



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 Roasted White Sweet Potatoes | 90 | 17.5 | 2.0 | 0.0 | 0 | 0 | 210 | 17.5 | 3 | 4.5 | 1.5 |
| 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 | 6.0 | 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 | | | | | | | | | | | |
| 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 |
| Roasted White Sweet Potatoes | 180 | 35 | 4 | 0.0 | 0 | 0 | 420 | 35 | 6 | 9 | 3 |
| 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 | | | | | | | | | | | |
| Balsamic Date 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) | 135 | 0 | 0.0 | 0.0 | 0 | 0 | 25 | 30 | 0 | 30 | 0 |
| Maine Root Soda (Fountain) - Large (24 oz) | 190 | 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.

