

GRK - Menu Nutrition Analysis

Product	Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SALADS												
Kale Salad - without pita	1	630	330	36	5	0	0	1850	64	18	13	23
Kale Salad - with white pita	1	850	370	40	6	0	0	2210	104	20	16	30
Kale Salad - with whole wheat pita	1	880	370	40	6	0	0	2410	112	23	19	32
Side Kale Salad	1	270	160	18	2	0	0	910	24	7	6	9
Greek Salad - without pita	1	590	470	53	11	30	0	2080	22	12	9	10
Greek Salad - with white pita	1	810	510	57	12	30	0	2440	62	14	12	17
Greek Salad - with whole wheat pita	1	840	510	57	12	30	0	2640	70	17	15	19
Side Greek Salad	1	290	230	26	5	15	0	1040	10	5	4	5
Lentil Salad - without pita	1	850	360	40	6	0	0	2520	96	32	10	33
Lentil Salad - with white pita	1	1070	400	44	7	0	0	2880	136	34	13	40
Lentil Salad - with whole wheat pita	1	1100	400	44	7	0	0	3080	144	37	16	42
Side Lentil Salad	1	450	230	26	4	0	0	1100	43	14	5	14
SALAD DRESSINGS												
Lemon Vinaigrette	1 oz	180	170	19	3	0	0	210	2	0	1	0
GRK Dressing	1 oz	220	220	24	3	0	0	135	0	0	0	0
Apple Honey Dressing	1 oz	210	190	21	3	0	0	0	5	0	5	0
Dill Vinaigrette	1 oz	140	140	15	2	0	0	220	1	0	1	0
YEEROS												
Side Yeero - Chicken	4 oz	250	120	13	4	100	0	460	7	6	0	27
Side Yeero - Lamb & Beef	4 oz	290	130	15	6	70	1	520	10	4	0	29
Side Yeero - Pork	4 oz	480	340	38	13	65	0	690	9	9	0	24
Side Yeero - Portabello	1 cap	240	130	14	2	0	0	50	6	2	4	3
Pita Yeero - Chicken with white pita	1	520	200	22	6	100	0	1000	49	8	4	35
Pita Yeero - Chicken with whole wheat pita	1	550	200	22	6	100	0	1200	57	11	7	37
Pita Yeero - Lamb & Beef with white pita	1	560	210	23	8	70	1	1050	52	7	4	37
Pita Yeero - Lamb & Beef whole wheat pita	1	590	210	23	8	70	1	1250	60	10	7	39
Pita Yeero - Pork with white pita	1	750	430	47	15	65	0	1230	51	11	4	31
Pita Yeero - Pork whole wheat pita	1	780	430	47	15	65	0	1430	59	14	7	33
Pita Yeero - Portabello with white pita	1	510	390	42	14	60	0	1160	50	10	4	29
Pita Yeero - Portabello whole wheat pita	1	540	390	42	14	60	0	1360	58	13	7	31
Plate - Chicken with white pita	1	630	340	30	8	115	0	1350	54	11	5	40
Plate - Chicken with whole wheat pita	1	660	340	30	8	115	0	1550	62	14	8	42
Plate - Lamb & Beef with white pita	1	670	350	32	11	85	1	1410	57	9	5	43
Plate - Lamb & Beef whole wheat pita	1	700	350	32	11	85	1	1610	65	12	8	45
Plate - Pork with white pita	1	890	590	58	18	80	0	1610	56	14	5	37
Plate - Pork whole wheat pita	1	920	590	58	18	80	0	1810	64	17	8	39
Plate - Portabello with white pita	1	590	330	30	5	5	0	880	52	6	9	13
Plate - Portabello whole wheat pita	1	620	330	30	5	5	0	1080	60	9	12	15
TZATZIKIS												
Tzatziki GRK	2 oz	100	90	10	2	5	0	310	2	0	1	1
Tzatziki Kaftero	2 oz	40	20	2	1	5	0	470	3	1	2	2
Tzatziki Prassino	2 oz	140	130	14	3	5	0	280	2	0	1	1
Tzatziki Sampler with 2 white pitas	6 oz	720	320	35	8	10	0	1780	87	6	10	18
Tzatziki Sampler with 2 whole wheat pitas	6 oz	780	320	35	8	10	0	2180	103	12	16	22
SIDES												
Aegean Slaw	5.5 oz	100	60	7	1	0	0	1230	11	4	6	2
Brown Rice	6 oz	280	20	2	0	0	0	1160	59	3	1	6
Seasoned Chips	10.5 oz	370	130	15	2	0	0	115	59	4	0	4
Seasoned Chips - Side	5.25 oz	190	70	8	1	0	0	60	30	2	0	2
Side of Feta	2 oz	160	120	14	10	50	0	540	0	0	0	10

YOGURTS/YOGURT TOPPINGS

Fresh Yogurt (without toppings)	8 oz	170	40	4	3	15	0	75	9	0	9	23
Frozen Yogurt - Small	6 oz	70	20	2	1	5	0	30	10	0	9	2
Frozen Yogurt - Medium	8.1 oz	100	30	3	1	5	0	35	14	0	13	3
Frozen Yogurt - Large	18.1 oz	210	60	6	3	15	0	85	31	0	29	7
Simi	12.6 oz	380	170	19	4	15	0	480	32	4	23	22
Corfu	9.8 oz	310	110	13	4	15	0	1220	30	4	23	22
Coconut, shredded	0.6 oz	90	60	7	6	0	0	5	7	0	5	1
Figs, dry	1.1 oz	80	0	0	0	0	0	5	20	3	15	1
Kiwi	1.3 oz	20	0	0	0	0	0	0	5	1	3	0
Strawberries	1.5 oz	10	0	0	0	0	0	0	3	1	2	0
Pineapple	1.3 oz	20	0	0	0	0	0	0	5	1	4	0
Raspberries	1.2 oz	20	0	0	0	0	0	0	4	2	1	0
Honey Attica	0.5 oz	50	0	0	0	0	0	0	11	0	11	0
Blackberries	1.3 oz	20	0	0	0	0	0	0	3	2	2	1
Blueberries	1 oz	20	0	0	0	0	0	0	4	1	3	0
Mango	1.1 oz	20	0	0	0	0	0	0	5	0	4	0
Walnuts	1.2 oz	220	200	22	2	0	0	0	5	2	1	5
Granola	1.1 oz	130	40	5	1	0	0	120	21	2	9	3
Almonds	0.6 oz	100	80	8	1	0	0	5	4	2	1	4
Sarantis Fig Preserves	2.7 oz	250	0	0	0	0	0	20	63	1	38	0
Sarantis Sweet Cherry	1.5 oz	160	0	0	0	0	0	10	32	1	20	0
Sarantis Quince	1.9 oz	140	0	0	0	0	0	5	35	5	24	0
Sarantis Grape	2 oz	150	0	0	0	0	0	5	36	5	26	0
Sarantis Rose Petal	2 oz	180	0	0	0	0	0	15	47	0	28	0
Sarantis Sour Cherry	2 oz	150	0	0	0	0	0	5	36	5	26	0
Chocolate Sauce	1 oz	170	110	12	3	0	0	10	13	1	13	1

SOUPS

Chicken Soup	16 oz	260	70	7	2	55	0	600	30	4	0	17
Chicken Soup with white pita	16 oz	480	110	11	3	55	0	960	70	6	3	24
Chicken Soup with whole wheat pita	16 oz	510	110	11	3	55	0	1160	78	9	6	26
Lentil Soup	16 oz	260	30	4	1	0	0	930	43	7	2	16
Lentil Soup with white pita	16 oz	480	70	8	2	0	0	1290	83	9	5	23
Lentil Soup with whole wheat pita	16 oz	510	70	8	2	0	0	1490	91	12	8	25

MISCELLANEOUS

Hot Sauce	1 oz	10	0	0	0	0	0	230	3	2	1	0
Iced Tea	16 oz	0	0	0	0	0	0	0	0	0	0	0

Disclaimer: The nutrition information in this document is derived from testing in accredited labs, published resources, and from data provided by the suppliers who manufacture food and beverage items used by GRK. Serving sizes may vary from those used to calculate nutrition information. The nutritional information for each item may be affected by product changes, new product introductions or testing, preparation and serving size changes, variations in sources of supply, regional differences, and/or seasonal differences. Data is rounded to meet current U.S. FDA NLEA guidelines.