



# NUTRITION AND ALLERGEN GUIDE

## Nutrition Guide

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 intolerances 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 allergen cross-contact with other foods, including salmon and shrimp, in shared preparation and cooking areas, and potential ingredient substitutions, which may occur due to variations in supplier practices. Self-service juice and fountain beverage information is calculated without ice.

See page 4 for Allergen Guide.

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>											
Spicy Lamb + Avocado Bowl	800	460	52	14	0	105	1670	49	17	11	43
Steak + Harissa Bowl	620	310	35	10	0	105	1830	39	7	7	37
Harissa Avocado Bowl	830	440	49	12	0	155	2010	62	12	12	41
Chicken + Rice Bowl	700	370	42	10	0	165	1810	44	7	8	40
Greek Salad Bowl	580	360	40	10	0	165	1810	19	8	5	37
Falafel Crunch Bowl	860	470	56	9	0	15	2210	88	18	13	24
Salmon + Yogurt Dill	710	390	43	9	0	110	1870	49	5	10	35
Salmon + Strawberry Sesame	700	385	43	9	0	110	1860	46	7	13	36

<b>CURATED PITAS</b>											
Spicy Chicken + Avocado	930	430	48	11	0	155	2290	80	13	13	48
Steak + Feta Pita	820	370	42	10	0	105	1800	68	9	9	44
Greek Chicken	720	270	30	9	0	170	2230	64	8	6	48

<b>BASES</b>											
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
Super Greens	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
Power Greens	30	2	0	0	0	0	35	4	2	1	2

<b>MAINS</b>											
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
Glazed Salmon	320	210	23	3.5	0	90	630	5	0	5	23

<b>KIDS MEAL</b>											
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 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 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
Kids Pita Chips	140	40	4	0.5	0	0	310	20	2	1	5

	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>TOPPINGS</b>											
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
Sumac Slaw	30	15	1.5	0	0	0	170	3	1	1	1
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

<b>DIPS + SPREADS</b>											
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

<b>DRESSINGS</b>											
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
Strawberry Sesame	60	40	5	0.5	0	0	130	3	1	2	1
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

<b>SIDES</b>											
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
Sumac Sour Cream + Onion Pita Chips	290	80	9	3.5	0	0	740	43	5	3	10
Greystone Chocolate Chip Blondie	140	45	5	3	0	35	10	22	0	16	2
Greystone 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

<b>DRINKS*</b>											
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

	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>DRINKS*</b>											
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 Green Tea - Kids (12 oz)	0	0	0	0	0	0	10	0	0	0	0
Jasmine Green Tea - Small (16 oz)	0	0	0	0	0	0	15	0	0	0	0
Jasmine Green 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
Tangerine Aleppo - Kids (12oz)	140	0	0	0	0	0	11	37	0	35	1
Tangerine Aleppo - Small (16 oz)	180	0	0	0	0	0	15	49	0	46	1
Tangerine Aleppo - Large (22oz)	250	0	0	0	0	0	23	67	0	63	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 (22oz)	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 (12oz)	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 (22oz)	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
Spindrift Half Tea + Half Lemon	5	0	0	0	0	0	0	1	0	0	0
Chocolate Milk	150	25	2.5	1.5	0	10	200	22	0	21	8
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





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

	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish (Salmon)	Shellfish (Shrimp)	Vegan	Vegetarian
<b>DRINKS</b>											
Sweet Tea										●	●
Jasmine Green Tea										●	●
Unsweetened Black Tea										●	●
Strawberry Citrus										●	●
Pineapple Apple Mint										●	●
Cucumber Mint Lime										●	●
Blueberry Lavender										●	●
Tangerine Aleppo										●	●
Maine Root Soda (Fountain)										●	●
Maine Root Soda (Bottled)										●	●
Spindrift Grapefruit										●	●
Spindrift Lemon										●	●
Spindrift Raspberry Lime										●	●
Spindrift Half Tea + Half Lemon										●	●
1% Milk		●									●
Chocolate Milk		●									●
Honest Apple Juice										●	●