

NUTRITION INFORMATION		Serving Size	Quantity	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Wraps & Boxes														
The Wrap, Carved Chicken	1	Serving		750	300	33	9	0	200	860	66	6	4	47
The Wrap, Carved Lamb Beef	1	Serving		870	450	49	17	0	85	1530	77	5	5	31
The Wrap, Falafel	1	Serving		840	310	34	7	0	10	1610	104	16	5	29
The Wrap, Grilled Chicken	1	Serving		840	390	44	11	0	185	1390	67	6	4	44
The Box, Greens, Carved Chicken	1	Serving		380	190	21	6	0	200	260	10	3	6	38
The Box, Greens, Carved Lamb Beef	1	Serving		500	330	37	13	0	85	920	20	3	7	22
The Box, Greens, Falafel	1	Serving		460	190	22	3.5	0	10	1000	48	14	7	21
The Box, Greens, Grilled Chicken	1	Serving		470	280	31	7	0	185	780	11	3	6	36
The Box, Saffron Rice, Carved Chicken	1	Serving		720	280	32	12	0	200	1020	64	3	5	43
The Box, Saffron Rice, Carved Lamb Beef	1	Serving		840	430	48	20	0	90	1680	75	2	7	27
The Box, Saffron Rice, Falafel	1	Serving		810	290	33	10	0	15	1760	102	13	6	25
The Box, Saffron Rice, Grilled Chicken	1	Serving		810	380	42	14	0	190	1540	65	3	6	41
The Box, Fries, Carved Chicken	1	Serving		1020	480	53	8	0	200	1400	90	6	4	44
The Box, Fries, Carved Lamb Beef	1	Serving		1140	620	69	16	0	85	2060	100	6	6	28
The Box, Fries, Falafel	1	Serving		1100	490	54	6	0	10	2140	128	17	6	26
The Box, Fries, Grilled Chicken	1	Serving		1100	570	63	10	0	185	1920	91	7	5	42
The Kebabs														
Carved Chicken, Wrap or Box	1	Serving		260	110	12	3.5	0	185	180	0	0	0	35
Carved Chicken, Plate	1	Serving		360	150	17	4.5	0	260	250	0	0	0	49
Carved Lamb & Beef, Wrap or Box	1	Serving		370	250	28	11	0	75	840	11	0	1	19
Carved Lamb & Beef, Plate	1	Serving		560	380	42	16	0	110	1260	16	0	2	28
Grilled Chicken	1	Serving		340	200	22	4.5	0	175	700	1	0	0	33
Beef Meatballs	1	Serving		220	150	17	6	1	40	520	6	4	1	11
Falafel, Wrap or Box	1	Serving		340	120	13	1	0	0	920	38	11	1	17
Falafel, Plate	1	Serving		470	160	18	1.5	0	0	1290	54	15	2	24
Extra Meat: Carved Chicken	1	Serving		260	110	12	3.5	0	185	180	0	0	0	35
Extra Meat: Carved Lamb & Beef	1	Serving		370	250	28	11	0	75	840	11	0	1	19
Extra Meat: Grilled Chicken	1	Serving		340	200	22	4.5	0	175	700	1	0	0	33
The Sides & Salads														
Greek Salad (Bay Area)	1	Serving		50	30	3.5	1.5	0	5	135	5	2	2	3
Salad: Greek Salad (SoCal)	1	Serving		50	35	3.5	1.5	0	5	180	5	2	2	2
Kale and Quinoa Salad	1	Serving		390	230	26	2	0	0	190	40	5	27	5
Mediterranean Chickpea Salad	1	Serving		180	110	12	1.5	0	0	810	17	4	6	4
Hummus	1	Serving		390	210	23	3	0	0	960	33	9	6	13
Hummus, Spicy	1	Serving		360	190	21	2.5	0	0	1160	34	9	8	12
Falafel	1	Serving		470	160	18	1.5	0	0	1290	54	15	2	24
Fries	1	Serving		660	290	33	3	0	0	1160	84	5	1	7
Saffron Rice	1	Serving		350	100	11	7	0	5	770	56	1	0	5
Pita Bread	1	Serving		190	5	1	0	0	0	380	36	3	0	7
Flatbread	1	Serving		390	120	13	4	0	0	620	60	4	0	10
Standard Fillings														
Garlic Yogurt Sauce	1	Serving		90	70	8	2.5	0	10	50	1	0	1	1
Red Onion, Pickled	1	Serving		0	0	0	0	0	0	10	1	0	0	0
Red Onion, Raw	1	Serving		0	0	0	0	0	0	0	1	0	0	0
Romaine Lettuce	1	Serving		5	0	0	0	0	0	0	1	1	0	0
Tomato, Cucumber Mix	1	Serving		10	0	0	0	0	0	0	3	1	2	1
Extra Fillings														
Fries	1	Serving		190	80	9	1	0	0	330	24	1	0	2
Feta Cheese (Bay Area)	1	Serving		70	50	6	4	0	25	260	1	0	1	5
Feta Cheese (SoCal)	1	Serving		90	70	7	4	0	25	440	1	1	1	4
Hummus	1	Serving		140	70	8	1	0	0	340	12	3	2	5
Hummus, Spicy	1	Serving		130	70	7	1	0	0	420	12	3	3	4
Kalamata Olives	1	Serving		90	90	9	1	0	0	400	4	0	0	0
Saffron Rice	1	Serving		140	40	4.5	2.5	0	0	310	22	0	0	2
The Sauces														
Garlic Yogurt	1	Serving		90	70	8	2.5	0	10	50	1	0	1	1
Spicy Cilantro	1	Serving		100	90	10	1	0	0	55	2	0	0	0
Spicy Sauce	1	Serving		15	0	0	0	0	0	250	3	1	2	1
Dill Yogurt	1	Serving		90	80	9	2.5	0	10	170	2	0	2	1
Specialty Items														
Crave Fries	1	Serving		820	420	47	9	0	35	1530	87	5	3	12
Dessert: Baklava, 1 piece	1	Serving		220	100	11	4	0	15	85	29	2	15	4
Doner Fries, Carved Chicken	1	Serving		1070	530	59	13	0	225	1710	87	5	3	47
Doner Fries, Carved Lamb Beef	1	Serving		1190	670	75	20	0	110	2370	98	5	5	31
Family Pack, Large, Carved Chicken	1	Serving		6260	2190	245	90	3	1705	10300	595	35	26	384
Family Pack, Large, Carved Lamb Beef	1	Serving		7470	3560	397	158	2.5	795	16370	688	34	38	259
Family Pack, Large, Grilled Chicken	1	Serving		6160	2490	279	90	3	1175	13020	600	37	27	286
Family Pack: Small, Carved Chicken	1	Serving		4170	1460	163	60	2	1135	6870	396	23	17	256
Family Pack: Small, Carved Lamb Beef	1	Serving		4980	2370	265	105	1.5	530	10920	459	23	25	173
Family Pack: Small, Grilled Chicken	1	Serving		4100	1660	186	60	2	785	8680	400	25	18	191
Kids Protein: Carved Chicken	1	Serving		150	60	7	2	0	110	105	0	0	0	21
Kids Protein: Carved Lamb & Beef	1	Serving		190	130	14	5	0	35	420	5	0	1	9
Kids Protein: Falafel	1	Serving		200	70	8	0.5	0	0	550	23	6	1	10
Kids Side: Fries	1	Serving		190	80	9	1	0	0	330	24	1	0	2
Kids Side: Greek Salad (Bay Area)	1	Serving		25	15	1.5	0.5	0	5	70	2	1	1	1
Kids Side: Greek Salad (SoCal)	1	Serving		25	15	2	0.5	0	5	90	2	1	1	1
Kids Side: Saffron Rice	1	Serving		180	50	6	3.5	0	0	380	28	0	0	3
The Crave Pack, Carved Chicken, Large	1	Serving		7180	3000	333	93	1.5	5230	4960	7	2	1	975
The Crave Pack, Carved Chicken, Small	1	Serving		3590	1500	167	46	1	2615	2480	4	1	0	487
The Crave Pack, Carved Lamb Beef, Large	1	Serving		11210	7560	840	320	0	2200	25210	320	0	40	560
The Crave Pack, Carved Lamb Beef, Small	1	Serving		5600	3780	420	160	0	1100	12610	160	0	20	280
The Crave Pack, Grilled Chicken, Large	1	Serving		8200	4780	536	111	1.5	4165	16840	32	11	6	780
The Crave Pack, Grilled Chicken, Small	1	Serving		4100	2390	268	56	0.5	2080	8420	16	6	3	390
The Crave Pack, Greek Salad, Large (Bay Area)	1	Serving		890	530	59	23	0	125	2430	81	34	33	46
The Crave Pack, Greek Salad, Large (SoCal)	1	Serving		970	590	65	24	0	125	3320	82	37	34	41
The Crave Pack, Greek Salad, Small (Bay Area)	1	Serving		450	260	29	12	0	65	1220	41	17	16	23
The Crave Pack, Greek Salad, Small (SoCal)	1	Serving		490	290	33	12	0	65	1660	41	19	17	21
The Crave Pack, Pita Bread, Large	1	Serving		3800	140	16	0	0	0	7600	720	60	0	140
The Crave Pack, Pita Bread, Small	1	Serving		1900	70	8	0	0	0	3800	360	30	0	70
The Crave Pack, Saffron Rice, Large	1	Serving		5640	1590	180	108	7	65	12250	896	13	5	87
The Crave Pack, Saffron Rice, Small	1	Serving		2820	800	90	54	3.5	30	6120	448	7	2	43
The Crave Pack, Garlic Yogurt Sauce, Small/Large	1	Serving		2760	2370	263	74	0	355	1650	46	1	34	42
The Crave Pack, Spicy Chili Sauce, Small/Large	1	Serving		490	50	5	0.5	0	0	8140	99	21	70	18
The Lunchboxes, Carved Chicken	1	Serving		2890	1130	127	50	2	805	4070	256	10	21	171
The Lunchboxes, Carved Lamb Beef	1	Serving		3360	1710	191	79	1.5	355	6720	298	10	26	107
The Lunchboxes, Falafel	1	Serving		3230	1170	131	41	2	60	7030	408	53	26	102
The Lunchboxes, Grilled Chicken	1	Serving		3240	1500	168	55	2	755	6160	261	12	22	162
The Trays, Carved Chicken, Large	1	Serving		7180	3000	333	93	1.5	5230	4960	7	2	1	975
The Trays, Carved Chicken, Small	1	Serving		3590	1500	167	46	1	2615	2480	4	1	0	487
The Trays, Carved Lamb Beef, Large	1	Serving		11210	7560	840	320	0	2200	25210	320	0		