

Nutritional ingredient availability may vary by location and limited time menu items are excluded.

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											
Spicy Lamb + Avocado	800	460	52	14	0	105	1670	49	17	11	43
Steak + Harissa	620	320	36	10	0	105	1780	39	7	7	36
Harissa Avocado	830	440	49	12	0	155	2010	62	12	12	41
Chicken + Rice	700	370	42	10	0	165	1810	44	7	8	40
Greek Salad	580	360	40	10	0	165	1810	19	8	5	37
Garlicky Chicken Shawarma	600	300	34	6	0	65	1580	50	5	10	27
Falafel Crunch	860	470	56	9	0	15	2210	88	18	13	24

Curated Pitas											
Spicy Chicken + Avocado	980	450	51	12	0	155	2390	85	15	13	50
Steak + Feta	820	370	42	10	0	105	1800	68	9	9	44
Chicken Shawarma	640	230	26	3.5	0	50	1680	70	10	8	33
Greek Chicken	870	400	45	10	0	165	2560	69	12	6	48

Greens + Grains											
Brown Rice	310	90	10	2	0	0	770	48	5	2	7
Saffron Basmati Rice	290	60	7	1	0	0	770	54	2	1	5
Black Lentils	270	70	7	1	0	0	520	37	15	3	18
SuperGreens	35	5	0.5	0	0	0	35	6	4	2	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	5	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

Kids Meal											
Kids Pita Chips	140	40	4	0.5	0	0	310	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	0	0	260	18	7	2	9
Kids Mini Pita	160	25	3	0.5	0	0	350	27	3	2	7
Carrot Sticks	35	0	0	0	0	0	65	10	2	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	2	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	90	10	1.5	0	0	0	6	4	0	1

Dips + Spreads											
Tzatziki	30	20	2.5	1.5	0	10	60	1	0	1	2
Hummus	50	25	2.5	0	0	0	90	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
Harissa	70	50	6	1	0	0	250	5	1	2	1
Red Pepper Hummus	40	10	1.5	0	0	0	105	5	2	1	2

Dressings											
Balsamic Date Vinaigrette	60	35	4	0.5	0	0	250	7	1	5	0

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)
Dressings											
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	320	50	6	1	0	0	700	54	6	3	13
Side Pita	80	15	1.5	0	0	0	180	14	2	1	3
Pita Chips	280	80	8	1	0	0	630	41	5	2	10
Cinnamon Sugar Pita Chips	310	80	9	1	0	0	590	50	5	10	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 (DMV)	220	80	9	6	0	40	150	34	1	19	3
Whisked! Salted Dark Chocolate Oat Cookie	240	120	13	7	0	35	115	31	3	17	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 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 Chocolate Milk	150	25	2.5	1.5	0	10	200	22	0	21	8
Horizon 1% Milk	110	25	2.5	1.5	0	15	125	12	0	12	8
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.



NUTRITION AND ALLERGEN GUIDE (CONTINUED)

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. Nutritional ingredient availability may vary by location and limited time menu items are excluded.

● 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											
Spicy Lamb + Avocado		●				●					
Steak + Harissa		●				●					
Harissa Avocado		●				●					
Chicken + Rice		●				●					
Greek Salad		●				●					
Garlicky Chicken Shawarma		●				●					
Falafel Crunch	●	●				●					●

CURATED PITAS											
Spicy Chicken + Avocado	●	●				●					
Steak + Feta	●	●				●					
Chicken Shawarma	●					●					
Greek Chicken	●	●				●					

GREENS + GRAINS											
Brown Rice											
Saffron Basmati Rice											
Black Lentils											
SuperGreens											
Arugula											
Baby Spinach											
Romaine											
SplendidGreens®											

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DIPS + SPREADS											
Tzatziki		●									●
Hummus						●				●	●
Roasted Eggplant										●	●
Crazy Feta®		●									●
Harissa										●	●
Red Pepper Hummus						●				●	●

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	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish (Salmon)	Shellfish	Vegan	Vegetarian
TOPPINGS											
Persian Cucumber										●	●
Kalamata Olives										●	●
Fiery Broccoli										●	●
Pickled Onions										●	●
Salt-Brined Pickles										●	●
Crumbled Feta		●									●
Fire-Roasted Corn										●	●
Avocado										●	●
Shredded Romaine										●	●
Pita Crisps	●									●	●
Tomato + Cucumber										●	●
DRESSINGS											
Balsamic Date Vinaigrette										●	●
Yogurt Dill		●									●
Lemon-Herb Tahini						●				●	●
Tahini Caesar						●				●	●
Greek Vinaigrette										●	●
Skhug										●	●
Hot Harissa Vinaigrette										●	●
Garlic Dressing										●	●
SIDES											
Side Pita	●									●	●
Pita Chips	●									●	●
Cinnamon Sugar Pita Chips	●									●	●
Greyston Blondie	●	●	●	●							●
Greyston Brownie	●	●		●							●
Whisked! Apricot Honey	●	●		●							●
Whisked! Salted Dark Chocolate Oat Cookie	●	●	●	●							●
DRINKS											
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 Lemon										●	●
Spindrift Raspberry Lime										●	●
Sprindrift Half Tea + Half Lemon										●	●
Horizon 1% Milk		●									●
Horizon Chocolate Milk		●									●
Honest Apple Juice										●	●