



Nutrition Facts

Revised 9/9/15

| Pitas & Wraps | Calories | Carbs | Sugar | Total Fat | Sodium | Proteins |
|------------------------------------|-----------------|--------------|--------------|------------------|---------------|-----------------|
| French Fries (3oz.) | 140 | 21g | >1g | 5g | 25g | 2g |
| 9in Gluten Free Wrap (1 wrap) | 230 | 35mg | 0g | 7g | 310mg | 7g |
| 7in Pita Flatbread (1wrap) | 240 | 39g | 2g | 5g | 420mg | 7g |
| 9In Whole Wheat Flatbread (1 wrap) | 230 | 38g | 2g | 4g | 390mg | 8g |
| Tilapia Fillets (3-5oz) | 100 | 0g | 0g | 1g | 40mg | 21g |
| Asian Shrimp (4oz) | 60 | 0g | 0g | 0.5g | 400mg | 14g |
| Sweet Cream Butter (1 tbsp) | 100 | 0g | 0g | 11g | 0mg | 0g |
| Chicken Fritters (2 pcs) | 230 | 20g | 0g | 10g | 810mg | 15g |
| Baklava (1 piece) | 170 | 11g | 3g | 13g | 120mg | 2g |
| Horizon Milk Chocolate (1) | 150 | 23g | 22g | 2.5g | 180mg | 8g |
| Tzatziki Sauce (1 oz) | 45 | 2g | 0g | 4.5g | 130mg | 1g |
| Labne (2 Tbls) | 60 | 1g | 1g | 6g | 15mg | 1g |
| 1 Lime | 20 | 7g | 1.1g | 0.1g | 1mg | .5mg |
| Carrot (1 whole) | 52 | 12g | 6g | 0g | 88mg | 1g |
| Cucumber (1 whole) | 16 | 3g | 2g | 0g | 3mg | 1g |
| Iceburg Lettuce(1 cup) | 10 | 2g | 1g | 0g | 7mg | 1g |
| Romaine Lettuce (1 leaf) | 1 | 0g | 0g | 0g | 0mg | 0g |
| Zucchini (1 whole) | 33 | 6g | 4.9g | .6g | 16mg | 2.4g |
| Parsley (1 tbsp) | 1 | 0.2g | 0g | 0g | 2mg | .1g |
| Tomato (1 whole) | 22 | 4.8g | 3.2g | .2g | 6mg | 1.1g |
| Apple (half) | 32 | 7g | 7.1g | 5.5g | .05mg | .3g |
| Feta Cheese(1oz) | 70 | 1g | 1g | 6g | 320mg | 4g |
| American Cheese Slices (1) | 70 | 1g | 0g | 6g | 340mg | 4g |
| Gyro Meat (3oz) | 310 | 7g | 0g | 24g | 780mg | 16g |