



## Menu Item Nutritional Information

<b>Gyros</b>											
	Serving Size	# of Servings	Energy (kcal)	Protein (g)	Total lipid (fat) (g)	Fatty acids, total saturated (g)	Cholesterol (mg)	Carbohydrate, by difference (g)	Fiber, total dietary (g)	Sugars, total (g)	Sodium, Na (mg)
Original Gyro	1 each	1	591	35	43	10	77	56	4	12	1,387
Spicy Gyro	1 each	1	635	39	49	11	87	57	5	13	2,031
Deluxe Gyro	1 each	1	629	37	46	12	90	57	4	13	1,517
BLT	1 each	1	834	24	60	13	64	48	3	5	1,626
Chicken Bacon Ranch	1 each	1	1,050	40	75	13	109	53	3	8	1,802
Falafel Pita	1 each	1	337	11	9	4	17	51	3	7	850
Spicy Bacon Avocado	1 each	1	755	44	59	13	101	61	7	13	2,307
The "Z" Gyro	1 each	1	696	39	51	14	102	61	5	15	2,239
Philly Gyro	1 each	1	777	49	59	16	112	62	5	15	1,787
Super Gyro	1 each	1	826	48	58	14	104	71	8	14	2,779
Breakfast Pita	1 each	1	1,103	60	54	16	929	116	2	7	1,671
Supreme Pita	1 each	1	1,182	66	59	18	943	119	3	8	1,911
Colossal Pita	1 each	1	1,252	66	66	19	943	122	5	8	2,501
<b>Rice Bowls</b>											
	Serving Size	# of Servings	Energy (kcal)	Protein (g)	Total lipid (fat) (g)	Fatty acids, total saturated (g)	Cholesterol (mg)	Carbohydrate, by difference (g)	Fiber, total dietary (g)	Sugars, total (g)	Sodium, Na (mg)
Original Gyro Bowl	1 each	1	713	36	38	9	77	100	3	9	1,355
Spicy Gyro Bowl	1 each	1	756	40	44	10	87	101	4	10	1,999
Deluxe Gyro Bowl	1 each	1	750	38	41	11	90	100	3	9	1,485
BLT Pita Bowl	1 each	1	950	25	55	11	64	91	1	1	1,591
Chicken Bacon Ranch Pita Bowl	1 each	1	1,170	41	70	12	109	96	2	4	1,768
Falafel Pita Bowl	1 each	1	453	12	4	3	17	94	1	3	815
Z Gyro Bowl	1 each	1	817	41	46	13	102	104	4	11	1,618
Spicy Bacon Avocado Gyro Bowl	1 each	1	876	45	54	12	101	104	6	10	2,274
Philly Gyro Bowl	1 each	1	898	50	54	14	112	105	4	11	1,754
Super Gyro Bowl	1 each	1	942	49	53	13	104	114	6	10	2,744
Breakfast Pita Bowl	1 each	1	1,103	60	54	16	886	116	2	7	1,671
Supreme Pita Bowl	1 each	1	1,182	66	59	18	900	119	3	8	1,911
Colossal Pita Bowl	1 each	1	1,252	66	66	19	900	122	5	8	2,501
<b>Salads</b>											
	Serving Size	# of Servings	Energy (kcal)	Protein (g)	Total lipid (fat) (g)	Fatty acids, total saturated (g)	Cholesterol (mg)	Carbohydrate, by difference (g)	Fiber, total dietary (g)	Sugars, total (g)	Sodium, Na (mg)
Original Gyro Salad	1 each	1	371	29	39	9	77	20	7	12	834
Spicy Gyro Salad	1 each	1	414	33	45	10	87	21	7	13	1,478
Deluxe Gyro Salad	1 each	1	408	31	42	11	90	20	7	13	964
BLT Pita Salad	1 each	1	591	17	55	11	64	7	4	3	1,067
Chicken Bacon Ranch Pita Salad	1 each	1	824	33	71	12	109	15	5	7	1,247
Falafel Pita Salad	1 each	1	94	4	5	3	17	10	4	4	291
Z Gyro Salad	1 each	1	468	33	47	13	102	22	8	14	1,651
Spicy Bacon Avocado Gyro Salad	1 each	1	534	38	55	12	101	24	9	14	1,753
Philly Gyro Salad	1 each	1	539	42	54	15	112	21	7	13	1,230
Super Gyro Salad	1 each	1	600	42	53	13	104	34	10	14	2,224
Breakfast Pita Salad	1 each	1	744	52	55	17	886	32	5	8	1,147
Supreme Pita Salad	1 each	1	823	58	60	18	900	35	5	10	1,387
Colossal Pita Salad	1 each	1	884	57	66	19	900	37	5	10	1,968