



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											
Greek Salad	585	360	40	10	0	165	1830	19	8	5	37
Harissa Avocado	840	450	50	12	0	155	2030	63	12	12	42
Chicken + Rice	710	370	42	10	0	165	1830	43	7	8	40
Steak + Harissa	615	320	36	10	0	105	1800	39	7	7	36
Spicy Lamb + Avocado	795	470	53	15	0	105	1690	50	18	11	43
Falafel Crunch	860	470	56	9	0	15	2230	88	18	13	24
Garlicky Chicken Shawarma	600	300	34	6	0	65	1600	50	5	10	27
Curated Pitas											
Crispy Falafel	945	520	58	6	0	0	2420	88	11	8	22
Greek Chicken	870	400	45	10	0	165	2650	68	12	6	48
Spicy Chicken + Avocado	970	460	52	13	0	155	2480	84	16	13	51
Steak + Feta	810	360	40	10	0	110	1870	66	9	9	45
Garlic Chicken + Veggie	790	390	44	8	0	90	2110	68	10	9	35
Chicken Shawarma	630	230	26	3.5	0	50	1770	69	10	8	33
Greens + Grains											
Brown Rice	310	90	10	2	0	0	770	48	4	2	7
Saffron Basmati Rice	290	60	7	1	0	0	770	54	1	1	5
Black Lentils	270	60	7	1	0	0	520	37	15	3	18
SuperGreens	40	5	0.5	0	0	0	30	8	4	3	3
Arugula	20	5	0.5	0	0	0	25	3	1	2	2
Baby Spinach	20	5	0	0	0	0	70	3	2	0	3
Romaine	20	5	0	0	0	0	10	4	3	1	1
SplendidGreens®	20	0	0	0	0	0	20	4	3	1	1
Mains											
Braised Lamb	210	110	12	6	0	65	450	2	1	0	24
Grilled Chicken	250	120	13	3	0	150	670	3	1	0	28
Falafel	350	230	26	2	0	0	810	24	1	3	6
Grilled Steak	170	80	9	3	0	85	280	1	0	0	23
Harissa Honey Chicken	260	120	14	3	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	190	21	8	0	90	680	3	1	1	24
Chicken Shawarma	100	25	3	0.5	0	50	460	1	0	0	16
Glazed Salmon	320	210	23	3.5	0	90	630	5	0	5	23
Kids Meal											
Kids Pita Chips	130	40	4	0.5	0	0	340	20	2	1	5
Kids Hot Harissa Pita Chips	140	40	4.5	0.5	0	0	500	20	2	1	5
Kids Saffron Basmati Rice	150	30	3.5	0.5	0	0	390	27	1	0	3
Kids Brown Rice	150	45	5	1	0	0	390	24	2	1	3
Kids Black Lentils	130	30	3.5	0.5	0	0	260	18	7	2	9
Kids Mini Pita	160	25	3	0.5	0	0	390	27	3	2	7
Carrot Sticks	40	0	0	0	0	0	70	10	3	5	1
Kids Chicken	120	60	7	1.5	0	75	330	1	1	0	14
Kids Harissa Honey Chicken	130	60	7	1.5	0	65	340	4	1	2	13
Kids Chicken Shawarma	50	15	1.5	0	0	25	230	1	0	0	8
Kids Falafel	170	120	13	1	0	0	400	12	1	1	3
Kids Spicy Lamb Meatballs	150	100	11	4	0	45	340	2	0	1	12
Kids Roasted Vegetables	50	20	2	0	0	0	300	7	3	3	2
Kids Braised Lamb	110	60	6	3	0	30	230	1	0	0	12
Kids Grilled Steak	90	40	4.5	1.5	0	40	140	0	0	0	11
Toppings											
Shredded Romaine	5	0	0	0	0	0	0	1	0	0	0
Pita Crisps	70	70	11	1.5	0	0	25	6	0	0	1
Cabbage Slaw	35	25	3	0	0	0	125	2	1	1	0
Tomato + Onion	20	15	1.5	0	0	0	125	2	0	1	0
Persian Cucumber	15	10	1	0	0	0	110	1	0	1	0
Tomato + Cucumber	5	0	0	0	0	0	0	1	0	1	0
Kalamata Olives	35	25	3	0.5	0	0	360	2	2	0	0
Fiery Broccoli	35	25	2.5	0	0	0	170	2	1	1	1
Pickled Onions	20	0	0	0	0	0	0	5	0	4	0
Salt-Brined Pickles	5	0	0	0	0	0	180	0	0	0	0
Crumbled Feta	35	20	2.5	1.5	0	10	125	0	0	1	3
Fire-Roasted Corn	45	25	2.5	0	0	0	105	5	1	2	1
Avocado	110	100	11	2.5	0	0	0	7	5	0	2
Dips + Spreads											
Tzatziki	35	20	2.5	1.5	0	10	60	1	0	1	2
Hummus	45	25	2.5	0	0	0	115	4	2	0	2
Roasted Eggplant	50	40	5	0.5	0	0	160	2	1	0	0
Crazy Feta®	70	50	6	3	0	15	230	1	0	0	4

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)
Dips + Spreads											
Harissa	70	50	6	1	0	0	250	5	1	2	1
Red Pepper Hummus	40	10	1.5	0	0	0	125	5	2	1	2
Dressings											
Balsamic Date Vinaigrette	60	35	4	0.5	0	0	250	7	1	5	0
Yogurt Dill	30	20	2	1	0	5	190	1	0	0	2
Lemon-Herb Tahini	70	50	6	1	0	0	140	4	2	0	2
Tahini Caesar	90	70	8	1	0	0	250	3	1	0	2
Greek Vinaigrette	130	120	14	2	0	0	230	1	0	0	0
Skhug	80	80	9	1	0	0	150	1	0	0	0
Hot Harissa Vinaigrette	70	60	7	1	0	0	270	1	0	1	0
Garlic Dressing	180	170	20	1.5	0	0	90	0	0	0	0
Sides											
Whole Pita	310	50	6	1	0	0	770	53	6	3	13
Side Pita	80	15	1.5	0	0	0	190	13	2	1	3
Pita Chips	270	80	8	1	0	0	680	40	5	2	10
Greyston Chocolate Chip Blondie	140	45	5	3	0	35	10	22	0	16	2
Greyston Brownie	150	80	9	6	0	45	10	17	1	13	2
Whisked! Apricot Honey	270	100	11	7	0	45	190	42	1	24	3
Whisked! Salted Dark Chocolate Oat Cookie (DMV)	290	135	15	9	0	40	160	37	3	21	4
Drinks*											
Classic Lemonade - Kids (12 oz)	200	0	0	0	0	0	0	52	0	50	0
Classic Lemonade - Small (16 oz)	260	0	0	0	0	0	0	69	0	66	0
Classic Lemonade - Large (22 oz)	360	0	0	0	0	0	0	95	0	91	0
Classic Lemonade (CA) - Kids (12 oz)	160	0	0	0	0	0	0	41	0	39	0
Classic Lemonade (CA) - Small (16 oz)	210	0	0	0	0	0	0	55	0	52	0
Classic Lemonade (CA) - Large (22 oz)	290	0	0	0	0	0	0	75	0	71	0
Black Tea Unsweetened - Kids (12 oz)	0	0	0	0	0	0	10	0	0	0	0
Black Tea Unsweetened - Small (16 oz)	0	0	0	0	0	0	15	0	0	0	0
Black Tea Unsweetened - Large (22 oz)	0	0	0	0	0	0	20	0	0	0	0
Sweet Tea - Kids (12 oz)	110	0	0	0	0	0	10	28	0	28	0
Sweet Tea - Small (16 oz)	150	0	0	0	0	0	15	37	0	37	0
Sweet Tea - Large (22 oz)	200	0	0	0	0	0	20	51	0	51	0
Jasmine Tea - Kids (12 oz)	0	0	0	0	0	0	10	0	0	0	0
Jasmine Tea - Small (16 oz)	0	0	0	0	0	0	15	0	0	0	0
Jasmine Tea - Large (22 oz)	0	0	0	0	0	0	20	0	0	0	0
Strawberry Citrus - Kids (12 oz)	100	0	0	0	0	0	10	26	1	24	0
Strawberry Citrus - Small (16 oz)	140	0	0	0	0	0	10	35	1	32	0
Strawberry Citrus - Large (22 oz)	190	0	0	0	0	0	15	48	1	44	1
Cucumber Mint Lime - Kids (12 oz)	130	0	0	0	0	0	0	33	0	31	0
Cucumber Mint Lime - Small (16 oz)	180	0	0	0	0	0	0	44	0	41	1
Cucumber Mint Lime - Large (22 oz)	240	0	0	0	0	0	0	61	1	57	1
Blueberry Lavender - Kids (12 oz)	110	0	0	0	0	0	10	27	0	25	0
Blueberry Lavender - Small (16 oz)	140	0	0	0	0	0	10	36	0	34	0
Blueberry Lavender - Large (22 oz)	190	0	0	0	0	0	15	50	0	46	0
Pineapple Apple Mint Juice - Kids (12 oz)	80	5	0	0	0	0	5	22	1	17	0
Pineapple Apple Mint Juice - Small (16 oz)	110	5	0.5	0	0	0	10	29	1	23	0
Pineapple Apple Mint Juice - Large (22 oz)	160	5	0.5	0	0	0	10	39	1	31	1
Maine Root Soda (Fountain) - Kids (12 oz)	145	0	0	0	0	0	35	35	0	35	0
Maine Root Soda (Fountain) - Small (16 oz)	190	0	0	0	0	0	50	50	0	50	0
Maine Root Soda (Fountain) - Large (22 oz)	270	0	0	0	0	0	60	60	0	60	0
Maine Root Soda (Bottled)	145	0	0	0	0	0	35	35	0	35	0
Maine Root Diet Soda (Fountain) - Kids (12 oz)	0	0	0	0	0	0	30	0	0	0	0
Maine Root Diet Soda (Fountain) - Small (16 oz)	0	0	0	0	0	0	40	0	0	0	0
Maine Root Diet Soda (Fountain) - Large (22 oz)	0	0	0	0	0	0	50	0	0	0	0
Spindrift Grapefruit	17	0	0	0	0	0	0	4	0	3	0
Spindrift Cucumber	2	0	0	0	0	0	0	0	0	0	0
Spindrift Raspberry Lime	5	0	0	0	0	0	0	1	0	1	0
Spindrift Lemon	3	0	0	0	0	0	0	1	0	0	0
Sprindrift Half Tea + Half Lemon	5	0	0	0	0	0	0	1	0	0	0
Horizon 1% Milk	110	20	2.5	1.5	0	15	125	12	0	12	8
Horizon Chocolate Milk	150	30	3	2	0	15	220	24	1	22	9
Honest Apple Juice	35	0	0	0	0	0	15	9	0	8	0

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



ALLERGEN DETAIL MENU + INGREDIENTS

While we take great care to identify allergens and avoid contamination, we encourage guests to review this guide routinely if you have any food allergies or specific dietary restrictions. We cannot guarantee that our ingredients are 100% free of allergens or animal products, particularly given our reliance on supplier information, potential for cross-contact* with other foods in shared preparation and cooking areas, and potential ingredient substitutions, which may occur due to supply chain matters and variations in supplier practices.

● Contains **ALLERGEN** ● **DIET** Contains Compliant Ingredients *May be prepared in a facility that also prepares salmon.

Recipe	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish (Salmon)	Shellfish	Vegan	Vegetarian
CURATED BOWL											
Greek Salad		●				●					
Harissa Avocado		●				●					
Spicy Lamb + Avocado		●				●					
Chicken + Rice		●				●					
Falafel Crunch	●	●	●			●					●
Steak + Harissa		●				●					
Garlicky Chicken Shawarma		●				●					
CURATED PITAS											
Crispy Falafel	●		●			●				●	●
Greek Chicken	●	●	●			●					
Spicy Chicken + Avocado	●	●	●			●					
Steak + Feta	●	●	●			●					
Garlic Chicken + Veggie	●	●	●			●					
Chicken Shawarma	●		●			●					
GREENS + GRAINS											
Brown Rice										●	●
Saffron Basmati Rice										●	●
Black Lentils										●	●
SuperGreens										●	●
Arugula										●	●
Baby Spinach										●	●
Romaine										●	●
SplendidGreens®										●	●
PITAS											
Pita	●		●			●				●	●
KIDS MEAL											
Kids Pita Chips	●		●			●				●	●
Kids Hot Harissa Pita Chips	●		●			●				●	●
Kids Saffron Basmati Rice										●	●
Kids Brown Rice										●	●
Kids Black Lentils										●	●
Kids Mini Pita	●		●			●				●	●
Carrot Sticks										●	●
Kids Chicken											
Kids Harissa Honey Chicken											
Kids Falafel	●		●			●				●	●
Kids Spicy Lamb Meatballs											
Kids Roasted Vegetables										●	●
Kids Braised Lamb											
Kids Grilled Steak											
DIPS + SPREADS											
Tzatziki		●									●
Hummus						●				●	●
Roasted Eggplant										●	●
Crazy Feta®		●									●
Harissa										●	●
Red Pepper Hummus						●				●	●
MAINS											
Braised Lamb											
Grilled Chicken											
Grilled Steak											
Falafel	●		●			●				●	●
Harissa Honey Chicken											
Roasted Vegetables										●	●
Spicy Lamb Meatballs											
Chicken Shawarma											
Glazed Salmon								●			

