

ITEM NAME	CALS (KCAL)	FATCALS (KCAL)	FAT (G)	SATFAT (G)	TRANS FAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	TOT FIB (G)	SUGAR (G)	PROT (G)
<b>BEEF/LAMB</b>	760	390	43	17	2	75	1640	64	3	7	27
<b>CHICKEN GYRO</b>	750	410	46	9	0	95	910	58	3	9	28
<b>CHICKEN SOUVLAKI</b>	630	320	36	6	0	120	810	48	2	9	29
<b>PORK GYRO</b>	650	300	34	12	0	65	1240	58	3	7	25
<b>PORK SOUVLAKI</b>	570	210	23	8	0	80	780	56	2	6	32
<b>VEGGIE</b>	410	90	10	3	0	10	730	65	5	12	16
<b>FALAFEL</b>	470	80	9	3	0	10	1190	77	10	12	20
<b>BEEFTEKI</b>	670	300	33	12	1.5	90	1040	56	2	6	33

2,000 calories a day is used for general nutrition advice but calorie needs vary.  
Additional nutrition information available upon request.