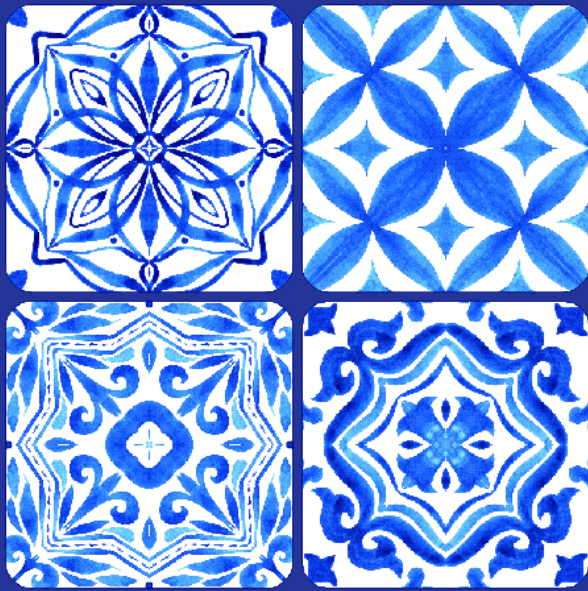




Bowl

  Rice	130 cal
choose 1:	
  Spinach	20 cal
  Romaine Lettuce	10 cal

Pita

  Pita	150 cal
choose 1:	
  Spinach	20 cal
  Romaine Lettuce	10 cal

Protein: choose 1

 Chicken Shawarma	170 cal
 Gyro Meat	310 cal
  Falafel	160 cal

Spread: choose 1

 Tzatziki	90 cal
 Feisty Feta	120 cal
  Hummus	140 cal
  Toun (garlic spread)	160 cal

Toppings: choose 5

 Feta	60 cal
  Tomato	10 cal
  Cucumber	10 cal
  Olives	90 cal
  Parsley	0 cal
  Chickpeas (plain)	45 cal
  Spiced Roasted Chickpeas	80 cal
  Pickled Red Onion	25 cal
  Pickled Turnips	20 cal
  Pickles	0 cal

Dressing: choose 1

 Greek Dressing	120 cal
 Spicy Mayo	200 cal
  Red Wine Vinegar and Oil	130 cal

FETA

Mediterranean

\$13.49 **Bowl**
\$13.49 **Pita**



\$13.99 **Bowl** + Fountain Drink
\$14.09 **Pita** + Chips or Fruit + Fountain Drink



Additional Nutrition Information
available upon request.
2,000 calories a day is used for general
nutrition advice, but calorie needs vary.