



NUTRI-SHEET

Menu Item	Garlic	Onion	Citrus	Apple Cider	Sugar	Honey
CURATED BOWLS						
Avocado Chicken	•	•	•	•		•
Tahini Caesar	•		•			•
Veggie	•	•	•	•		
Greek Salad	•	•	•	•		
Protein	•	•	•			•
CURATED PITA						
Greek Chicken	•	•	•	•	•	•
Chef's Choice	•	•	•	•	•	
Vegetarian	•	•	•		•	•
Mediterranean Beef	•	•	•		•	
BASE						
Salad						
Grain Bowl						
Pita					•	
Mini Pitas					•	
Greens + Grains						
DIPS + SPREADS						
Authentic Tzatziki	•		•			
Rustic Hummus	•	•	•			
Funky Feta						
Eggplant + Red Pepp	•		•			
Red Pepper Hummus	•	•	•			
Spicy Harissa	•		•			
PROTEIN						
Spicy Lamb Meatballs	•	•				
Seasonal Vegetables	*					
Baked Zucchini Cakes	•	•	•			
Grilled Chicken Breast	•		•			•
Braised Beef	•	•				
Harissa Chicken	•					•
TOPPINGS						
Shredded Lettuce						
Red Cabbage						
Red Beet Quinoa			•	•		
Cucumber						
Pepperoncini Peppers						
Kalamata Olives						
Tomato						
Red Onion		•				
Avocado						
Mama's Pickled Onions		•		•	•	
Walnuts						
Sunflower Seeds						
Crumbled Feta						
Seasoned Pita Crisps	*					
Roasted Corn						
Roasted Broccoli						
Bacon Flakes						
Valencia Beans						
DRESSINGS						
Sriracha Greek Yogurt			•			
Lemon Tahini Thyme			•	•		
Yogurt Dill			•	•		
Greek Vinaigrette			•	•		
Pomegranate + Ginge	•		•			•
Tahini Caesar			•			
Harissa Vinaigrette			•	•		

* contains garlic oil.