



Nutritional Information

Ingredient availability may vary by location.

Nutritional information is based on 1 serving of each item

Recipe	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Curated Bowls											
Balsamic Date Chicken	645	305	34.0	6.0	0	150	1880	49	8	11	36
Greek Salad	600	380	42.0	9.0	0	165	1730	19	4	5	37
Harissa Avocado	880	480	53.0	12.0	0	155	2060	65	13	13	42
Tahini Caesar	550	280	31.0	7.0	0	155	1200	28	4	6	37
Lentil Avocado	770	530	59.0	7.0	0	0	1560	56	20	13	16
Chicken + RightRice	750	400	44.0	10.0	0	170	1810	45	8	8	46

Curated Pitas											
Crispy Falafel	955	520	58.0	6.0	0	0	2440	88	14	8	22
Greek Chicken	895	415	46.0	10.0	0	165	2560	67	9	6	48
Spicy Chicken + Avocado	1030	495	55.0	12.0	0	155	2460	86	16	14	50
Sweet + Spicy Chicken	740	270	30.0	8.0	0	150	2140	72	9	14	43
Spicy Lamb Meatball	865	425	47.0	11.0	0	90	2020	70	9	10	40

Greens + Grains											
Brown Rice	310	90	10.0	1.5	0	0	770	48	5	2	8
Saffron Basmati Rice	290	55	6.0	1.0	0	0	770	54	2	0	6
RightRice	370	90	10.0	1.0	0	0	510	53	9	0	18
Black Lentils	260	65	7.0	1.0	0	0	520	37	15	3	17
SuperGreens	40	0	0.0	0.0	0	0	30	8	4	3	3
Arugula	20	0	0.0	0.0	0	0	25	3	1	2	2
Baby Spinach	20	0	0.0	0.0	0	0	70	3	2	0	3
Romaine	20	0	0.0	0.0	0	0	10	4	3	1	1
SplendidGreens	20	0	0.0	0.0	0	0	15	4	3	1	1

Kid's Meal											
Kid's Pita Chips	140	35	4.0	0.5	0	0	315	20	2	1	5
Kid's Saffron Basmati Rice	145	30	3.0	0.5	0	0	385	27	1	0	3
Kid's Brown Rice	155	45	5.0	1.0	0	0	385	24	3	1	4
Kid's Black Lentils	130	30	4.0	0.5	0	0	260	18	8	2	9
Kid's Mini Pita	160	25	3.0	0.5	0	0	350	27	3	2	7
Carrot Sticks	40	0	0.0	0.0	0	0	70	10	3	5	1
Kid's Chicken	125	60	7.0	1.5	0	75	335	2	1	0	14
Kid's Harissa Honey Chicken	130	65	7.0	1.5	0	65	335	4	1	2	13
Kid's Falafel	175	115	13.0	0.5	0	0	405	12	3	2	3
Kid's Grilled Meatballs	120	70	8.0	3.5	0	35	270	1	0	0	13
Kid's Spicy Lamb Meatballs	150	100	11.0	4.0	0	45	340	2	1	1	12
Kid's Roasted Vegetables	50	20	2.0	0.5	0	0	300	7	3	3	2
Kid's Braised Lamb	105	55	6	3	0	33	120	1	1	0	12

Dips + Spreads											
Tzatziki	35	20	2.5	1.5	0	10	60	1	0	1	2
Hummus	45	20	2.5	0.0	0	0	115	4	1	0	1
Roasted Eggplant	50	40	4.5	0.5	0	0	170	2	1	0	0
Crazy Feta	70	55	6.0	3.0	0	10	220	1	0	0	3
Harissa	70	55	6.0	1.0	0	0	250	5	1	2	1
Red Pepper Hummus	30	10	1.0	0.0	0	0	150	4	1	1	1

Mains	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Braised Lamb	210	110	12.0	6.0	0	65	240	2	1	0	24
Grilled Chicken	250	120	13.0	3.0	0	150	670	3	1	0	28
Falafel	350	235	26.0	1.5	0	0	810	24	5	3	6
Grilled Meatballs	240	145	16.0	7.0	0	75	540	1	0	0	25
Harissa Honey Chicken	260	125	14.0	3.0	0	135	670	7	2	3	26
Roasted Vegetables	100	40	4.5	0.5	0	0	600	14	5	5	3
Spicy Lamb Meatballs	300	200	22.0	8.0	0	90	680	3	1	1	24

Toppings	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Shredded Romaine	5	0	0.0	0.0	0	0	0	1	0	0	0
Pita Crisps	90	40	4.5	0.5	0	0	35	10	1	1	1
Cabbage Slaw	35	30	3.0	0.0	0	0	125	2	1	1	0
Tomato + Onion	20	20	2.0	0.0	0	0	125	2	0	1	0
Persian Cucumber	15	10	1.0	0.0	0	0	110	1	0	1	0
Tomato + Cucumber	10	0	0.0	0.0	0	0	0	2	0	1	0
Kalamata Olives	50	40	4.5	0.0	0	0	260	2	0	0	0
Lentil Tabbouleh	60	20	2.5	0.0	0	0	140	7	3	1	3
Pickled Onions	20	0	0.0	0.0	0	0	0	5	0	4	0
Salt-Brined Pickles	5	0	0.0	0.0	0	0	280	0	0	0	0
Crumbled Feta	35	20	2.5	2.3	0	10	125	0	0	1	3
Fire-Roasted Corn	45	30	3.0	0.0	0	0	105	5	1	2	1
Avocado	160	135	15.0	2.0	0	0	10	9	7	1	2
Dressings											
Date Balsamic Vinaigrette	60	30	4	0.5	0	0	250	7	1	5	0
Yogurt Dill	30	20	2.0	1.0	0	5	190	1	0	0	2
Lemon-Herb Tahini	70	55	6.0	1.0	0	0	140	4	2	0	2
Tahini Caesar	90	70	8.0	1.0	0	0	250	3	1	0	2
Greek Vinaigrette	130	125	14.0	2.0	0	0	230	1	0	0	0
Skhug	80	80	9.0	1.0	0	0	150	1	0	0	0
Hot Harissa Vinaigrette	70	65	7.0	1.0	0	0	240	2	0	1	0
Garlic Dressing	180	180	20.0	2.0	0	0	90	0	0	0	0
Sides											
Side Pita	80	20	2.0	0.0	0	0	190	13	2	1	3
Pita Chips	280	70	8.0	1.0	0	0	630	40	5	2	10
Greyston Blondie	140	55	6.0	3.5	0	30	40	22	0	17	2
Greyston Brownie	160	80	9.0	6.0	0	40	65	18	1	14	2
Whisked! Apricot Honey	270	100	11.0	7.0	0	45	190	42	1	24	3
Whisked! Salted Dark Chocolate Oat Cookie (DMV)	290	135	15.0	9.0	0	40	160	37	3	21	4
Drinks											
Classic Lemonade - Regular (16 oz)	180	0	0.0	0.0	0	0	0	46	0	44	0
Classic Lemonade - Large (24 oz)	260	0	0.0	0.0	0	0	0	69	0	66	0
Classic Lemonade (CA) - Regular (16 oz)	130	0	0.0	0.0	0	0	0	35	0	33	0
Classic Lemonade (CA) - Large (24 oz)	200	0	0.0	0.0	0	0	0	53	0	50	0
Sweet Tea - Regular (16 oz)	100	0	0.0	0.0	0	0	15	27	0	26	0
Sweet Tea - Large (24 oz)	150	0	0.0	0.0	0	0	15	37	0	37	0
Jasmine Tea - Regular (16 oz)	0	0	0.0	0.0	0	0	0	0	0	0	0
Jasmine Tea - Large (24 oz)	0	0	0.0	0.0	0	0	0	0	0	0	0
Drinks											
Unsweetened Black Tea - Regular (16 oz)	0	0	0.0	0.0	0	0	0	0	0	0	0
Unsweetened Black Tea - Large (24 oz)	0	0	0.0	0.0	0	0	0	0	0	0	0
Strawberry Citrus - Regular (16 oz)	100	0	0	0	0	0	10	25	1	23	0
Strawberry Citrus - Large (24 oz)	150	0	0	0	0	0	15	38	2	35	0
Cucumber Mint Lime - Regular (16 oz)	110	0	0.0	0.0	0	0	0	29	0	27	0
Cucumber Mint Lime - Large (24 oz)	170	0	0.0	0.0	0	0	0	43	0	40	0
Blueberry Lavender - Regular (16 oz)	90	0	0.0	0.0	0	0	5	22	0	21	0
Blueberry Lavender - Large (24 oz)	130	0	0.0	0.0	0	0	10	34	0	31	0
Maine Root Soda (Fountain) - Regular (16 oz)	110	0	0.0	0.0	0	0	25	30	0	30	0
Maine Root Soda (Fountain) - Large (24 oz)	160	0	0.0	0.0	0	0	36	46	0	46	0
Maine Root Soda (Bottled)	165	0	0.0	0.0	0	0	35	40	0	40	0
Spindrift Grapefruit	17	0	0.0	0.0	0	0	0	4	0	3	0
Spindrift Cucumber	2	0	0.0	0.0	0	0	0	0	0	0	0
Spindrift Lemon	3	0	0.0	0.0	0	0	0	0	0	0	0
Spindrift Raspberry Lime	9	0	0.0	0.0	0	0	0	2	0	1	0
Spindrift Blackberry	13	0	0.0	0.0	0	0	0	3	0	2	0
Horizon 1% Milk	110	20	2.5	1.5	0	15	125	12	0	12	8
Horizon Chocolate Milk	150	30	3.0	2.0	0	15	220	24	1	22	9
Honest Apple Juice	40	0	0.0	0.0	0	0	15	9	0	8	0

*All self serve and fountain beverage nutritional information is calculated to include ice. All kid's sizes of self serve drinks are 16 oz.

