

QUAD CREEK CAFE MEDITERRANEAN STATION (add'l ingredients at bottom of page)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Greek Gyro											
on pita	614	333	37	13	0	53	1017	48	5	5	24
on naan	644	379	43	14	0	53	957	44	5	4	23
on wheat wrap	724	382	43	16	0	53	1407	63	10	3	26
on wheat skinny bun	524	339	38	13	0	53	807	29	6	5	20
on thin whole wheat flatbread	574	349	39	13	0	53	837	35	7	4	22
Falafel Pita Sandwich											
on pita	521	174	20	4	0	0	1099	70	12	6	19
on naan	551	220	25	5	0	0	1039	66	12	5	18
on wheat wrap	631	223	25	7	0	0	1489	85	17	4	21
on wheat skinny bun*	431	180	21	4	0	0	889	51	13	6	15
on thin whole wheat flatbread	481	190	22	4	0	0	919	57	14	5	17
Grilled Chicken Shawarma											
on pita*	347	80	9	3	0	45	1271	39	2	4	31
on naan*	377	126	14	4	0	45	1211	35	2	3	30
on wheat wrap	457	129	14	6	0	45	1661	54	7	2	33
on wheat skinny bun*	257	86	10	3	0	45	1061	20	3	4	27
on thin whole wheat flatbread*	307	96	11	3	0	45	1091	26	4	3	29
Mediterranean Hummus Pita Plate*	268	117	13	1	0	0	621	32	5	4	7
Greek Feta Salad with Olives	647	504	56	12	0	35	904	28	3	5	10
LIMITED TIME OFFERS											
Greek Tacos	522	287	32	16	0	53	879	31	4	3	19
Greek House Nachos	653	292	33	15	0	35	1950	58	2	4	19

***add skim milk and fruit for a balanced choice with ≤ 600 calories, ≤ 35% of calories from fat, ≤ 10% of calories from saturated fat, > 3 g fiber**

Nutrient Information Disclaimer

The nutrient information displayed for Sodexo recipes represent the known amount of a particular nutrient in a recipe. The recipes were analyzed using the CBORD Database and additional information from food manufacturers and USDA data base. The data are averages only, and should be used as a guide. The nutrient values are for the edible portion of the recipe. The nutrient information displayed for each item is the result of its exact preparation as stated in the recipe. Any deviation from the recipe such as product substitutions or changes to portion yield will render the information, inaccurate. (Recipes are modified on occasion to better meet local preference in taste, or to accommodate a variety of preparation methods.) Although we strive to make the information as accurate as possible, nutrition analysis is not an exact science. Various factors including diet of an animal, and food processing methods influence the amounts of nutrients in food. However, we hope this information will be useful to you, and assist you in your desire to achieve good health through healthful eating.

MEDITERRANEAN LINE

Entrée	Calories on Gyro pocket	Calories on naan	Calories on wheat wrap	Calories on wheat skinny bun	Calories on flatbread
Greek Gyro	614	644	724	524	574
Falafel Pita Sandwich	521	551	631	431**	481
Grilled Chicken Shawarma	347**	377**	457	257**	307**
Entree	Calories				
Mediterranean Hummus Pita Plate	268**				
Greek Feta Salad with Olives	647				
Limited Time Offers	Calories				
Greek Taco	522				
Greek House Nachos	653				

**add skim milk and fruit for balanced choice which has ≤ 600 calories, ≤35% calories from fat, ≤10% calories from saturated fat, > 3 g fiber

Additional information available at www.drakeudining.com in the nutrition section.

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