150	0

Homemade Tahini – 44 Calories (2 oz)

Total Calories: 215 calories

BBQ Bowl

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Onion, 0.85 oz	10	2	0	0	1	1
Plain Hummus - Hummus, 4 tablespoon	100	8	5	5	228	0
Rice, 1 cup cooked	200	47	0	4	0	0
93% lean beef - Beef, 4 ounce	172	0	8	23	76	0
BBQ sauce - Bbq Sauce, 2 tbsp	60	15	0	0	240	12
Mcain - Baked Fries, 9 pcs	65	0	2	0	0	0
	615	73	15	33	558	13

Total Calories: 615 calories

Greek Chicken Bowl

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Rice, 1 cup cooked	200	47	0	4	0	0
Onion, 0.85 oz	10	2	0	0	1	1
Tomatoes, 0.45 oz	2	0	0	0	1	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Kalamata - Olives, 15 g (3-5 olives)	45	2	4	0	230	0

Homemade Greek Dressing, 2 oz = 286 calories

Total Calories= 633 calories

Loaded Gyro Bowl

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Onion, 0.85 oz	10	2	0	0	1	1
Rice, 1 cup cooked	200	47	0	4	0	0
Mccain - Baked Fries, 9 pcs	65	0	2	0	0	0
Falafel King - Falafel Balls, 1 balls (28g)	22	4	1	1	85	0
Wegmans Tzatziki Dip - Tzatziki, 2 fluid ounce	90	4	8	2	300	2

Harissa dressing, 1 oz – 32 calories

Total Calories= 510 calories

Loaded Falafel Bowl

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Feta - Greek Feta Cheese, 0.2 ounce	15	0	1	1	63	0
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Onion, 0.85 oz	10	2	0	0	1	1
Rice, 1 cup cooked	200	47	0	4	0	0
Mccain - Baked Fries, 9 pcs	65	0	2	0	0	0
Wegmans Tzatziki Dip - Tzatziki, 2 fluid ounce	90	4	8	2	300	2
Falafel King - Falafel Balls, 5 balls (28g)	108	18	3	5	425	0

Harissa dressing, 1 oz – 32 calories

Total Calories= 528 calories

Gyro

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Pita - Pita, 1 pita	100	22	1	4	160	1
Wegmans Tzatziki Dip - Tzatziki, 2 fluid ounce	90	4	8	2	300	2
Onion, 0.5 oz	6	1	0	0	1	1
Tomatoes, 1 oz	5	1	0	0	1	1
Lettuce, 1 oz	4	1	0	0	8	0
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0
	173	7	12	9	422	4

Total Calories (with chicken): 273 calories

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Generic - Gyro Meat, 3.3 oz (57g)	165	3	13	7	330	0
Pita - Pita, 1 pita	100	22	1	4	160	1
Wegmans Tzatziki Dip - Tzatziki, 2 fluid ounce	90	4	8	2	300	2
Onion, 0.5 oz	6	1	0	0	1	1
Tomatoes, 1 oz	5	1	0	0	1	1
Lettuce, 1 oz	4	1	0	0	8	0
Beef - Beef, 4 fluid ounce	172	0	16	25	170	0
	277	7	16	25	386	4

Total calories (with beef): 370 calories

House Salad for Platter

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Lettuce, 1.5 oz	6	1	0	1	12	0
Tomatoes, 0.45 oz	2	0	0	0	1	0
Mezeh - Cucumbers, 0.3 ounce	1	0	0	0	0	0

Tahini, 0.75 oz. – 16.5 calories

Total Calories: 25.5 calories

Platter rice for platter sides

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Rice, 0.63 cup cooked	125	29	0	2	0	0
	125	29	0	2	0	0

Total Calories: 125 calories

Platter side – French Fries

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Mcaim - Baked Fries, 15.3 pcs	111	0	3	0	0	0
	111	0	3	0	0	0

Total Calories= 111 calories

Hummus Falafel Pita

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Lettuce, 1 oz	4	1	0	0	8	0
Tomatoes, 1 oz	5	1	0	0	1	1
Pita - Pita, 1 pita	100	22	1	4	160	1
Plain Hummus - Hummus, 3 fluid ounce	150	13	8	7	341	0
Generic - Falafel Patty, 4 Patty	228	22	12	9	200	0
	487	59	21	20	710	2

Total Calories= 487 calories

Eggplant Pita

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Pita - Pita, 1 pita	100	22	1	4	160	1
Tomatoes, 1 oz	5	1	0	0	1	1
Lettuce, 1 oz	4	1	0	0	8	0
Homemade - Eggplant Fries, 1 serving	185	13	13	8	0	0

Homemade Tahini – 44 Calories (2 oz)

Total Calories= 338 calories

Kibbeh Pita

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Lettuce, 1 oz	4	1	0	0	8	0
Tomatoes, 1 oz	5	1	0	0	1	1
Kibbeh, 1 piece	78	3	5	5	105	0
Pita - Pita, 1 pita	100	22	1	4	160	1

Homemade Tahini – 44 Calories (2 oz)

Total Calories: 144 calories

Falafel Pita

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Lettuce, 1 oz	4	1	0	0	8	0
Tomatoes, 1 oz	5	1	0	0	1	1
Pita - Pita, 1 pita	100	22	1	4	160	1
Falafel King - Falafel Balls, 4 balls (28g)	86	14	2	4	340	0

Homemade Tahini – 44 Calories (2 oz)

Total Calories: 239 calories

Beef Chawarma Pita

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Lettuce, 1 oz	4	1	0	0	8	0
Tomatoes, 1 oz	5	1	0	0	1	1
Pita - Pita, 1 pita	100	22	1	4	160	1
93% lean beef - Beef, 4 ounce	172	0	8	23	76	0
Onion, 0.85 oz	10	2	0	0	1	1

Homemade Tahini – 44 Calories (2 oz)

Total Calories: 335 calories

Chicken Shawarma Pita

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Lettuce, 1 oz	4	1	0	0	8	0
Tomatoes, 1 oz	5	1	0	0	1	1
Pita - Pita, 1 pita	100	22	1	4	160	1
Onion, 0.85 oz	10	2	0	0	1	1
Chicken - Chicken Thigh, 4 fluid ounce	68	0	4	7	112	0

Homemade Tahini – 44 Calories (2 oz)

Total Calories: 231 calories

Kafta Pita

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Lettuce, 1 oz	4	1	0	0	8	0
Tomatoes, 1 oz	5	1	0	0	1	1
Pita - Pita, 1 pita	100	22	1	4	160	1
Kofta, 1 piece	73	1	5	6	202	0

Homemade Tahini – 44 Calories (2 oz)

Total Calories: 226 calories