

# NUTRITION GUIDE - ONTARIO



About as delicious as a chart can get.

Calamari & (Caesar Salad)	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Calamari & Salad	425g	570	19.5	5	0	36	40	2	695	30	83

Kids Meal	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Souvlaki Kids Meal (Rice)	225g	340	9	0.5	0	25	48	1	565	12	10
Souvlaki Kids Meal WW (Rice)	225g	340	8.5	0.5	0	25	49	2	560	14	10
Grilled Cheese Meal (Fries)	220g	560	26	9	0	20	62	3	1348	23	0
Grilled Cheese Meal WW (Fries)	220g	560	25	9	0	20	64	5	1338	28	0

OPAI Platter (Greek Salad)	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Chicken	615g	760	19	1	0	33	116	5	1565	27	65
Chicken WW	615g	760	18.5	1.5	0	33	117	7	1555	32	65
Falafel	590g	850	24	1	0	21	138	10	1663	45	65
Falafel WW	590g	850	23.5	1.5	0	21	139	12	1653	50	65
Gyro	615g	960	36	10.5	0	29	122	5	2015	35	65
Gyro WW	615g	960	35.5	11	0	29	123	7	2005	40	65
Lamb	605g	760	19	1.5	0	29	116	5	1825	31	65
Lamb WW	605g	760	18.5	2	0	29	117	7	1815	36	65
Pork	615g	800	22	2	0	27	117	5	1535	29	65
Pork WW	615g	800	21.5	2.5	0	27	118	7	1525	34	65
Shrimp	600g	735	12	0.5	0	26	115	5	1485	31	69
Shrimp WW	600g	735	11.5	1	0	26	116	7	1475	36	69

Pita Wrap Meal (Fries)	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Chicken	495g	710	25.5	4	0	33	98	7	1980	27	20
Chicken WW	495g	710	25.0	4	0	33	99	9	1970	32	20
Falafel	470g	800	30.5	4	0	21	120	12	2078	45	20
Falafel WW	470g	800	30.0	4	0	21	121	14	2068	50	20
Gyro	495g	910	42.5	13.5	0	29	104	7	2430	35	20
Gyro WW	495g	910	42.0	13.5	0	29	105	9	2420	40	20
Lamb	485g	710	25.5	4.5	0	29	98	7	2240	31	20
Lamb WW	485g	710	25.0	4.5	0	29	99	9	2230	36	20
Pork	495g	750	28.5	5	0	27	99	7	1950	29	20
Pork WW	495g	750	28.0	5	0	27	100	9	1940	34	20
Shrimp	480g	685	18.5	3.5	0	26	97	7	1900	31	24
Shrimp WW	480g	685	18.0	3.5	0	26	98	9	1890	36	24
Veggie	615g	645	21.5	3.5	0	14	101	8	1730	26	29
Veggie WW	615g	645	21.0	3.5	0	14	102	10	1720	31	29

Pita Wraps	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Chicken	265g	370	12	2	0	29	47	3	790	19	20
Chicken WW	265g	370	11	2	0	29	48	5	780	24	20
Falafel	240g	460	17	2	0	17	69	8	888	37	20
Falafel WW	240g	460	16	2	0	17	70	10	878	42	20
Gyro	265g	570	29	12	0	25	53	3	1240	27	20
Gyro WW	265g	570	28	11.5	0	25	54	5	1230	32	20
Lamb	255g	370	12	3	0	25	47	3	1050	23	20
Lamb WW	255g	370	11	2.5	0	25	48	5	1040	28	20
Pork	265g	410	15	3	0	23	48	3	760	21	20
Pork WW	265g	410	14	3	0	23	49	5	750	26	20
Shrimp	250g	345	5	2	0	22	46	3	710	23	24
Shrimp WW	250g	345	4	1.5	0	22	47	5	700	28	24
Veggie	320g	275	6	1	0	8	47	3	470	16	9
Veggie WW	320g	275	6	0.5	0	8	48	5	460	21	9

Pita Wrap Feast (Fries & Caesar Salad)	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Chicken	520g	755	34.5	4.5	0	33	90	7	1805	29	45
Chicken WW	520g	755	34	4.5	0	33	91	9	1795	34	45
Falafel	495g	845	39.5	4.5	0	21	112	12	1903	47	45
Falafel WW	495g	845	39	4.5	0	21	113	14	1893	52	45
Gyro	520g	955	51.5	14	0	29	96	7	2255	37	45
Gyro WW	520g	955	51	14	0	29	97	9	2245	42	45
Lamb	510g	755	34.5	5	0	29	90	7	2065	33	45
Lamb WW	510g	755	34	5	0	29	91	9	2055	38	45
Pork	520g	795	37.5	5.5	0	27	91	7	1775	31	45
Pork WW	520g	795	37	5.5	0	27	92	9	1765	36	45
Shrimp	505g	730	27.5	4	0	26	89	7	1725	33	49
Shrimp WW	505g	730	27	4	0	26	90	9	1715	38	49
Veggie	575g	695	26	2.5	0	4	47	5	1095	11	34
Veggie WW	575g	695	26	2.5	0	4	47	5	1095	11	34

Salads	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Side Caesar	170g	270	23	1.5	0	3	11	2	240	6	45
Side Greek	385g	230	17	1.5	0	3	16	4	700	6	45
Side Santorini	298g	189	6	0	0	8	25	6	665	8	18

Mega Platter (Greek Salad)	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Chicken	715g	870	26	1.5	0	52	117	5	1895	29	65
Chicken WW	715g	870	25.5	2	0	52	118	7	1885	34	65
Falafel	665g	1050	36	1.5	0	28	161	15	2091	65	65
Falafel WW	665g	1050	35.5	2	0	28	162	17	2081	70	65
Gyro	715g	1270	60	20.5	0	44	129	5	2795	45	65
Gyro WW	715g	1270	59.5	21	0	44	130	7	2785	50	65
Lamb	695g	870	26	2.5	0	44	117	5	2415	37	65
Lamb WW	695g	870	25.5	3	0	44	118	7	2405	42	65
Pork	715g	950	32	3.5	0	40	119	5	1835	33	65
Pork WW	715g	950	31.5	4	0	40	120	7	1825	38	65
Shrimp	685g	820	12	0.5	0	38	115	5	1735	37	73
Shrimp WW	685g	820	11.5	1	0	38	116	7	1725	42	73

Olympus Bowl Fries	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Chicken	410g	510	29.5	7.5	0	30	56	5	1855	12	28
Falafel	395g	646	34.5	7.5	0	18	78	10	1953	30	28
Gyro	410g	756	46.5	17	0	26	62	5	2305	20	28
Lamb	400g	556	29.5	8	0	26	56	5	2115	16	28
Pork	410g	596	32.5	8.5	0	24	57	5	1825	14	28
Shrimp	405g	531	22.5	7	0	23	55	5	1775	16	32

Olympus Bowl Rice	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Chicken	450g	635	11.5	2	0	32	106	2	745	18	50
Chicken WW	450g	635	11	2	0	32	107	3	740	20	50
Falafel	425g	725	16.5	2	0	20	128	7	843	36	50
Falafel WW	425g	725	16	2	0	20	129	8	838	38	50
Gyro	450g	835	28.5	11	0	28	112	2	1195	26	50
Gyro WW	450g	835	28	11	0	28	113	3	1190	28	50
Lamb	440g	635	11.5	2	0	28	106	2	1005	22	50
Lamb WW	440g	635	11	2	0	28	107	3	1000	24	50
Pork	450g	675	14.5	3	0	26	107	2	715	20	50
Pork WW	450g	675	14	3	0	26	108	3	710	22	50
Shrimp	435g	610	4.5	1	0	25	105	2	665	22	54
Shrimp WW	435g	610	4	1	0	25	106	3	660	24	54

Skewer & Caesar Salad	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Chicken	285g	260	17.5	1	0	20	10	0	480	14	81
Falafel	260g	350	22.5	1	0	8	32	5	578	32	81
Gyro	275g	460	34.5	10.5	0	16	16	0	930	22	81
Lamb	265g	260	17.5	1.5	0	16	10	0	740	18	81