



LITTLE GREEK
FRESH GRILL

Nutritional Information

Rev. May, 2018

Property of Little Greek Franchise Development LLC

Starters	Calories	Calories from fat (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Appetizer Platter														
Spinach Pie (1/2)	290	190	21	8.7	1.5			22.5	345		18.5	1.5	1.5	7
Falafel (3 patties)	138	68	8	1					389		14	4	2	4
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Hummus (4oz)	386	253	28			9	16		453	167	24	5	5	9
Tzatziki Sauce (2 oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Cucumber (4 slices)	3								0.5	38	0.6			
Olives (6)	64	60	7	0.1					339		0.93		0.06	0.42
Total	1211	706	79	16	1.5	12	19.5	47.5	2087	285	97	12.5	10.6	28.4

Hummus and Pita Bread														
Hummus (4oz)	386	253	28			9	16		453	167	24	5	5	9
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Total	596	278	31	0		10.5			833		61	7	5	16

Falafel														
Falafel (5 patties)	230	113	13	2					648		22	7	3	7
Tzatziki Sauce (2oz)	120	110	12	6		1.5	3.5	25	180	80	2	7	2	1
Total	350	223	25	8		1.5	3.5	25	828	80	24	14	5	8



Nutritional Information - Soup (1 of 1)

Soups	Calories	Calories from fat (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cup of Soup (8oz)	240	140	16	5		4	7	60	1460	120	12		3	10
Crackers (1 pack)	25	5							90		5			
Total	265	145	16	5		4	7	60	1550	120	17		3	10
Bowl of Soup (12oz)	360	210	24	7.5		6	11	90	2190	180	18		5	15
Crackers (2 packs)	50	10							180		10			
Total	410	220	24	7.5		6	11	90	2370	180	28		5	15

Soup and Salad Combo Meal	Calories	Calories from fat (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cup of Soup (8oz)	240	140	16	5		4	7	60	1460	120	12		3	10
Crackers (1 pack)	25	5							90		5			
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Total	780	360	41	10		5.5	7	80	3140	505	74	6	12	26

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Nutritional Information - Salads (1 of 1)

Salads	Calories	Calories from fat (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Caesar Salad	950	580	92	17		23	9	10	1540	610	22	5	10	11
Greek Salad - Large	1220	760	88	20				80	4840	1540	78	16	34	36
Greek Salad - Regular	610	380	44	10				40	2420	770	39	8	17	18
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Horiatiki (Village) Salad	740	450	52	11				40	3870	1240	54	13	25	20
ADD PROTEIN														
Chicken (5oz Breast)	260	100	11	2.5		5	3	100	490	330	2			36
Gyro (5oz)	480	390	44	18.4				85	1020		10		1	20
Salmon Skewer (3oz)	174	90	11	2		4	4	54	234	324				19
Salmon Filet (5oz)	290	150	18	3.5		6	6	90	390	540				31
ADD PITA BREAD														
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
ADD TZATZIKI SAUCE (TO ADDED PROTEIN OPTION)														
Tzatziki Sauce (2oz)	120	110	12	6.03		1.5	3.5	25	180	80	2	0	2	1

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Nutritional Information - Salads (1 of 1)

Salads	Calories	Calories from fat (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Caesar Salad	950	580	92	17		23	9	10	1540	610	22	5	10	11
Greek Salad - Large	1220	760	88	20				80	4840	1540	78	16	34	36
Greek Salad - Regular	610	380	44	10				40	2420	770	39	8	17	18
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Horiatiki (Village) Salad	740	450	52	11				40	3870	1240	54	13	25	20
ADD PROTEIN														
Chicken (5oz Breast)	260	100	11	2.5		5	3	100	490	330	2			36
Gyro (5oz)	480	390	44	18.4				85	1020		10		1	20
Salmon Skewer (3oz)	174	90	11	2		4	4	54	234	324				19
Salmon Filet (5oz)	290	150	18	3.5		6	6	90	390	540				31
ADD PITA BREAD														
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
ADD TZATZIKI SAUCE (TO ADDED PROTEIN OPTION)														
Tzatziki Sauce (2oz)	120	110	12	6.03		1.5	3.5	25	180	80	2	0	2	1

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Pitas & Wraps	Calories	Calories from fat (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
PITA OR WRAP														
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Wrap Tortilla (1 Wrap)	310	60	7	3					740		52	2		8
ADD VEGGIES														
Shredded Iceberg Lettuce (1oz)	4.32	1							8	56	0.8	0.37		0.39
Tomato (2 slices)	6	0.5	0.6						1.5	74	1	1	1	0
Onion (2 onion slices)	4.8								0.5	18	1			
ADD PROTEIN														
Gyro (5oz)	480	390	44	18.4				85	1020		10		1	20
Chicken (5oz Breast)	260	100	11	2.5		5	3	100	490	330	2			36
Steak (5oz)	360	210	24	7		5	10	75	230	380	1			34
Olympian pita Chicken Breast (5oz) plus Gyro (3oz)	548	334	37	13.5		4.96	3.1	151	1,102	330	8		0.6	48
Lamb Skewer (6oz)	468	264	30	10		7	11	162	264	408	1.2			43
Falafel (5 patties)	230	113	13	2					648		22	7	3	7
Burger (5.33oz)	310	180	21	8	1.5	0.5	9	100	370	320	320			28
ADD CHEESE AND SAUCE														
Tzatziki Sauce (2oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Feta (1.8oz)	128	66	7.29	5.47				27.3	620		3.65		1.82	10.9

Light Meals	Calories	Calories from fat (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken Souvlaki														
Chicken Skewer (6oz)	312	120	13	3		6	4	120	588	396	2			43
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Rice (6oz)	280	60	7	1	1.5	2	1.5		590	135	47.6	1	1	5
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Tzatziki Sauce (2 oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Total	1227	505	57	15	1.5	11	9	165	2948	996	108.6	7	12	65
Lamb Souvlaki														
Lamb Skewer (6oz)	468	264	30	10		7	11	162	264	408	1.2			43
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Rice (6oz)	280	60	7	1	1.5	2	1.5		590	135	47.6	1	1	5
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Tzatziki Sauce (2 oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Total	1383	649	74	22	1.5	12	16	207	2624	1008	107.8	7	12	65
Steak Souvlaki														
Steak Skewer (6oz)	432	252	29	8		6	12	90	276	456	1.2			40
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Rice (6oz)	280	60	7	1	1.5	2	1.5		590	135	47.6	1	1	5
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Tzatziki Sauce (2 oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Total	1347	637	73	20	1.5	11	17	135	2636	1056	107.8	7	12	62
Salmon Souvlaki														
Salmon Skewer (6oz)	348	180	22	4		7	7	108	468	648				37
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Rice (6oz)	280	60	7	1	1.5	2	1.5		590	135	47.6	1	1	5
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Tzatziki Sauce (2 oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Total	1263	565	66	16	1.5	12	12	153	2828	1248	106.6	7	12	59



Nutritional Information - Light Meals (2 of 2)

Light Meals	Calories	Calories from fat (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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Dolmades														
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Dolmades (4)	328	50	22	8	2			79	1200	82	11	1	3	21
Dolmades Sauce (2oz)	19	9	2				0.5	6	100	11	1.5			
Total	862	274	49	13	2	1.5	0.5	105	2890	478	69.5	7	12	37

Spinach Pie														
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Tzatziki Sauce (2 oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Spinach Pie	580	380	42	17	3			45	690		37	3	3	14
Total	1215	705	79	28	3	3	3.5	90	2460	465	96	9	14	31

Veggie Bowl with Chicken														
Chicken (5oz Breast)	260	100	11	2.5		5	3	100	490	330	2			36
Veggies (2 cups)	290	220	25	4		14	6		2770	740	16	6	8	5
Rice (6oz)	280	60	7	1	1.5	2	1.5		590	135	47.6	1	1	5
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Tzatziki Sauce (2 oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Total	1160	515	58	13.5	1.5	24	14	125	4410	1285	105	9	11	54

Veggie Bowl														
Veggies (2 cups)	290	220	25	4		14	6		2770	740	16	6	8	5
Rice (6oz)	280	60	7	1	1.5	2	1.5		590	135	47.6	1	1	5
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Total	780	305	35	5	1.5	17.5	7.5		3740	875	101	9	9	17

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Dinners	Calories	Calories from fat (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Gyro Platter														
Gyro (7oz)	672	546	62	25				119	1428		14		1.4	28
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Rice (6oz)	280	60	7	1	1.5	2	1.5		590	135	47.6	1	1	5
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Tzatziki Sauce (2 oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Total	1587	931	106	37	1.5	5	5	164	3788	600	120.6	7	13.4	50
Chicken Souvlaki														
Chicken Skewer (9oz)	468	120	20	4.5		9	5	180	882	594	4			65
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Rice (6oz)	280	60	7	1	1.5	2	1.5		590	135	47.6	1	1	5
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Tzatziki Sauce (2 oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Total	1383	505	64	16.5	1.5	14	10	225	3242	1194	110.6	7	12	87
Lamb Souvlaki														
Lamb Skewer (9oz)	702	702	45	14		11	16	243	396	612	1.8			65
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Rice (6oz)	280	60	7	1	1.5	2	1.5		590	135	47.6	1	1	5
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Tzatziki Sauce (2 oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Total	1617	1087	89	26	1.5	16	21	288	2756	1212	108.4	7	12	87
Steak Souvlaki														
Steak Skewer (9oz)	648	378	43	13		9	18	135	414	684	1.8			61
Greek Salad - Mini	305	190	22	5				20	1210	385	20	4	9	9
Rice (6oz)	280	60	7	1	1.5	2	1.5		590	135	47.6	1	1	5
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Tzatziki Sauce (2 oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Total	1563	763	87	25	1.5	14	23	180	2774	1284	108.4	7	12	83

Kid's	Calories	Calories from fat (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Kid's Mac and Cheese														
Mac N Cheese	430	110	12	4				15	930	420	64	3	11	15
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Total	640	135	15	4		1.5		15	1310	420	101	5	11	22

Kid's Gyro Platter														
Gyro (3oz)	288	234	26	11				51	612		6		0.6	12
Cucumber (1)	0.8								0.1	10				
Tomato (1 wedge)	6	0.5	0.6						1.5	74	1	1	1	
Rice (3 oz)	140	30	3.5	0.5	0.7	1	0.7		295	68	24	0.5	0.5	2.5
Tzatziki Sauce (2oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Total	764.8	399.5	45.1	17.5	0.7	4	4.2	76	1468.6	232	70	3.5	4.1	22.5

Kid's Chicken Souvlaki														
Chicken Skewer (3oz)	156	60	6.6	1.5		3	1.8	60	294	198	1.2			21.6
Cucumber (1)	0.8								0.1	10				
Tomato (1 wedge)	6	0.5	0.6						1.5	74	1	1	1	
Rice (3 oz)	140	30	3.5	0.5	0.7	1	0.7		295	68	24	0.5	0.5	2.5
Tzatziki Sauce (2oz)	120	110	12	6		1.5	3.5	25.3	180	80	2		2	1
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Total	632.8	225.5	25.7	8	0.7	7	6	85.3	1150.6	430	65.2	3.5	3.5	32.1

Extras & Sides	Calories	Calories from fat (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Rice (6oz)	280	60	7	1	1.5	2	1.5		590	135	47.6	1	1	5
Potato Salad (4 scoops - 5.6oz)	360	227	27	3.5				25	780	500	26.3	2	1	3
Greek Potatoes	410	130	15	2.5	3	5	4		1510	1020	66	6	5	6
Handcut French Fries (7oz)	460	300	34	6		20	7		900	640	34.2	3	1	3
Chicken Skewer (3oz)	156	60	6.6	1.5		3	1.8	60	294	198	1.2			21.6
Gyro (5oz)	480	390	44	18.4				85	1020		10		1	20
Lamb Skewer (3oz)	234	132	15	5		4	5	81	132	204	0.6			22
Dolmades (1)	82	6	6	2				20	300	21	3			5
Dolmades Sauce (2oz)	19	9	2				0.5	6	100	11	1.5			
Feta (1.8oz)	128	66	7.3	5.5				27	620		3.65		1.82	10.9
Chicken (5oz Breast)	260	100	11	2.5		5	3	100	490	330	2			36
Steak Skewer (3oz)	216	126	14	4		3	6	45	138	228	0.6			20
Salmon Skewer (3oz)	174	90	11	2		4	4	54	234	324				19
Salmon Filet (5 oz)	290	150	18	3.5		6	6	90	390	540				31
Tzatziki Sauce (2 oz)	120	110	12	6		1.5	3.5	25	180	80	2		2	1
LG House Dressing (2.7oz)	241	197	22	3					667		11	3	9.5	3
Little Greek Hot Sauce (1 ts)									40					
Potato Salad (1 scoop - 1.4oz)	90	57	7	1				6	195	125	7			
Pita Bread (1 Pita)	210	25	3			1.5			380		37	2		7
Side of veggies (2 cups)	290	220	25	4		14	6		2770	740	16	6	8	5
Hummus (2 oz)	193	127	14			5	8		227	84	12	3	3	5

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Nutritional Information - Desserts (1 of 1)

Desserts	Calories	Calories from fat (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Baklava (1 Piece)	350	120	14	3	2				160		52	1	21	4
Rice Pudding (7 oz)	280	110	13	6			1.5	55	150	230	35		25	7

The nutritional information seen here was prepared by MenuTrinfo®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

2,000 calories a day is used for the general nutrition advice, but calorie need vary.