



GARBANZOSM
MEDITERRANEAN FRESH

Nutritional Information

Menu Item	Entrée Choice	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Breads													
White Pita		1 each	280	20	2	0	0	0	440	56	2	2	8
Wheat Pita		1 each	270	20	2.5	0	0	0	440	54	4	2	8
Gluten-Free Pita		1 each	260	40	5	0	0	0	380	52	1	2	4
Gyro Pita		1 each	220	30	3.5	0	0	0	440	39	2	2	8
White Tortilla		1 each (12")	310	60	7	3	0	0	740	52	2	0	8
Wheat Tortilla		1 each	290	60	7	3	0	0	750	50	6	0	9
Proteins													
Chicken	Plate	88 grams	160	70	8	2	0	115	135	0	0	0	21
Chicken	Pita	76 grams	140	60	7	2	0	100	115	0	0	0	19
Chicken	Wrap	88 grams	160	70	8	2	0	115	135	0	0	0	21
Chicken	Entrée Salad	88 grams	160	70	8	2	0	115	135	0	0	0	21
Chicken	Gyro	88 grams	160	70	8	2	0	115	135	0	0	0	21
Sirloin Steak	Plate	101 grams	180	60	6	2	0	75	370	1	0	0	29
Sirloin Steak	Pita	76 grams	140	45	5	1.5	0	60	220	0	0	0	22
Sirloin Steak	Wrap	101 grams	180	60	6	2	0	75	370	1	0	0	29
Sirloin Steak	Entrée Salad	101 grams	180	60	6	2	0	75	370	1	0	0	29
Sirloin Steak	Gyro	101 grams	180	60	6	2	0	75	370	1	0	0	29
Gyro Meat		3 ounces	310	230	26	10	0	55	590	7	1	1	12
Falafel	Plate	180 grams (6 falafels)	380	180	21	1	0	0	1070	42	12	1	15
Falafel	Pita	120 grams (4 falafels)	250	120	14	1	0	0	710	28	8	1	10
Falafel	Wrap	180 grams (6 falafels)	380	180	21	1	0	0	1070	42	12	1	15
Falafel	Entrée Salad	180 grams (6 falafels)	380	180	21	1	0	0	1070	42	12	1	15
Falafel	Gyro	120 grams (4 falafels)	250	120	14	1	0	0	710	28	8	1	10
Chicken Kabob		1 skewer	250	160	18	3	0	45	310	7	2	3	17



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Steak Kabob		1 skewer	230	130	15	3	0	220	220	2	0	1	23
Grilled Portobello Mushroom	Plate	126 grams	100	70	8	0.5	0	0	90	6	3	3	4
Grilled Portobello Mushroom	Pita	72 grams	60	40	4.5	0	0	0	50	3	2	2	2
Grilled Portobello Mushroom	Wrap	126 grams	100	70	8	0.5	0	0	90	6	3	3	4
Grilled Portobello Mushroom	Entrée Salad	126 grams	100	70	8	0.5	0	0	90	6	3	3	4
Grilled Portobello Mushroom	Gyro	126 grams	100	70	8	0.5	0	0	90	6	3	3	4
Sides													
Hummus	Plate	70 grams	190	130	14	0	0	0	330	5	0	0	9
Hummus	Pita	37 grams	100	70	7	0	0	0	170	2	0	0	5
Hummus	Wrap	70 grams	190	130	14	0	0	0	330	5	0	0	9
Hummus	Kabob	68 grams	180	120	14	0	0	0	320	5	0	0	9
Hummus	Entrée Salad	37 grams	100	70	7	0	0	0	170	2	0	0	5
Hummus	Gyro	37 grams	100	70	7	0	0	0	170	2	0	0	5
Lettuce	Plate	18 grams	5	0	0	0	0	0	0	1	0	0	0
Lettuce	Pita	18 grams	5	0	0	0	0	0	0	1	0	0	0
Lettuce	Wrap	18 grams	5	0	0	0	0	0	0	1	0	0	0
Lettuce	Gyro	14 grams	0	0	0	0	0	0	0	0	0	0	0
Lettuce	Entrée Salad	188 grams	30	5	0.5	0	0	0	15	6	4	2	2
Cucumber & Tomato	Plate	100 grams	50	35	4	0	0	0	480	4	1	2	1
Cucumber & Tomato	Pita	50 grams	25	20	2	0	0	0	240	2	0	1	0
Cucumber & Tomato	Wrap	100 grams	50	35	4	0	0	0	480	4	1	2	1
Cucumber & Tomato	Kabob	102 grams	50	35	4	0	0	0	490	4	1	2	1
Cucumber & Tomato	Gyro	50 grams	25	20	2	0	0	0	240	2	0	1	0
Cucumber & Tomato	Entrée Salad	85 grams	40	30	3.5	0	0	0	400	3	1	2	1
Roasted Eggplant	Plate	45 grams	60	35	4	0.5	0	0	160	2	1	0	2



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Roasted Eggplant	Pita	22 grams	30	15	2	0	0	0	80	1	0	0	1
Roasted Eggplant	Wrap	45 grams	60	35	4	0.5	0	0	160	2	1	0	2
Roasted Eggplant	Entrée Salad	37 grams	45	30	3	0	0	0	130	2	1	0	2
Roasted Eggplant	Gyro	22 grams	30	15	2	0	0	0	80	1	0	0	1
Red Cabbage	Plate	37 grams	30	20	2	0	0	0	95	3	1	1	0
Red Cabbage	Pita	20 grams	15	10	1	0	0	0	50	1	0	1	0
Red Cabbage	Wrap	37 grams	30	20	2	0	0	0	95	3	1	1	0
Red Cabbage	Entrée Salad	37 grams	30	20	2	0	0	0	95	3	1	1	0
Red Cabbage	Gyro	20 grams	15	10	1	0	0	0	50	1	0	1	0
Tabuleh Salad	Plate	50 grams	60	20	2.5	0	0	0	150	9	2	1	2
Tabuleh Salad	Pita	30 grams	35	10	1.5	0	0	0	90	6	1	0	1
Tabuleh Salad	Wrap	50 grams	60	20	2.5	0	0	0	150	9	2	1	2
Tabuleh Salad	Entrée Salad	30 grams	35	10	1.5	0	0	0	90	6	1	0	1
Tabuleh Salad	Gyro	30 grams	35	10	1.5	0	0	0	90	6	1	0	1
Rice	Plate	71 grams	110	25	3	0	0	0	270	19	0	0	2
Rice	Pita	31 grams	50	10	1	0	0	0	120	8	0	0	1
Rice	Wrap	71 grams	110	25	3	0	0	0	270	19	0	0	2
Rice	Kabob	149 grams	240	50	6	0.5	0	0	570	40	1	0	5
Rice	Entree Salad	31 grams	50	10	1	0	0	0	120	8	0	0	1
Rice	Gyro	31 grams	50	10	1	0	0	0	120	8	0	0	1
Seasonal Vegetable Blend, standard		100 grams	80	45	5	0.5	0	0	85	8	2	4	1
Seasonal Vegetable Blend #1		100 grams	70	50	6	1	0	0	95	5	1	3	1
Seasonal Vegetable Blend #2		100 grams	80	50	5	1	0	0	95	6	1	3	1
Seasonal Vegetable Blend #3		100 grams	80	50	5	1	0	0	95	6	1	3	1
Seasonal Vegetable Blend #4		100 grams	70	50	5	1	0	0	95	6	1	3	1



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Seasonal Vegetable Blend #5		100 grams	80	45	5	1	0	0	105	7	2	3	1
Tzatziki Sauce	Plate	47 grams	60	45	5	2.5	0	10	105	2	0	2	1
Tzatziki Sauce	Pita	40 grams	50	40	4.5	2	0	10	90	2	0	2	1
Tzatziki Sauce	Wrap	47 grams	60	45	5	2.5	0	10	105	2	0	2	1
Tzatziki Sauce	Entree Salad	28 grams	35	25	3	1.5	0	5	65	1	0	1	1
Tzatziki Sauce	Gyro	40 grams	50	40	4.5	2	0	10	90	2	0	2	1
Red Chili Sauce	Plate	36 grams	45	35	4	0	0	0	240	3	0	2	0
Red Chili Sauce	Pita	21 grams	25	20	2.5	0	0	0	135	1	0	1	0
Red Chili Sauce	Wrap	36 grams	45	35	4	0	0	0	240	3	0	2	0
Red Chili Sauce	Entree Salad	21 grams	25	20	2.5	0	0	0	135	1	0	1	0
Red Chili Sauce	Gyro	21 grams	25	20	2.5	0	0	0	135	1	0	1	0
Mediterranean Garlic Sauce	Plate	26 grams	130	130	15	2.5	0	15	200	0	0	0	0
Mediterranean Garlic Sauce	Pita	24 grams	120	120	14	2.5	0	10	190	0	0	0	0
Mediterranean Garlic Sauce	Wrap	26 grams	130	130	15	2.5	0	15	200	0	0	0	0
Mediterranean Garlic Sauce	Entree Salad	26 grams	130	130	15	2.5	0	15	200	0	0	0	0
Mediterranean Garlic Sauce	Gyro	24 grams	120	120	14	2.5	0	10	190	0	0	0	0
Tahini Sauce	Plate	47 grams	80	60	7	1	0	0	115	3	1	0	2
Tahini Sauce	Pita	32 grams	50	40	4.5	0.5	0	0	75	2	0	0	2
Tahini Sauce	Wrap	47 grams	80	60	7	1	0	0	115	3	1	0	2
Tahini Sauce	Entree Salad	32 grams	50	40	4.5	0.5	0	0	75	2	0	0	2
Tahini Sauce	Gyro	32 grams	50	40	4.5	0.5	0	0	75	2	0	0	2
Cilantro Sauce	Plate	43 grams	40	30	3.5	0	0	0	140	2	1	1	1
Cilantro Sauce	Pita	30 grams	25	20	2.5	0	0	0	100	1	1	1	0
Cilantro Sauce	Wrap	43 grams	40	30	3.5	0	0	0	140	2	1	1	1
Cilantro Sauce	Entree Salad	30 grams	25	20	2.5	0	0	0	100	1	1	1	0
Cilantro Sauce	Gyro	30 grams	25	20	2.5	0	0	0	100	1	1	1	0



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Greek Vinaigrette (Greggorio's)		32 grams	110	110	12	1.5	0	0	290	2	0	0	0
Greek Vinaigrette (Ken's)		32 grams	70	60	6	1	0	0	280	3	0	2	0
Greek Vinaigrette (Hidden Valley)		32 grams	120	100	12	2	0	0	190	5	0	4	0
Greek Vinaigrette (housemade)		32 grams	140	120	14	1	0	0	370	4	0	3	0
Red Onion	Plate	9 grams	5	0	0	0	0	0	0	1	0	0	0
Red Onion	Pita	8 grams	5	0	0	0	0	0	0	1	0	0	0
Red Onion	Wrap	9 grams	5	0	0	0	0	0	0	1	0	0	0
Red Onion	Gyro	8 grams	5	0	0	0	0	0	0	1	0	0	0
Red Onion	Entrée Salad	3 grams	0	0	0	0	0	0	0	0	0	0	0
Pickles	Plate	45 grams	5	0	0	0	0	0	540	1	0	0	0
Pickles	Pita	26 grams	5	0	0	0	0	0	310	1	0	0	0
Pickles	Wrap	45 grams	5	0	0	0	0	0	540	1	0	0	0
Pickles	Entree Salad	45 grams	5	0	0	0	0	0	540	1	0	0	0
Pickles	Gyro	26 grams	5	0	0	0	0	0	310	1	0	0	0
Pepperoncini	Entrée Salad	27 grams (3 each)	10	0	0	0	0	0	320	2	0	0	0
Kalamata Olives		16 grams (5 olives)	45	35	4	0	0	0	260	2	0	0	0
Feta Cheese		40 grams	110	80	9	6	0	35	450	2	0	2	6
Feta Cheese	Entrée Salad	28 grams	70	50	6	4	0	25	260	1	0	1	4
Extras													
Garbanzo Seasoned Chips		100 grams	530	310	34	5	0	0	310	53	5	0	7
Falafel		150 grams (5 falafels)	320	150	17	1	0	0	890	35	10	1	12
Baklava		2 oz.	230	90	11	4.5	0	0	85	31	1	15	2
Cookie		3 oz.	390	180	20	10	0	25	280	50	2	20	4



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Beverages													
Pepsi		22 fl oz.	280	0	0	0	0	0	55	77	0	77	0
Diet Pepsi		22 fl oz.	0	0	0	0	0	0	75	0	0	0	0
Sierra Mist		22 fl oz.	280	0	0	0	0	0	70	72	0	72	0
Mt. Dew		22 fl oz.	300	0	0	0	0	0	110	85	0	85	0
Diet Mt. Dew		22 fl oz.	0	0	0	0	0	0	95	0	0	0	0
Dr Pepper		22 fl oz.	280	0	0	0	0	0	95	74	0	74	0
Diet Dr. Pepper		22 fl oz.	0	0	0	0	0	0	95	0	0	0	0
Sobe Pomegranate Yumberry		22 fl oz.	35	0	0	0	0	0	65	8	0	0	0
Signature Brewed Teas		22 fl oz.	0	0	0	0	0	0	0	0	0	0	0
Mint Lemonade		24 fl oz.	420	0	0	0	0	0	0	108	0	102	0
Pomegranate Lemonade		24 fl oz.	480	0	0	0	0	0	0	122	0	116	0
White Milk, 1%		8 fl oz	100	20	2.5	1.5	0	10	125	12	0	12	8
Chocolate Milk		8 fl oz	140	20	2.5	1.5	0	10	180	23	0	22	8
Shot, Vanilla Flavor		.3 fl oz	0	0	0	0	0	0	0	0	0	0	0
Lemon Slices		1 slice	0	0	0	0	0	0	0	0	0	0	0
Vanilla Flavor Shot		.3 fl oz.	0	0	0	0	0	0	0	0	0	0	0
Cherry Flavor Shot		.3 fl oz.	0	0	0	0	0	0	0	0	0	0	0
Strawberry Flavor Shot		.3 fl oz.	0	0	0	0	0	0	0	0	0	0	0
Lemon Flavor Shot		.3 fl oz.	0	0	0	0	0	0	0	0	0	0	0
Grab & Go													
Greek Salad - Vegetarian		1 salad	230	160	18	3.5	0	15	1050	16	5	6	5
Greek Salad - Chicken		1 salad	410	240	27	6	0	140	1200	16	5	6	29
Wrap - Vegetarian		1 wrap	520	180	20	5	0	5	1190	70	8	6	16
Wrap - Chicken		1 wrap	720	270	30	8	0	140	1410	70	8	6	41



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Snack Pack		1 pack	560	220	25	0	0	0	1350	62	6	5	22
Kids Meals/ Items													
Pita Grilled Cheese (white pita)	Kid's Portion	1 pita	360	80	9	4.5	0	20	580	56	2	2	13
Pita Grilled Cheese (wheat pita)	Kid's Portion	1 pita	350	90	10	4.5	0	20	570	53	4	2	13
Kids Stuffed Pita (white pita)	Kid's Portion	1/2 pita	140	10	1	0	0	0	220	28	1	1	4
Kids Stuffed Pita (wheat pita)	Kid's Portion	1/2 pita	130	10	1	0	0	0	220	27	2	1	4
Chicken	Kid's Portion	44 grams	80	35	4	1	0	60	70	0	0	0	11
Sirloin Steak	Kid's Portion	50 grams	90	30	3	1	0	40	65	0	0	0	14
Grilled Portobello Mushroom	Kid's Portion	60 grams	45	30	3.5	0	0	0	40	3	1	1	2
Gyro Meat	Kid's Portion	2 ounces	210	150	17	7	0	35	400	5	1	1	8
Falafel	Kid's Portion	3 falafel (90 grams)	190	90	10	0.5	0	0	540	21	6	1	7
Rice	Kid's Portion	71 grams	60	10	1.5	0	0	0	135	9	0	0	1
Apple	3 inch apple	about 182 grams	90	5	0	0	0	0	0	25	4	19	0