

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)
BEEF/LAMB	690	370	42	19	2	95	1570	54	5	7	28
CHICKEN GYRO	530	100	24	8.5	0	70	930	48	6	6	29
PORK GYRO	590	290	32	13	0	80	1170	47	5	7	26
FALAFEL	520	100	11	4.5	0	25	1340	83	15	13	24
BEEFTEKI	570	240	27	12	1.5	95	930	48	4	7	31

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