

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)
<b>Curated Bowls</b>											
Greek Salad	<b>585</b>	360	40	10	0	165	1830	19	8	5	37
Harissa Avocado	<b>840</b>	450	50	12	0	155	2030	63	12	12	42
Chicken + Rice	<b>710</b>	370	42	10	0	165	1830	43	7	8	40
Steak + Harissa	<b>615</b>	320	36	10	0	105	1800	39	7	7	36
Spicy Lamb + Avocado	<b>795</b>	470	53	15	0	105	1690	50	18	11	43
Falafel Crunch	<b>860</b>	470	56	9	0	15	2230	88	18	13	24
Garlicky Chicken Shawarma	<b>600</b>	300	34	6	0	65	1600	50	5	10	27

<b>Curated Pitas</b>											
Crispy Falafel	<b>945</b>	520	58	6	0	0	2420	88	11	8	22
Greek Chicken	<b>870</b>	400	45	10	0	165	2650	68	12	6	48
Spicy Chicken + Avocado	<b>970</b>	460	52	13	0	155	2480	84	16	13	51
Steak + Feta	<b>805</b>	360	40	10	0	110	1870	66	9	9	45
Garlic Chicken + Veggie	<b>790</b>	390	44	8	0	90	2110	68	10	9	35
Chicken Shawarma	<b>630</b>	230	26	3.5	0	50	1770	69	10	8	33

<b>Greens + Grains</b>											
Brown Rice	<b>310</b>	90	10	2	0	0	770	48	4	2	7
Saffron Basmati Rice	<b>290</b>	60	7	1	0	0	770	54	1	1	5
Black Lentils	<b>270</b>	60	7	1	0	0	520	37	15	3	18
SuperGreens	<b>40</b>	5	0.5	0	0	0	30	8	4	3	3
Arugula	<b>20</b>	5	0.5	0	0	0	25	3	1	2	2
Baby Spinach	<b>20</b>	5	0	0	0	0	70	3	2	0	3
Romaine	<b>20</b>	5	0	0	0	0	10	4	3	1	1
SplendidGreens®	<b>20</b>	0	0	0	0	0	20	4	3	1	1

<b>Mains</b>											
Braised Lamb	<b>210</b>	110	12	6	0	65	450	2	1	0	24
Grilled Chicken	<b>250</b>	120	13	3	0	150	670	3	1	0	28
Falafel	<b>350</b>	230	26	2	0	0	810	24	1	3	6
Grilled Steak	<b>170</b>	80	9	3	0	85	280	1	0	0	23
Harissa Honey Chicken	<b>260</b>	120	14	3	0	135	670	7	2	3	26
Roasted Vegetables	<b>100</b>	40	4.5	0.5	0	0	600	14	5	5	3
Spicy Lamb Meatballs	<b>300</b>	190	21	8	0	90	680	3	1	1	24
Chicken Shawarma	<b>100</b>	25	3	0.5	0	50	460	1	0	0	16

<b>Kids Meal</b>											
Kids Pita Chips	<b>130</b>	40	4	0.5	0	0	340	20	2	1	5
Kids Saffron Basmati Rice	<b>150</b>	30	3.5	0.5	0	0	390	27	1	0	3
Kids Brown Rice	<b>150</b>	45	5	1	0	0	390	24	2	1	3
Kids Black Lentils	<b>130</b>	30	3.5	0.5	0	0	260	18	7	2	9
Kids Mini Pita	<b>160</b>	25	3	0.5	0	0	390	27	3	2	7
Carrot Sticks	<b>40</b>	0	0	0	0	0	70	10	3	5	1
Kids Chicken	<b>120</b>	60	7	1.5	0	75	330	1	1	0	14
Kids Harissa Honey Chicken	<b>130</b>	60	7	1.5	0	65	340	4	1	2	13
Kids Chicken Shawarma	<b>50</b>	15	1.5	0	0	25	230	1	0	0	8
Kids Falafel	<b>170</b>	120	13	1	0	0	400	12	1	1	3
Kids Spicy Lamb Meatballs	<b>150</b>	100	11	4	0	45	340	2	0	1	12
Kids Roasted Vegetables	<b>50</b>	20	2	0	0	0	300	7	3	3	2
Kids Braised Lamb	<b>110</b>	60	6	3	0	30	230	1	0	0	12
Kids Grilled Steak	<b>90</b>	40	4.5	1.5	0	40	140	0	0	0	11

<b>Toppings</b>											
Shredded Romaine	<b>5</b>	0	0	0	0	0	0	1	0	0	0
Pita Crisps	<b>70</b>	70	11	1.5	0	0	25	6	0	0	1
Cabbage Slaw	<b>35</b>	25	3	0	0	0	125	2	1	1	0
Tomato + Onion	<b>20</b>	15	1.5	0	0	0	125	2	0	1	0
Persian Cucumber	<b>15</b>	10	1	0	0	0	110	1	0	1	0
Tomato + Cucumber	<b>5</b>	0	0	0	0	0	0	1	0	1	0
Kalamata Olives	<b>35</b>	25	3	0.5	0	0	360	2	2	0	0
Fiery Broccoli	<b>35</b>	25	2.5	0	0	0	170	2	1	1	1
Pickled Onions	<b>20</b>	0	0	0	0	0	0	5	0	4	0
Salt-Brined Pickles	<b>5</b>	0	0	0	0	0	180	0	0	0	0
Crumbled Feta	<b>35</b>	20	2.5	1.5	0	10	125	0	0	1	3
Fire-Roasted Corn	<b>45</b>	25	2.5	0	0	0	105	5	1	2	1
Avocado	<b>110</b>	100	11	2.5	0	0	0	7	5	0	2

<b>Dips + Spreads</b>											
Tzatziki	<b>35</b>	20	2.5	1.5	0	10	60	1	0	1	2
Hummus	<b>45</b>	25	2.5	0	0	0	115	4	2	0	2
Roasted Eggplant	<b>50</b>	40	5	0.5	0	0	160	2	1	0	0
Crazy Feta®	<b>70</b>	50	6	3	0	15	230	1	0	0	4
Harissa	<b>70</b>	50	6	1	0	0	250	5	1	2	1

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)
<b>Dips + Spreads</b>											
Red Pepper Hummus	<b>40</b>	10	1.5	0	0	0	125	5	2	1	2
<b>Dressings</b>											
Balsamic Date Vinaigrette	<b>60</b>	35	4	0.5	0	0	250	7	1	5	0
Yogurt Dill	<b>30</b>	20	2	1	0	5	190	1	0	0	2
Lemon-Herb Tahini	<b>70</b>	50	6	1	0	0	140	4	2	0	2
Tahini Caesar	<b>90</b>	70	8	1	0	0	250	3	1	0	2
Greek Vinaigrette	<b>130</b>	120	14	2	0	0	230	1	0	0	0
Skhug	<b>80</b>	80	9	1	0	0	150	1	0	0	0
Hot Harissa Vinaigrette	<b>70</b>	60	7	1	0	0	270	1	0	1	0
Garlic Dressing	<b>180</b>	170	20	1.5	0	0	90	0	0	0	0

<b>Sides</b>											
Whole Pita	<b>310</b>	50	6	1	0	0	770	53	6	3	13
Side Pita	<b>80</b>	15	1.5	0	0	0	190	13	2	1	3
Pita Chips	<b>270</b>	80	8	1	0	0	680	40	5	2	10
Greyston Chocolate Chip Blondie	<b>140</b>	45	5	3	0	35	10	22	0	16	2
Greyston Brownie	<b>150</b>	80	9	6	0	45	10	17	1	13	2
Whisked! Apricot Honey	<b>270</b>	100	11	7	0	45	190	42	1	24	3
Whisked! Salted Dark Chocolate Oat Cookie (DMV)	<b>290</b>	135	15	9	0	40	160	37	3	21	4

<b>Drinks*</b>											
Classic Lemonade - Kids (12 oz)	<b>200</b>	0	0	0	0	0	0	52	0	50	0
Classic Lemonade - Small (16 oz)	<b>260</b>	0	0	0	0	0	0	69	0	66	0
Classic Lemonade - Large (22 oz)	<b>360</b>	0	0	0	0	0	0	95	0	91	0
Classic Lemonade (CA) - Kids (12 oz)	<b>160</b>	0	0	0	0	0	0	41	0	39	0
Classic Lemonade (CA) - Small (16 oz)	<b>210</b>	0	0	0	0	0	0	55	0	52	0
Classic Lemonade (CA) - Large (22 oz)	<b>290</b>	0	0	0	0	0	0	75	0	71	0
Black Tea Unsweetened - Kids (12 oz)	<b>0</b>	0	0	0	0	0	10	0	0	0	0
Black Tea Unsweetened - Small (16 oz)	<b>0</b>	0	0	0	0	0	15	0	0	0	0
Black Tea Unsweetened - Large (22 oz)	<b>0</b>	0	0	0	0	0	20	0	0	0	0
Sweet Tea - Kids (12 oz)	<b>110</b>	0	0	0	0	0	10	28	0	28	0
Sweet Tea - Small (16 oz)	<b>150</b>	0	0	0	0	0	15	37	0	37	0
Sweet Tea - Large (22 oz)	<b>200</b>	0	0	0	0	0	20	51	0	51	0
Jasmine Tea - Kids (12 oz)	<b>0</b>	0	0	0	0	0	10	0	0	0	0
Jasmine Tea - Small (16 oz)	<b>0</b>	0	0	0	0	0	15	0	0	0	0
Jasmine Tea - Large (22 oz)	<b>0</b>	0	0	0	0	0	20	0	0	0	0
Strawberry Citrus - Kids (12 oz)	<b>100</b>	0	0	0	0	0	10	26	1	24	0
Strawberry Citrus - Small (16 oz)	<b>140</b>	0	0	0	0	0	10	35	1	32	0
Strawberry Citrus - Large (22 oz)	<b>190</b>	0	0	0	0	0	15	48	1	44	1
Cucumber Mint Lime - Kids (12 oz)	<b>130</b>	0	0	0	0	0	0	33	0	31	0
Cucumber Mint Lime - Small (16 oz)	<b>180</b>	0	0	0	0	0	0	44	0	41	1
Cucumber Mint Lime - Large (22 oz)	<b>240</b>	0	0	0	0	0	0	61	1	57	1
Blueberry Lavender - Kids (12 oz)	<b>110</b>	0	0	0	0	0	10	27	0	25	0
Blueberry Lavender - Small (16 oz)	<b>140</b>	0	0	0	0	0	10	36	0	34	0
Blueberry Lavender - Large (22 oz)	<b>190</b>	0	0	0	0	0	15	50	0	46	0
Pineapple Apple Mint Juice - Kids (12 oz)	<b>80</b>	5	0	0	0	0	5	22	1	17	0
Pineapple Apple Mint Juice - Small (16 oz)	<b>110</b>	5	0.5	0	0	0	10	29	1	23	0
Pineapple Apple Mint Juice - Large (22 oz)	<b>160</b>	5	0.5	0	0	0	10	39	1	31	1
Maine Root Soda (Fountain) - Kids (12 oz)	<b>145</b>	0	0	0	0	0	35	35	0	35	0
Maine Root Soda (Fountain) - Small (16 oz)	<b>190</b>	0	0	0	0	0	50	50	0	50	0
Maine Root Soda (Fountain) - Large (22 oz)	<b>270</b>	0	0	0	0	0	60	60	0	60	0
Maine Root Soda (Bottled)	<b>145</b>	0	0	0	0	0	35	35	0	35	0
Maine Root Diet Soda (Fountain) - Kids (12 oz)	<b>0</b>	0	0	0	0	0	30	0	0	0	0
Maine Root Diet Soda (Fountain) - Small (16 oz)	<b>0</b>	0	0	0	0	0	40	0	0	0	0
Maine Root Diet Soda (Fountain) - Large (22 oz)	<b>0</b>	0	0	0	0	0	50	0	0	0	0
Spindrift Grapefruit	<b>17</b>	0	0	0	0	0	0	4	0	3	0
Spindrift Cucumber	<b>2</b>	0	0	0	0	0	0	0	0	0	0
Spindrift Raspberry Lime	<b>5</b>	0	0	0	0	0	0	1	0	1	0
Spindrift Lemon	<b>3</b>	0	0	0	0	0	0	1	0	0	0
Spindrift Half Tea + Half Lemon	<b>5</b>	0	0	0	0	0	0	1	0	0	0
Horizon 1% Milk	<b>110</b>	20	2.5	1.5	0	15	125	12	0	12	8
Horizon Chocolate Milk	<b>150</b>	30	3	2	0	15	220	24	1	22	9
Honest Apple Juice	<b>35</b>	0	0	0	0	0	15	9	0	8	0

\*All self-service juice and fountain beverage nutrition information is calculated without ice.



● Contains **ALLERGEN** ● **DIET** Contains Compliant Ingredients

	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish	Shellfish	Vegan	Vegetarian
<b>TOPPING</b>											
Cabbage Slaw										●	●
Tomato + Onion										●	●
Persian Cucumber										●	●
Tomato + Cucumber										●	●
Kalamata Olives										●	●
Fiery Broccoli										●	●
Pickled Onions										●	●
Salt-Brined Pickles										●	●
Crumbled Feta		●									●
Fire-Roasted Corn										●	●
Avocado										●	●
Shredded Romaine										●	●
Pita Crisps	●		●			●				●	●

<b>DRESSINGS</b>											
Balsamic Date Vinaigrette										●	●
Yogurt Dill		●									●
Lemon-Herb Tahini						●				●	●
Tahini Caesar						●				●	●
Greek Vinaigrette										●	●
Skhug										●	●
Hot Harissa Vinaigrette										●	●
Garlic Dressing										●	●

<b>SIDES</b>											
Side Pita	●		●			●				●	●
Pita Chips	●		●			●				●	●
Greyston Blondie	●	●	●	●							●
Greyston Brownie	●	●		●							●
Whisked! Apricot Honey	●	●		●							●
Whisked! Salted Dark Chocolate Oat Cookie	●	●	●	●							●

<b>DRINKS</b>											
Classic Lemonade										●	●
Classic Lemonade (CA)										●	●
Sweet Tea										●	●
Jasmine Tea										●	●
Unsweetened Black Tea										●	●
Strawberry Citrus										●	●
Pineapple Apple Mint										●	●
Cucumber Mint Lime										●	●
Blueberry Lavender										●	●
Maine Root Soda (Fountain)										●	●
Maine Root Soda (Bottled)										●	●
Spindrift Grapefruit										●	●
Spindrift Cucumber										●	●
Spindrift Lemon										●	●
Spindrift Raspberry Lime										●	●
Spindrift Half Tea + Half Lemon										●	●
Horizon 1% Milk		●									●
Horizon Chocolate Milk		●									●
Honest Apple Juice										●	●