

Nutritional ingredient availability may vary by location and limited time menu items are excluded.

Nutritional information is based on 1 serving of each item

Recipe	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Curated Bowls											
Spicy Lamb + Avocado Bowl	800	460	52	14	0	105	1670	49	17	11	43
Steak + Harissa Bowl	610	310	35	10	0	105	1830	39	7	7	37
Harissa Avocado Bowl	830	440	49	12	0	155	2010	62	12	12	41
Chicken + Rice Bowl	700	370	42	10	0	165	1810	44	7	8	40
Greek Salad Bowl	580	360	40	10	0	165	1810	19	8	5	37
Spicy Lamb + Sweet Potato Bowl	650	305	34	10	0	60	1690	63	9	15	27
Falafel Crunch Bowl	860	470	56	9	0	15	2210	88	18	13	24
Harissa Chicken Power Bowl	620	360	40	9	0	85	1660	43	11	11	25

Curated Pitas											
Spicy Chicken + Avocado Pita	980	450	51	12	0	155	2390	85	15	13	50
Steak + Feta Pita	820	370	42	10	0	105	1800	68	9	9	44
Greek Chicken Pita	870	400	45	10	0	165	2560	69	12	6	48

Greens + Grains											
Brown Rice	310	90	10	2	0	0	770	48	5	2	7
Saffron Basmati Rice	290	60	7	1	0	0	770	54	2	1	5
Black Lentils	270	70	7	1	0	0	520	37	15	3	18
SuperGreens	35	5	0.5	0	0	0	35	6	4	2	3
Arugula	20	5	0.5	0	0	0	25	3	1	2	2
Baby Spinach	20	5	0	0	0	0	70	3	2	0	3
Romaine	20	5	0	0	0	0	10	4	3	1	1
Power Greens	30	2	0	0	0	0	35	4	2	1	2

Mains											
Braised Lamb	210	110	12	6	0	65	450	2	1	0	24
Grilled Chicken	250	120	13	3	0	150	670	3	1	0	28
Falafel	350	230	26	2	0	0	810	24	5	3	6
Grilled Steak	170	80	9	3	0	85	280	1	0	0	23
Harissa Honey Chicken	260	120	14	3	0	135	670	7	2	3	26
Roasted Vegetables	100	40	4.5	0.5	0	0	600	14	5	5	3
Spicy Lamb Meatballs	300	190	21	8	0	90	680	3	1	1	24
White Sweet Potatoes	180	35	4	0.5	0	0	490	35	4	9	3

Kids Meal											
Kids Saffron Basmati Rice	150	30	3.5	0.5	0	0	390	27	1	0	3
Kids Brown Rice	150	45	5	1	0	0	390	24	2	1	3
Kids Black Lentils	130	30	3.5	0	0	0	260	18	7	2	9
Kids Chicken	120	60	7	1.5	0	75	330	1	1	0	14
Kids Harissa Honey Chicken	130	60	7	1.5	0	65	340	4	1	2	13
Kids White Sweet Potatoes	90	15	2	0	0	0	240	17	2	5	2
Kids Falafel	170	120	13	1	0	0	400	12	2	1	3
Kids Spicy Lamb Meatballs	150	100	11	4	0	45	340	2	0	1	12
Kids Roasted Vegetables	50	20	2	0	0	0	300	7	3	3	2
Kids Braised Lamb	110	60	6	3	0	30	230	1	0	0	12
Kids Grilled Steak	90	40	4.5	1.5	0	40	140	0	0	0	11

Toppings											
Shredded Romaine	5	0	0	0	0	0	0	1	0	0	0
Pita Crisps	70	70	11	1.5	0	0	25	6	0	0	1
Sumac Slaw	30	15	1.5	0	0	0	170	3	1	1	1
Tomato + Onion	20	15	1.5	0	0	0	125	2	0	1	0
Persian Cucumber	15	10	1	0	0	0	110	1	0	1	0
Tomato + Cucumber	5	0	0	0	0	0	0	1	0	1	0
Kalamata Olives	35	25	3	0.5	0	0	360	2	2	0	0
Fiery Broccoli	35	25	2.5	0	0	0	170	2	1	1	1
Pickled Onions	20	0	0	0	0	0	0	5	0	4	0
Salt-Brined Pickles	5	0	0	0	0	0	180	0	0	0	0
Crumbled Feta	35	20	2.5	1.5	0	10	125	0	0	1	3
Fire-Roasted Corn	45	25	2.5	0	0	0	105	5	1	2	1
Avocado	110	90	10	1.5	0	0	0	6	4	0	1

Dips + Spreads											
Tzatziki	30	20	2.5	1.5	0	10	60	1	0	1	2
Hummus	50	25	2.5	0	0	0	90	4	2	0	2
Roasted Eggplant	50	40	5	0.5	0	0	160	2	1	0	0
Crazy Feta®	70	50	6	3	0	15	230	1	0	0	4
Harissa	70	50	6	1	0	0	250	5	1	2	1
Red Pepper Hummus	40	10	1.5	0	0	0	105	5	2	1	2

Dressings											
Balsamic Date Vinaigrette	60	35	4	0.5	0	0	250	7	1	5	0
Yogurt Dill	30	20	2	1	0	5	190	1	0	0	2

Recipe	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Dressings											
Lemon Herb Tahini	70	50	6	1	0	0	140	4	2	0	2
Tahini Caesar	90	70	8	1	0	0	250	3	1	0	2
Greek Vinaigrette	130	120	14	2	0	0	230	1	0	0	0
Skhug	80	80	9	1	0	0	150	1	0	0	0
Hot Harissa Vinaigrette	70	60	7	1	0	0	270	1	0	1	0
Garlic Dressing	180	170	20	1.5	0	0	90	0	0	0	0

Sides											
Whole Pita	320	50	6	1	0	0	700	54	6	3	13
Side Pita	80	15	1.5	0	0	0	180	14	2	1	3
Pita Chips	280	80	8	1	0	0	630	41	5	2	10
Sumac Sour Cream + Onion Pita Chips	290	80	9	3.5	0	0	740	43	5	3	10
Greyston Chocolate Chip Blondie	140	45	5	3	0	35	10	22	0	16	2
Greyston Brownie	150	80	9	6	0	45	10	17	1	13	2
Whisked! Apricot Honey (DMV)	220	80	9	6	0	40	150	34	1	19	3
Whisked! Salted Dark Chocolate Oat Cookie	240	120	13	7	0	35	115	31	3	17	4

Drinks*											
Classic Lemonade - Kids (12 oz)	200	0	0	0	0	0	0	52	0	50	0
Classic Lemonade - Small (16 oz)	260	0	0	0	0	0	0	69	0	66	0
Classic Lemonade - Large (22 oz)	360	0	0	0	0	0	0	95	0	91	0
Classic Lemonade (CA) - Kids (12 oz)	160	0	0	0	0	0	0	41	0	39	0
Classic Lemonade (CA) - Small (16 oz)	210	0	0	0	0	0	0	55	0	52	0
Classic Lemonade (CA) - Large (22 oz)	290	0	0	0	0	0	0	75	0	71	0
Black Tea Unsweetened - Kids (12 oz)	0	0	0	0	0	0	10	0	0	0	0
Black Tea Unsweetened - Small (16 oz)	0	0	0	0	0	0	15	0	0	0	0
Black Tea Unsweetened - Large (22 oz)	0	0	0	0	0	0	20	0	0	0	0
Sweet Tea - Kids (12 oz)	110	0	0	0	0	0	10	28	0	28	0
Sweet Tea - Small (16 oz)	150	0	0	0	0	0	15	37	0	37	0
Sweet Tea - Large (22 oz)	200	0	0	0	0	0	20	51	0	51	0
Jasmine Green Tea - Kids (12 oz)	0	0	0	0	0	0	10	0	0	0	0
Jasmine Green Tea - Small (16 oz)	0	0	0	0	0	0	15	0	0	0	0
Jasmine Green Tea - Large (22 oz)	0	0	0	0	0	0	20	0	0	0	0
Strawberry Citrus - Kids (12 oz)	100	0	0	0	0	0	10	26	1	24	0
Strawberry Citrus - Small (16 oz)	140	0	0	0	0	0	10	35	1	32	0
Strawberry Citrus - Large (22 oz)	190	0	0	0	0	0	15	48	1	44	1
Cucumber Mint Lime - Kids (12 oz)	130	0	0	0	0	0	0	33	0	31	0
Cucumber Mint Lime - Small (16 oz)	180	0	0	0	0	0	0	44	0	41	1
Cucumber Mint Lime - Large (22 oz)	240	0	0	0	0	0	0	61	1	57	1
Blueberry Lavender - Kids (12 oz)	110	0	0	0	0	0	10	27	0	25	0
Blueberry Lavender - Small (16 oz)	140	0	0	0	0	0	10	36	0	34	0
Blueberry Lavender - Large (22 oz)	190	0	0	0	0	0	15	50	0	46	0
Pineapple Apple Mint Juice - Kids (12 oz)	80	5	0	0	0	0	5	22	1	17	0
Pineapple Apple Mint Juice - Small (16 oz)	110	5	0.5	0	0	0	10	29	1	23	0
Pineapple Apple Mint Juice - Large (22 oz)	160	5	0.5	0	0	0	10	39	1	31	1
Tangerine Aleppo - Kids (12oz)	140	0	0	0	0	0	11	37	0	35	1
Tangerine Aleppo - Small (16 oz)	180	0	0	0	0	0	15	49	0	46	1
Tangerine Aleppo - Large (22oz)	250	0	0	0	0	0	23	67	0	63	1
Maine Root Soda (Fountain) - Kids (12 oz)	145	0	0	0	0	0	35	35	0	35	0
Maine Root Soda (Fountain) - Small (16 oz)	190	0	0	0	0	0	50	50	0	50	0
Maine Root Soda (Bottled)	145	0	0	0	0	0	35	35	0	35	0
Maine Root Diet Soda (Fountain) - Small (16 oz)	0	0	0	0	0	0	40	0	0	0	0
Spindrift Grapefruit	17	0	0	0	0	0	0	4	0	3	0
Spindrift Raspberry Lime	5	0	0	0	0	0	0	1	0	1	0
Spindrift Lemon	3	0	0	0	0	0	0	1	0	0	0
Spindrift Half Tea + Half Lemon	5	0	0	0	0	0	0	1	0	0	0
Horizon Chocolate Milk	150	25	2.5	1.5	0	10	200	22	0	21	8
Horizon 1% Milk	110	25	2.5	1.5	0	15	125	12	0	12	8
Honest Apple Juice	35	0	0	0	0	0	15	9	0	8	0

*All self-service juice and fountain beverage nutrition information is calculated without ice.

	Wheat	Milk	Soy	Eggs	Tree Nuts	Sesame	Peanuts	Fish (Salmon)	Shellfish	Vegan	Vegetarian
TOPPINGS											
Fiery Broccoli										●	●
Pickled Onions										●	●
Salt-Brined Pickles										●	●
Crumbled Feta		●									●
Fire-Roasted Corn										●	●
Avocado										●	●
Shredded Romaine										●	●
Pita Crisps	●									●	●
Tomato + Cucumber										●	●
DRESSINGS											
Balsamic Date Vinaigrette										●	●
Yogurt Dill		●									●
Lemon Herb Tahini						●				●	●
Tahini Caesar						●				●	●
Greek Vinaigrette										●	●
Skhug										●	●
Hot Harissa Vinaigrette										●	●
Garlic Dressing										●	●
SIDES											
Side Pita	●									●	●
Pita Chips	●									●	●
Sumac Sour Cream Pita Chips	●	●								●	●
Greyston Blondie	●	●	●	●							●
Greyston Brownie	●	●		●							●
Whisked! Apricot Honey	●	●		●							●
Whisked! Salted Dark Chocolate Oat Cookie	●	●	●	●							●
DRINKS											
Classic Lemonade										●	●
Classic Lemonade (CA)										●	●
Sweet Tea										●	●
Jasmine Green Tea										●	●
Unsweetened Black Tea										●	●
Strawberry Citrus										●	●
Pineapple Apple Mint										●	●
Cucumber Mint Lime										●	●
Blueberry Lavender										●	●
Tangerine Aleppo										●	●
Maine Root Soda (Fountain)										●	●
Maine Root Soda (Bottled)										●	●
Spindrift Grapefruit										●	●
Spindrift Lemon										●	●
Spindrift Raspberry Lime										●	●
Spindrift Half Tea + Half Lemon										●	●
Horizon 1% Milk		●									●
Horizon Chocolate Milk		●									●
Honest Apple Juice										●	●