

## NUTRITION TABLE

### PITAS

ITEM	SERVING SIZE (g)	CALORIES	FAT (g)	PROTEIN (g)	CARBS (g)	SODIUM (mg)	CHOLESTEROL (mg)	FIBRE (g)
Pita Bread–White	71	210	0.5	8	43	340	0	2
Pita Bread–Wheat	71	200	1	8	40	330	0	4

### MEATS

ITEM	SERVING SIZE (g)	CALORIES	FAT (g)	PROTEIN (g)	CARBS (g)	SODIUM (mg)	CHOLESTEROL (mg)	FIBRE (g)
Assorted	113	110.8	4.1	16.1	2.4	634.9	13.4	0
Bacon	30	150	12	9	0	510	30	0
Chicken Breast	90	102.6	1.4	20.5	0	77	85	0
Chicken Crave	146.5	171.2	4.5	30	0.6	708.1	88	0
Chicken Caesar	100	152.6	5.4	23.5	0	247	105	0
Chicken Souvlaki	76	143.6	7.9	12.9	0	65	71.8	0
Club	123	160.8	8.1	19.1	2.4	804.9	23.4	0
Gyros	71	208	17.9	10.8	5	580.9	32.3	1
Ham	113	137.2	6.2	18.9	1.2	1262.1	6	0
Philly Steak	113	226	10.2	28.3	3.4	723.2	67.8	0
Rib	100	219.3	13.2	19.4	5.8	478	58.8	2.1
Roast Beef	113	104	3.1	20.3	2.1	922.1	108.7	0
Seafood	113	115.4	1.5	13.6	11.6	950.9	2.3	0
Tuna	120	116.4	0.7	27.6	0	468	21.2	0
Turkey Breast	113	105.1	2.6	16.6	4.5	1076.9	26	0

### VEGETARIAN

ITEM	SERVING SIZE (g)	CALORIES	FAT (g)	PROTEIN (g)	CARBS (g)	SODIUM (mg)	CHOLESTEROL (mg)	FIBRE (g)
Babaganoush	28	39.5	2.6	1.6	2.5	2	0	1
Falafel	80	253.3	13.3	7.5	26.7	26.7	0	5
Hummus	28	55	3.5	2.3	3.8	3.8	0	1.6

\* Please note that the nutritional information provided is based on data provided by our supplier(s) and some variation may occur due to the season of the year, use of alternate suppliers, region of the country and/or small differences in product assembly.

### VEGETABLES

ITEM	SERVING SIZE (g)	CALORIES	FAT (g)	PROTEIN (g)	CARBS (g)	SODIUM (mg)	CHOLESTEROL (mg)	FIBRE (g)
Alfalfa Sprouts	8	2.3	0.1	0.3	0.3	0.5	0	0.2
Black Olives	4.4	5.1	0.5	0	0.3	38.4	0	0.1
Cucumbers	13	1.7	0	0.1	0.4	0.3	0	0
Green Olives	4.3	6.3	0.5	0	0.3	60.5	0	0.1
Green Peppers	37	10	0.1	0.3	2.4	0.7	0	0.4
Hot Peppers	14	5	0	0	1	185	0	0.6
Lettuce	27	3.2	0.1	0.3	0.6	2.4	0	0.2
Mushrooms	17	4.3	0.1	0.5	0.7	0.7	0	0.4
Onions	40	15.2	0.1	0.5	3.5	1.2	0	0.6
Pineapple	35	132.4	0.2	0.2	8.4	4	0	0.4
Pickles	14	2.5	0	0.2	0.5	145	0	0.3
Tomatoes	45	9.5	0.1	0.4	2.1	4.1	0	0.7

### SAUCES

ITEM	SERVING SIZE (g)	CALORIES	FAT (g)	PROTEIN (g)	CARBS (g)	SODIUM (mg)	CHOLESTEROL (mg)	FIBRE (g)
BBQ Sauce	15	17.6	0	0	3.5	167.6	0	0
Caesar	15	35	2.3	0.5	3	180	2.5	0
Dijon Mustard	5	5	0	0	0	115	0	0.1
Honey Mustard	15	37	0.1	0.2	8.8	0	0	0
Ancho Chipotle	15	45	3.5	0.2	3	120	2.5	0
Mayonnaise	15	45	4.6	0	1	138.8	0	0
Mustard	5	0	0	0	0	55	0	0.2
Ranch	15	35	2.3	0.1	4	125	2.5	0
Hot Sauce	5	0	0	0	0	210	0	0
Secret Sauce	5	40.2	4.7	0	0	0	0	0
Teriyaki Sauce	5	15	0	0.1	0.3	26	0	0
Tzatziki	15	21.4	1.9	0.5	1.1	34.8	0	0

### CHEESES

ITEM	SERVING SIZE (g)	CALORIES	FAT (g)	PROTEIN (g)	CARBS (g)	SODIUM (mg)	CHOLESTEROL (mg)	FIBRE (g)
Cheddar	30	117	9.5	7.4	0.7	184	30	0
Feta	28	79.6	6.6	4	1.1	312.5	27.5	0
Swiss	29	96.9	7.3	7.2	0.6	397.3	24.7	0

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