

Mr Greek

Menu Item	Serv	SPTS	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
Add: Cheddar Cheese	21 g	3	2	2	70	5	3	0	4	2	1
Add: Feta, burgers	1 oz	3	2	2	75	6	4	0	4	1	0
Add: Fire-Grilled Chicken Breast	4 oz	1	2	2	90	1	0.3	0	17	1	0
Add: Swiss Cheese	21 g	3	2	2	70	5	3	0	4	2	1
Authentic Chicken Gyro Pita	4 oz	21	18	16	678	40	5.4	14.7	21	66	3.7
Avgolemono Soup	8 fl oz	5	4	4	162	10	2.5	0.4	10	8	0.4
Berry Burst	100 g	10	6	5	230	11	3	1	2	32	18
CAB Ribeye 12 oz	12 oz	13	13	13	544	27	10	0	68	0	0
CAB Striploin 10 oz	10 oz	13	14	14	609	26	10	0	81	0	0
Caesar Salad - Meal w/ dressing	1 serv	17	14	14	538	39	9.5	0	16	27	0
Caesar Salad - Regular w/ dressing	1 serv	17	14	14	530	39	9.5	0	16	25	0
Caesar Salad - Side w/ dressing	1 serv	10	8	8	310	23.5	5.5	0.06	8	14.5	0
Chicken Caesar Salad w/ dressing	1 serv	19	16	16	628	40	10	0	33	28	0
Chicken Caesar Wrap	1 serv	19	17	15	642	29	7	2	34	59	3
Chicken Filet (2 Piece)	10 oz	2	4	4	180	2	0.6	0	34	2	0
Chicken Filet Burger	1 serv	8	7	6	327	5	2	6	26	39	1
Chicken Greek Salad	1 serv	10	7	7	338	13.5	7	8.6	25	18	0
Chicken Greek Wrap	1 serv	21	18	16	697	32	9	6	36	65	3
Chicken Penne	1 serv	26	21	19	813	46	16	3	34	62	3.5
Chicken Souvlaki (2 Sticks)	2	16	12	12	537	26	2.7	6	18	41	1.4
Chicken Souvlaki Pita (1 Stick)	1 stick	11	9	8	387	15	2.7	6	18	41	1.4
Chicken Souvlaki Stick	3 oz	4	4	4	150	11	1	0	9	3	0
Chicken Village Salad w/ dressing	1 serv	18	15	16	605	47	9	2.5	28	7.5	0
Choc-a-lot	164 g	26	17	15	590	36	18	1	8	62	35
Classic Baklava	1	4	4	4	150	9	0	1	2	13	0
Classic Chicken Gyro	8 oz	16	15	13	549	34	3.4	16	27.5	48	4.6
Classic Chicken Souvlaki	9 oz	6	7	7	280	16	2	0	28	6	0
Classic Gyro	8 oz	28	22	21	825	64	27	2.7	43	19	0
Classic Lamb Souvlaki	9 oz	10	11	11	440	26	4.5	0.75	46	2	0.2
Classic Pork Souvlaki	9 oz	14	14	13	519	37	7	1	42	3	0.4
Cookies and Cream	178 g	26	17	15	590	37	18	1	8	62	35
Cyclops Souvlaki With Pita (Chicken)	1 serv	9	8	7	323	12	1.3	5	15	38	1
Cyclops Souvlaki With Pita (Pork)	1 serv	9	8	6	321	10	3	5	21	36	1
Extra Feta	1 oz	3	2	2	83	7	4.5	0	5	0	0
Extra Tzatziki	1 oz	2	2	1	50	4	2.5	0	4	3	3
Falafel Pita	1 serv	15	11	10	504	14.5	6	18	21	58	1
Fasolada Soup	8 fl oz	6	4	4	198	5.6	0.8	11	10	27	2
Fish, Chips & Greek Salad	1 serv	30	26	24	1006	52	8.3	8.6	37	94	4
French Fries, Irg	11 oz	15	13	10	475	17	2.5	5	6.5	75	2
French Fries, small	7 oz	9	8	6	302	11.0	1.6	3.4	4.2	48	1.4
French Vanilla Ice Cream	125 ml	7	5	3	131	6.5	4	1	3.2	30	16.5
Fresh Taverna Chicken	1/2	16	16	16	605	43	9	0	50	0	0
Full Rack Ribs	18 oz	70	54	53	2030	150	55	0	121	42	39
Garlic Bun	1 serv	9	8	6	310	6	0.5	2	7	56	4
Garlic Shrimp Paros	6 oz	23	15	16	598	48	27	1.7	28	6	0
Greek Salad - Regular	1 serv	9	5	5	248	12.5	6.75	6.6	8	13	0
Greek Salad - Side	1 serv	5	3	3	139	8	4.5	3.8	5	7.5	0
Greek Salad Dressing	2 fl oz	11	9	9	320	36	4	0	0	0	0
Greek Style Chicken Penne	1 plate	55	45	42	1720	97	31.6	8	71	135	7
Greek Yogurt With Blueberry & Pomegranate	150 g	5	4	3	150	0	0	1	12	25	17
Greek Yogurt With Honey	150 g	7	5	3	180	0	0	1	12	33	25
Greek Yogurt with Strawberry	150 g	5	4	3	150	0	0	1	12	25	17
Grilled Chicken & Garlic Shrimp Paros	1 plate	13	10	10	389	25	14	0.8	31	4	0
Grilled Lamb Chops	16 oz	20	19	20	764	52	9	0	56	4	0
Grilled Octopus	1.5 oz	1	1	1	47	1.6	0.3	0	6.5	0.75	0
Grilled Salmon Filet	8 oz	22	22	22	857	64	8	0	60	0	0
Herc's Chicken Strips	100 g	4	4	3	170	1.5	0.4	1	19	20	1
Hercules Burger	1 serv	31	26	23	950	53	23	3	52	69	5.5
Hummus	1 oz	1	1	1	49	2	0	1.1	1.2	6	0
Keftedes	1 pc	6	5	5	204	14	4	1	14	5.5	0.4
Key Lime Cheesecake	193 g	19	12	11	420	28	16	1	7	38	23

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Lamb Arnaki Fournou	10 oz	28	23	22	890	60	28.3	2	73	9	2
Lentil Soup	8 fl oz	5	5	4	203	5.5	0.7	9	11	26	0.5
Mango Madness	164 g	19	12	10	410	26	15	1	7	42	25
Maria's Dolmades	1 x 2	7	6	6	228	13	4	0.25	15.5	8.5	1.2
Mediterranean Spinach & Cheese Dip	2 oz	9	5	6	207	17	11.3	0	4	1.1	0
MR. GREEK® Grilled Kalamari, appetizer	2.5 oz	4	4	4	157	11	1	0	11	2.5	0
MR. GREEK® Rice, lrg	9 oz	25	20	17	786	23.5	5	2.6	11	123	7
MR. GREEK® Rice, small	6 oz	8	7	6	281	5.0	1	1	5.6	53	0.25
MR. GREEK® Fried Kalamari	10 oz	25	25	25	950	68	6.6	0	56.5	21	0
MR. GREEK® Fried Kalamari, appetizer	2.5 oz	5	5	5	179	11.25	1.3	0	11	7	0
MR. GREEK® Fries	11 oz	16	14	11	512	20	4.5	5	8.5	75.5	2
MR. GREEK® Grilled Kalamari	10 oz	18	19	18	730	48	4.7	1.3	55.5	11.5	0
MR. GREEK® Potatoes	7 oz	4	5	3	140	3.5	0	0	7	28	0
MR. GREEK® Potatoes	11 oz	6	7	5	220	5.5	0	0	11	44	0
Oh Fudge Caramel Cake	150 g	25	15	12	530	27	14	2	5	67	43
Original Chicken Gyro	6 oz	12	12	10	410	26	2.5	12	20.5	36	3.4
Original Chicken Souvlaki (2 Sticks)	6 oz	8	8	8	300	22	2	0	18	6	0
Original Gyro	6 oz	21	17	16	620	48	20	2	32	14	0
Original Pork Souvlaki (2 Sticks)	2 ea	7	8	7	296	18.4	4.6	0.48	30	1.8	0.4
Original Pork Souvlaki (3 Sticks)	3 ea	11	11	11	444	27.6	7	0.7	45	2.4	0.6
Pita Sandwich Garnish (Onion)	1 oz	0	0	0	15	0	0	0	0	0	0
Pita Sandwich Garnish (Tomato)	2	0	0	0	12	0	0	1	0.5	3	0
Pork Souvlaki Pita (1 Stick)	1 stick	13	11	10	444	19	4.5	6	24	40.5	1.7
Pork Souvlaki Pita (2 Sticks)	2	19	18	16	676	36	8.4	8	41	48	4.6
Pork Souvlaki Stick	3 oz	4	4	4	150	11	0.5	0	9	3	0
Poseidon's Plate	1 pc	6	6	5	215	8	0.7	0.9	13	22	1.5
Prime Rib Burger	1 serv	26	22	19	815	42	16.5	3	44	65	4
Quarter Taverna Chicken	1/4	8	8	8	302	22	4.5	0	25	0	0
Roasted Seasonal Vegetables, lrg	9 oz	3	3	2	120	6	0	4.5	3	15	0.75
Roasted Seasonal Vegetables, small	6 oz	3	2	1	94	5	0	4.3	2.3	10	0.5
Saganaki	1 oz	6	5	5	187	15.5	5	0.1	7	4	0
Shrimp Linguine	1 plate	39	29	26	1148	51	27	8	40	123	7.6
Spanakopita	1 serv	15	10	9	410	22	6	12	11	41	14
Spanakopita & Greek Salad	1 serv	25	18	18	727	49	11.5	16	18	50	14
Super Hero Gyro	3 oz	6	6	4	205	13	1.25	6	10	18	2
Taramosalata	1 oz	3	3	3	103	10	1	0.25	0.75	4	0.5
Tartar Sauce	1 oz	5	4	4	130	11	0.5	0	0.2	9	5
Tiramisu Cheesecake Wonder	150 g	20	12	11	430	24	12	0	7	48	32
Tirokafteri	1 oz	3	2	2	60	5	3.5	0.25	2	1.5	0.75
Traditional Gyro Pita	4 oz	21	17	15	649	36	15	7.6	30	48	1.4
Tzatziki	1 oz	2	1	1	46	3.25	1.4	0	2.5	2	0.4
Vegetable Pesto Penne	1 plate	38	31	28	1229	52	11	12.5	35.5	142	7.5
Vegetable Souvlaki	1	7	5	4	197	11	6.5	8.6	3.5	20	0
Veggie Pita	1 serv	11	8	7	345	11	6	8	15	44	1
Village Salad w/ dressing	1 serv	17	13	14	515	46	9	2.5	11.25	6.5	0
Whole Wheat Pita	64 g	5	4	3	170	1	0.3	4.7	6	35	1
Yiayia's Moussaka	1 plate	27	23	21	892	47	15	12	49	71	2.8