NUTRITION GUIDE - BC & NORTHERN ALBERTA

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	420g	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)	205g	355	5	1	0	24	52	1	605	14	10
Souvlaki Kids Meal WW (Rice)	205g	340	5	1	0	24	50	4	570	12	10
Grilled Cheese Meal (Fries)	280g	630	29	11	0	21	71	3	1478	28	0
Grilled Cheese Meal WW (Fries)	280g	600	29	11	0	22	66	8	1408	23	0

OPA! 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
Beef	590g	855	22	5	0	29	125	5	2010	39	65
Beef WW	590g	825	22	5	0	30	120	10	1940	34	65
Chicken	590g	810	16.5	2	0	32	124	5	1740	32	65
Chicken WW	590g	780	16.5	2	0	33	119	10	1670	27	65
Falafel	575g	920	27	2.5	0	22	146	10	1873	50	65
Falafel WW	575g	890	27	2.5	0	23	141	15	1803	45	65
Gyro	590g	1030	39	12	0	30	130	5	2225	40	65
Gyro WW	590g	1000	39	12	0	31	125	10	2155	35	65
Lamb	580g	820	19.5	4	0	28.5	125	5	1970	36	65
Lamb WW	580g	790	19.5	4	0	29.5	120	10	1900	31	65
Shrimp	585g	805	15	2	0	27	123	5	1695	36	69
Shrimp WW	585g	775	15	2	0	28	118	10	1625	31	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
Beef	465g	805	28.5	7.5	0	29	107	7	2345	39	20
Beef WW	465g	775	28.5	7.5	0	30	102	12	2275	34	20
Chicken	465g	760	23	4.5	0	32	106	7	2075	32	20
Chicken WW	465g	730	23	4.5	0	33	101	12	2005	27	20
Falafel	450g	870	33.5	5	0	22	128	12	2208	50	20
Falafel WW	450g	840	33.5	5	0	23	123	17	2138	45	20
Gyro	465g	980	45.5	14.5	0	30	112	7	2560	40	20
Gyro WW	465g	950	45.5	14.5	0	31	107	12	2490	35	20
Lamb	455g	740	24.5	5.5	0	26.5	104	6	2235	34	0
Lamb WW	455g	740	26	6.5	0	29.5	102	12	2235	31	20
Shrimp	460g	755	21.7	4.5	0	27	105	7	2030	36	24
Shrimp WW	460g	755	21.7	4.5	0	28	100	12	1960	31	24
Veggie	530g	680	22.5	4	0	14	104	7	1810	32	42
Veggie WW	530g	680	22.5	4	0	14	104	12	1740	28	42

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
Beef	235g	465	14.5	5.5	0	25	56	3	1155	31	20
Beef WW	235g	435	14.5	5.5	0	26	51	8	1085	26	20
Chicken	235g	420	9	2.5	0	28	55	3	885	24	20
Chicken WW	235g	390	9	2.5	0	29	50	8	815	19	20
Falafel	240g	530	19.5	3	0	18	77	8	1018	42	20
Falafel WW	240g	500	19.5	3	0	19	72	13	948	37	20
Gyro	265g	640	31.5	12.5	0	26	61	3	1370	32	20
Gyro WW	265g	610	31.5	12.5	0	27	56	8	1300	27	20
Lamb	235g	430	12	4.5	0	24.5	56	3	1115	28	20
Lamb WW	235g	400	12	4.5	0	25.5	51	8	1045	23	20
Shrimp	260g	415	7.7	2.5	0	23	54	3	840	28	24
Shrimp WW	260g	385	7.7	2.5	0	24	49	8	770	23	24
Veggie	300g	340	8.5	2	0	10	53	3	620	24	42
Veggie WW	300g	340	8.5	2	0	10	53	8	550	20	42

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
Beef	490g	850	37.5	8	0	29	99	7	2170	41	45
Beef WW	490g	820	37.5	8	0	30	94	12	2100	36	45
Chicken	490g	805	32	5	0	32	98	7	1900	34	45
Chicken WW	490g	775	32	5	0	33	93	12	1830	29	45
Falafel	475g	915	42.5	5.5	0	22	120	12	2033	52	45
Falafel WW	475g	885	42.5	5.5	0	23	115	17	1963	47	45
Gyro	490g	1025	54.5	15	0	30	104	7	2385	42	45
Gyro WW	490g	995	54.5	15	0	31	99	12	2315	37	45
Lamb	480g	815	35	7	0	28.5	99	7	2130	38	45
Lamb WW	480g	785	35	7	0	29.5	94	12	2060	33	45
Shrimp	485g	800	31	5	0	27	97	7	1855	38	49
Shrimp WW	485g	770	31	5	0	28	92	12	1785	33	49
Veggie	475g	725	31.5	4.5	0	14	96	7	1635	34	67
Veggie WW	475g	695	31.5	4.5	0	14	96	7	1635	34	67

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	185g	150	10.5	0.5	0	1	9.4	0	150	12	81
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
Beef	680g	990	29	8	0	43	127	5	2575	48	65
Beef WW	680g	960	29	8	0	44	122	10	2505	43	65
Chicken	680g	900	18	2	0	49	125	5	2035	34	65
Chicken WW	680g	870	18	2	0	50	120	10	1965	29	65
Falafel	650g	1120	39	3	0	29	169	15	2301	70	65
Falafel WW	650g	1090	39	3	0	30	164	20	2231	65	65
Gyro	680g	1340	63	22	0	45	137	5	3005	50	65
Gyro WW	680g	1310	63	22	0	46	132	10	2935	45	65
Lamb	670g	920	24	6	0	42	127	5	2495	42	65
Lamb WW	670g	890	24	6	0	43	122	10	2425	37	65
Shrimp	675g	890	15.4	2	0	39	123	5	1945	42	73
Shrimp WW	675g	860	15.4	2	0	40	118	10	1875	37	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
Beef	410g	580	29.5	10	0	25	57	5	2090	19	28
Chicken	410g	510	24	7	0	28	56	5	1820	12	28
Falafel	395g	645	34.5	7.5	0	18	78	10	1953	30	28
Gyro	410g	755	46.5	17	0	26	62	5	2305	20	28
Lamb	400g	545	27	9	0	25	57	5	2050	16	28
Shrimp	405g	530	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
Beef	420g	695	13	5	0	28	112	2	1045	27	50
Beef WW	420g	680	13	5	0	28	109	5	1010	25	50
Chicken	420g	650	7.5	2	0	31	111	2	775	20	50
Chicken WW	420g	635	7.5	2	0	31	108	5	740	18	50
Falafel	405g	760	18	2	0	21	133	7	908	38	50
Falafel WW	405g	745	18	2	0	21	130	10	873	36	50
Gyro	420g	870	30	12	0	29	117	2	1260	28	50
Gyro WW	420g	855	30	12	0	29	114	5	1225	26	50
Lamb	410g	660	10.5	4	0	27	112	2	1005	24	50
Lamb WW	410g	645	10.5	4	0	28	109	5	970	22	50
Shrimp	415g	645	6	2	0	26	110	2	730	24	54
Shrimp WW	415g	630	6	2	0	26	107	5	695	22	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
Beef	275g	285	17.5	3.5	0	15	11.4	0	714.6	21	81
Chicken	275g	240	12	0.5	0	18	10.4	0	444.6	14	81
Falafel	260g	350	22.5	1	0	8	32	5	577.6	32	81
Gyro	275g	460	34.5	10.5	0	16	16.4	0	929.6	22	81
Lamb	265g	250	15	2.5	0	15	11.4	0	674.6	18	81
Shrimp	270g	235	10.5	0.5	0	13	9.4	0	399.6	18	85

Skewer & 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
Beef	385g	305	20	4	0	16	15	3	1075	15	40
Chicken	385g	260	14.5	1	0	19	15	3	805	8	40
Falafel	370g	370	25	1.5	0	9	35	8	938	26	40
Gyro	385g	480	37	11	0	17	20	3	1290	16	40
Lamb	375g	270	17.5	3	0	16	15	3	1035	12	40
Shrimp	380g	255	13	1	0	14	10	3	760	12	44

Skewer & Santorini 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
Beef	315g	280	12	3	0	20	22	5	1075	15	18
Chicken	315g	235	6.5	0	0	23	21	5	805	8	18
Falafel	300g	345	17	0.5	0	13	43	10	938	26	18
Gyro	315g	455	29	10	0	21	27	5	1290	16	18
Lamb	305g	245	9.5	2	0	20	22	5	1035	12	18
Shrimp	310g	230	5	0	0	18	20	5	760	12	22

Side Skewer	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Beef	100g	130	5	2	0.2	21	2	0	55	11	0
Chicken	110g	130	3	0.5	0	25	1	0	50	2	0
Falafel	75g	200	12	0.5	0	7	23	5	428	20	0
Gyro	90g	310	24	10	0	15	7	0	780	10	0
Lamb	100g	190	11	5	1	21	2	0	80	10	0
Shrimp	85g	85	0.2	0	0	12	0	0	250	6	4

Sides	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
Baklava	70g	320	16	3	0	6	40	2	230	15	0
Calamari	285g	450	11	4.5	0	36	32	2	600	20	15
Falafel Snack Bites	95g	250	15	1	0	8	28	7	535	25	0
Fries	285g	430	17	2	0	5	64	5	1490	10	0
Fries Snack Bowl	321g	446	22.5	7	0	11	55	5	1525	10	28
Greek Potato	150g	110	3.5	0	0	2	20	2	700	2	30
Hummus & Pita	215g	535	23.5	3.5	0.1	14	67	8	935	44	0
Hummus & Pita WW	215g	505	23.5	3.5	0.1	15	62	13	865	39	0
Rice	225g	380	1.5	0	0	7	81	0	150	6	30
Rice Snack Bowl	340g	560	6	2	0	14	110	2	480	18	50
Rice Snack Bowl WW	340g	545	6	2	0	14	110	5	485	16	50
Spanakopita	85g	400	23	7	0	11	39	2	690	20	60
Tzatziki & Pita	140g	350	9.5	3.5	0	10	54	2	810	20	2
Tzatziki & Pita WW	140g	320	9.5	3.5	0	11	49	7	740	15	2

Souvlaki & 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
Beef	435g	595	24	5.5	0	25	64	5	1555	33	35
Beef WW	435g	565	24	5.5	0	26	59	10	1485	28	35
Chicken	435g	550	18.5	2.5	0	28	63	5	1285	26	35
Chicken WW	435g	520	18.5	2.5	0	29	58	10	1215	21	35
Falafel	440g	660	29	3	0	18	85	10	1418	44	35
Falafel WW	440g	630	29	3	0	19	80	15	1348	39	35
Gyro	435g	770	41	12.5	0	26	69	5	1770	34	35
Gyro WW	435g	740	41	12.5	0	27	64	10	1700	29	35
Lamb	425g	560	21.5	4.5	0	24.5	64	5	1515	30	35
Lamb WW	425g	530	21.5	4.5	0	25.5	59	10	1445	25	35
Shrimp	430g	545	17.2	2.5	0	23	62	5	1240	30	39
Shrimp WW	430g	515	17.2	2.5	0	24	57	10	1170	25	39

Spanakopita Meal (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
Spanakopita Meal	370g	560	34	8	0	13	50	5	1160	24	95

Tzatziki	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fibre (g)	Sodium (mg)	Iron %RDI	Vit A %RDI
1.5 fl oz	40g	50	3.5	2	0	1	3	0	290	0	2
2 fl oz	55g	70	5	3	0	2	4	0	420	0	4
4 fl oz	105g	130	9	6	0	4	7	0	780	0	8

Terminology & Notes

Carbs – Carbohydrates **RDI** – Recommended Dietary Allowance **Sat. Fat** – Saturated Fat **WW** – Whole Wheat Pita *All nutritional values exclude Tzatziki