



Nutrition Analysis

June 2015

Food Item, Portion	Calories	Total Fat (g)	Calories from Fat	Saturated Fat (g)	Transfat (g)	Chol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Gluten Free? Yes*/No
BREAKFAST												
Biscuit Sandwiches												
Bacon Biscuit, 1 ea	700	52.3	457.2	27.6	0	69.3	2414.6	34	1	3	27.1	No
Bacon & Egg Biscuit, 1 ea	775	57.3	502.2	29.6	0	282.3	2477.6	35	1	3	33.1	No
Bacon & Cheese Biscuit, 1 ea	770	63.3	507.2	31.6	0	84.3	2724.6	35	1	4	31.1	No
Bacon, Egg, & Cheese Biscuit, 1 ea	845	63.3	552.2	33.6	0	297.3	2787.6	36	1	4	37.1	No
Ham Biscuit, 1 ea	403.5	24.5	64	17.5	0	35.5	1740	34	1	3	13.5	No
Ham & Egg Biscuit, 1 ea	478.5	29.5	109	19.5	0	248.5	1803	35	1	3	19.5	No
Ham & Cheese Biscuit, 1 ea	456	29	101.5	20.5	0	46.8	1972.5	35	1	4	16.5	No
Ham, Egg, & Cheese Biscuit, 1 ea	531	34	146.5	22.5	0	259.8	2035.5	36	1	4	22.5	No
Sausage Biscuit, 1 ea	530	38	345	22	0	33	1260	36	1	3	11	No
Sausage & Egg Biscuit, 1 ea	605	43	390	24	0	246	1323	37	1	3	17	No
Sausage & Cheese Biscuit, 1 ea	600	44	440	26	0	48	1570	37	1	4	15	No
Sausage, Egg, & Cheese Biscuit, 1 ea	675	49	440	28	0	261	1633	38	1	4	21	No
Breakfast Features: Pancakes, Waffles, French Toast												
Blueberry Hot Cake, 1-5"	108	1	10	0	0	0	340	22	1	5	2	No
French Toast, 1 slice	231	9	78	2	0	0	249	24	1	6	12	No
Hot Cakes, 3 ea	300	3	30	0	0	0	1020	60	1	12	6	No
Short Stack, 2 ea	200	2	20	0	0	0	680	40	.75	8	4	No
Waffle Dusted w/ Powdered Sugar, 1 waffle	213	2	20	1	0	7	760	46	4	11	5	No
Waffle w/ Pecans, 2 oz	613	42	380	4	0	7	760	54	10	13	11	No (Yes w/o waffle)
Breakfast Features: Entrees												
Country Breakfast Special w/ 3 slices Bacon	954	74	642.5	35	0	310	3470.2	37.8	1.5	4	40	No
Country Breakfast Special w/ 2 Sausage Links	634	51	442.5	25.5	0	245	1520.2	39.8	1.5	4	11	No
Country Breakfast Special w/ 2 Sausage Patties	794	61	552.5	29.5	0	271	1900.2	41.8	1.5	4	19	No
Steak & Eggs, 6 oz w/ 2 ea	476	38	340	15	0	306	133	1	0	0	31	Yes
Breakfast Features: Omelets												
Omelet, Cheese, 2 egg	425	32.5	290	16.5	0	501	576	4.5	0	0	29.5	Yes
Omelet, Cheese & Mushroom, 2 egg	322	23.5	211	10.5	0	470	397	4	1	0	23.5	Yes

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Omelet, Greek, 2 egg	271	19	173	9	0	463	604	5	0	3	19	Yes
Omelet, Ham & Cheese, 2 egg	377	27.5	249	12.5	0	486	702	2.5	0	1	28.5	Yes
Omelet, Western, 2 egg	492	36.5	329	18.5	0	517	883	6.5	0	2	35.5	Yes
Breakfast: Sides												
Bacon, 3 slices/ 3.75 oz	560	49	420	17.5	0	105	2310	0	0	0	35	Yes
Biscuit, 1 ea/ 3.25 oz	330	20	180	16	0	0	890	34	1	3	4	No
Biscuit & Gravy, 1 ea w/ 2 oz	394	25	222.5	17.5	0	205	1160.2	37.8	1.5	4	5	No
Egg, 1 ea	75	5	45	2	0	213	63	1	0	0	6	Yes
Egg Substitute, 3.5 oz	50	0	0	0	0	0	170	1	0	1	11	Yes
Grits (made w/ water), 5 oz	88.4	<0.5	3.4	0	0	0	0	19.7	1.4	0	2	Yes
Ham, 3 oz	165	10.5	76.5	3	0	79.5	1912.5	0	0	0	21	Yes
Hash Brown, 6 oz	140	0	0	0	0	0	560	32	4	0	4	Yes
Home Fries, 5 oz	188	9	83	1	0	6	6	25	2	3	2	Yes
Liver Mush, 5 oz	200	10	75	2.5	0	125	725	20	5	0	12.5	No
Sausage Links, 2 ea	240	26	220	8	0	40	360	2	0	0	6	Yes
Sausage Patty, 2 ea	400	36	330	12	0	66	740	4	0	0	14	Yes
Toast, White, 1 slice	90	1	10	0	0	0	135	18	0	4	3	No
Toast, Whole Wheat, 1 slice	70	1	10	0	0	0	170	11	2	2	3	No
LUNCH & DINNER												
Pita Sandwiches												
All American Pita Burger, double, 1 ea	1156	78.9	710	22.2	2.7	221.3	911	47.9	3.9	3.9	61.7	No (Yes w/o Pita Bread)
w/ 1 Burger Patty (3.5 oz)	887	61.2	551	15.5	1.5	131.3	837	47.9	3.9	3.9	36.2	No (Yes w/o Pita Bread)
California Chicken Pita, 11.75 oz	694.4	34.7	310.1	8.5	0	120	1062.4	53	8.1	6.1	45.1	No
California Pita Burger, 1 ea (7 oz patty)	1072.4	66.6	593.1	20.9	2.4	210	1120.4	53	8.1	6.1	66.1	No
w/ 1 Burger Patty (3.5 oz)	803.4	48.9	434.1	14.2	1.2	120	1046.4	53	8.1	6.1	40.6	No
Chicken Salad Pita, 1 ea	593.5	30	271.5	5.3	0.3	74	792.5	46.1	3.9	5.1	30.7	No
Fiery Feta Chicken Pita, 8 oz	588.6	24.6	215.6	9.8	0	125	841.8	44.7	5	1.3	46.8	No
Fiery Feta Pita, 1 ea (7 oz patty)	1046.6	63.5	558.6	26.2	2.4	235	1034.8	44.7	5	1.3	72.8	No
w/ 1 Burger Patty (3.5 oz)	697.6	38.8	339.6	15.5	1.2	125	825.8	44.7	5	1.3	42.3	No
Fish Pita, 1 ea	655	52.3	295.3	4.3	0.3	112	1003.5	51	3	2	32	No

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Folly Beach Shrimp, 7.75 oz	754.1	30.8	278.2	4.4	0	226.6	1969.6	75.4	3.5	2.1	36.4	No
Greek Veggie Pita, 1 ea	757.5	53.9	489.9	16.6	0.3	59.6	1449.2	51.3	4.8	7.6	17.3	No
Grilled Chicken Santorini Pita, 1 ea	501.8	16.8	152.8	5.6	0.3	85.5	1918.4	47.7	3.9	3.9	37.5	No
Ham & Cheese Pita, 1 ea	590.5	30	269.5	10.8	0.3	82.5	2225.5	50.6	3.9	6.6	21.7	No (Yes w/o Pita Bread)
Mushroom Cheddar Pita Burger, 1 ea (7 oz patty)	1003.5	60.1	534.4	23.2	2.4	225	759	44.2	3.6	2.5	69.5	No
w/ 1 Burger Patty (3.5 oz)	654.5	35.4	315.4	12.5	1.2	115	550	44.2	3.6	2.5	39	No
Old Fashioned Pita Burger, 1 ea (7 oz patty)	1078.9	63.4	561.4	23.6	2.7	219.1	3084	51.9	5	10	68.7	No
w/ 1 Burger Patty (3.5 oz)	809.9	45.7	402.4	16.9	1.5	129.1	3009.6	51.9	5	10	43.2	No
Original Pita Burger, 1 ea (7 oz patty)	972.3	56.2	500.8	24	2.7	215	984.4	48	3.75	5.1	65.3	No (Yes w/o Pita Bread)
w/ 1 Burger Patty (3.5 oz)	703.3	38.5	341.8	17.3	1.5	125	910.4	48	3.8	5.1	39.8	No (Yes w/o Pita Bread)
Turkey Bacon Club Pita, 1 ea	830.5	50	439.5	17.3	0.3	127.5	2555.5	48.6	3.9	6.6	48.7	No (Yes w/o Pita Bread)
Platters (Choice of two sides listed separately)												
BarBQ, 8 oz	536	36.8	331.2	13.3	0	106.3	1431	10.1	3.2	6.4	41.2	Yes
w/ Hush Puppies, Coleslaw, & Fries	1275.9	83.8	679.9	19.8	0	125.3	2433.8	68.3	11.22	24.4	48.2	No
Beef Santorini, 22.75 oz	973.5	81.6	741	28.3	1.9	164.3	1142	22.3	4.7	12.5	37.8	No
w/ Rice & Pita	1353.2	86.6	786	29.3	1.9	164.3	1442	93.7	7.7	13.5	48	No
Canadian Fish, 9 oz (breaded/fried)	312.5	6.9	62.5	.7	0	180	877.5	14	0	0	45	No
w/ Tartar Sc & Hush Puppies	919.8	601.6	478.3	6.2	0	199.2	1685.9	45.1	2.7	6.9	47.7	No
Chicken Santorini, 22.25 oz	737.5	54.1	495	17.3	0	143.3	1128	22.3	4.7	12.5	40.8	No
w/ Rice & Pita	1117.2	59.1	540	18.3	0	143.3	1428	93.7	7.7	13.5	51	No
Chicken Strips, 4 ea (fried)	429	23.2	201.5	4	0	78.8	980	33.3	3.5	12.3	26.3	No
w/ Hush Puppies, Coleslaw, & Fries	1168.9	70.2	550.2	10.5	0	97.8	1982.8	91.5	11.5	30.3	33.3	No
Flounder, 9 oz (breaded/fried)	335	8	73.8	.7	0	112.5	867.5	17	0	0	47.3	No
w/ Tartar Sc & Hush Puppies	942.3	61.7	489.6	6.2	0	131.7	1675.9	45.1	2.7	6.9	50	No
Flounder & Shrimp, 6 oz/4 oz (fried)	404.6	9.8	89.7	1.2	0	247.5	110.4	20	0	0	54.3	No
w/ Tartar Sc & Hush Puppies	1011.5	63.5	505.5	6.7	0	266.7	918.8	51.1	2.7	6.9	57	No
w/ Cocktail Sc & Hush Puppies	672.5	23.5	143.9	1.9	0	247.5	1139.2	55.9	2.7	12.3	58	No
Hamburger Steak, 6 oz w/ onions & gravy	500	37.9	342.8	13.8	2.1	124.5	363	8	1	4	31	No (Yes w/o Gravy)
w/ Roll	570	38.9	352.8	13.8	2.1	124.5	513	22	1	6	33	No
Salmon Platter, 17 oz	722.5	56.6	510	17.8	0	158.3	1130	10.4	1.8	6.3	41.8	No

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w/ Rice & Pita	1102.2	61.6	555	18.38	0	158.3	1430	81.8	4.8	7.3	51	No
Shrimp, 7 oz	322	8	72	1.3	0	304	926	18.8	0	0	40.6	No
w/ Tartar Sc & Hush Puppies	928.9	61.7	487.8	6.8	0	323.2	1734.4	49.9	2.7	6.9	43.3	No
w/ Cocktail Sc & Hush Puppies	589.9	14.7	125.2	2	0	304	1954.8	54.7	2.7	12.3	44.3	No
Tenderloin Tips, 8 oz w/ onions & peppers	636	51	455	9	0	110	491	6	0	0	38	Yes
w/ Roll & Rice	818	52	465	9	0	110	641	44.4	0	2	42.6	No
Platter Sides												
Baked Potato, 1 ea	110	0	0	0	0	0	0	26	2	1	3	Yes
Coleslaw, 4 oz	225	19	170	3	0	19	449	12	2	11	1	Yes
French Fries, 5 oz (fried)	282	14.3	124.5	2.8	0	0	75	18.3	3.32	1.7	3.3	Yes*
Mixed Vegetables, 4 oz	33	0	0	0	0	0	34	7	4	3	2	Yes
Rice, 4 oz	112.2	0	0	0	0	0	0	24.4	0	0	2.6	Yes
Salad, 4 oz (no dressing)	24	0	0	0	0	0	17.3	7.7	2.5	5.5	2.2	Yes
Breads												
Biscuit, 1 ea/ 3.25 oz	330	20	180	16	0	0	890	34	1	3	4	No
Brioche Bun, 1 ea	210	6	50	3.5	0	25	340	31	1	3	7	No
Dinner Roll, White, 1 ea	70	1	10	0	0	0	150	14	0	2	2	No
Pita Flat Bread, 1 pita	249.6	6	54.6	1.3	.3	0	300	41	3	1	7	No
Texas Toast (plain), 1 slice	120	1	10	0	0	0	170	23	1	5	4	No
Macaroni & Cheese												
Mac & Cheese, 17.5 oz	1233	85	757	42	1.6	200.5	3498	59	1.6	8.2	61	No
Chicken Mac & Cheese, 22.5 oz	1393	88.5	792	43	1.6	290.5	3588	59	1.6	8.2	91	No
Salads (Dressings listed separately)												
Caesar Salad, 7.5 oz	211	6.5	65.2	0	0	0	560	36	3.6	2	2.1	No, Yes w/o Croutons
w/ Pita Bread	451	11.5	110.2	1	0	0	830	77	6.6	3	15.1	No
Caesar Salad w/ Chicken, 12.5 oz	371	10	100.2	1	0	90	620	36	3.6	2	38.1	No, Yes w/o Croutons
w/ Pita Bread	611	15	145.2	2	0	90	920	77	6.6	3	45.1	No
Caesar Salad w/ Salmon, 13.5 oz	411	12.5	115.2	1.5	0	105	630	36	3.6	2	41.1	No, Yes w/o Croutons
w/ Pita Bread	651	17.5	160.2	2.5	0	105	930	77	6.6	3	48.1	No
Garden Salad, 10 oz	171.5	18	160	10	0	60	387.5	12.7	4	8	17.3	Yes

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w/ Tortilla Shell	501.5	37	325	13	0	60	757.5	46.7	5	8	24.3	No
w/ Pita Bread	421	24	214.5	11.3	0.3	60	687.5	53.7	7	9	24.3	No
Greek Salad, 10 oz	312.6	20.8	185.8	10.8	0	64.5	2022.4	18.4	4	8	17.3	Yes
w/ Grilled Chicken, 5 oz	450.6	22.8	199.8	10.8	0	137.5	2103.4	18.4	4	11	42.6	Yes
w/ Tortilla Shell	642.6	39.8	350.8	13.8	0	64.5	2392.4	52.4	5	11	20.6	No
w/ Pita Bread	562.1	26.8	240.3	12	0.3	64.5	2322.4	59.4	7	12	20.6	No
Large Greek Salad w/ Salmon, 18 oz	445.5	25	220	13.2	0	158.3	891.7	11.6	3.1	7.5	43.1	No
w/ Pita Bread	685.5	30	265	14.2	0	158.3	1191.7	52.6	6.1	8.5	50.1	No
Grilled Chicken Chef, 17 oz	389.5	26	224	11.5	0	373	538.5	13.7	4	8	53.3	Yes
w/ Tortilla Shell	719.5	45	389	14.5	0	373	908.5	47.7	5	8	60.3	No
w/ Pita Bread	639	32	278.5	12.8	0.3	373	838.5	54.7	7	9	60.3	No
Ham & Turkey Chef Salad, 15 oz	341.5	26.6	236.3	12.7	0	337.6	1245	16	4	9.6	37.8	Yes
w/ Tortilla Shell	671.5	45.6	401.3	15.7	0	337.6	1615	50	5	9.6	44.8	No
w/ Pita Bread	591	32.6	290.8	14	0.3	337.6	1545	57	7	10.6	44.8	No
Southwest Chicken Cobb, 19.25 oz	531	30.8	276.6	12.3	0	140	873.7	23.5	8.4	9.1	51.1	No
w/ Pita Bread	771	35.8	321.6	13.3	0	140	1173.7	64.5	11.4	10.1	58.1	No
Diet D-Lites												
Chicken Breast Platter, 1 ea w/ Pita Bread	486.5	15	132.5	5.3	0.3	88	481.3	50.7	5.5	7.5	39.2	No
Chicken Salad Platter, 1 ea w/ Crackers	792	45	411	6	0	111	2068	49.6	2.5	25.1	39	No
Greek Favorites (platter sides listed separately)												
Grecian Roasted Chicken, white meat, ¼ chicken	617.8	35.4	327.6	10.6	0	199.5	1570.8	4.4	0	0	64.9	Yes
w/ Salad (no dressing), Potato, & Roll	955.3	46.6	428.3	14.9	0	225.3	2300.4	59.2	5.8	12.5	77.3	No
Grecian Roasted Chicken, dark meat, ¼ chicken	820.6	63.8	583	18.7	0	252.6	1602	4.4	0	0	52.1	Yes
w/ Salad (no dressing), Potato, & Roll	1266.1	77.5	706.2	23.5	0	278.4	2472.9	75.8	6	10.2	66.9	No
Gyro Pita Sandwich, 1 ea	977.5	61	541.5	25.3	0.3	115	1950	64	5	7	41	No
Gyro Platter (w/o side)	1224.6	80	703.8	32.2	0.3	158.8	3385.7	71.5	5.5	7.7	55.9	No
Souvlaki Pita Sandwich, 1 ea	762.4	44.3	404.3	10.9	0.3	83.8	692.3	56.8	4	8	69.8	No
Souvlaki Platter (w/o side)	1203.3	66.2	599.2	14.6	0.3	135.8	1800.9	95.5	5.5	7.7	55.2	No
Signature Sandwiches (Bread & Condiments Included)												
Bacon Cheeseburger, 1 ea (3.5 oz)	882.5	60.2	526.5	22.2	1.2	181.3	1714.5	34.8	1.6	5.2	51	No (yes w/o bun)

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Bacon Cheeseburger, double, 1 ea (7 oz)	1151.5	77.9	1285.5	28.9	2.4	271.3	1788.5	34.8	1.6	5.2	76.5	No (yes w/o bun)
BBQ Sandwich w/ Coleslaw, 1 ea/ 1.5 oz	627.6	36	319.8	12.9	0	98.2	1398	41.8	3.8	11.1	33	No (yes w/o bun)
Black Bean Burger, 4 oz	632.1	34.6	299.5	10	0	55	1221.3	64.5	9.7	11.9	21.9	No
California Burger, 1 ea (3.5 oz patty)	771.1	49.8	438.5	16.7	1.2	145	1085.3	42.5	5.7	7.9	40.4	No
California Burger, double, 1 ea (7 oz patty)	1120.1	74.5	657.5	27.4	2.4	255	1294.3	42.5	5.7	7.9	70.9	No
Cheeseburger, 1 ea (3.5 oz patty)	642.5	39.2	346.5	17.4	1.2	136.3	724.5	34.8	1.6	5.2	36	No (yes w/o Bun)
Cheeseburger, double, 1 ea (7 oz patty)	911.5	56.9	1105.5	21.4	2.4	226.3	798.5	34.8	1.6	5.2	61.5	No (yes w/o bun)
Crispy Chicken BLT, 1 ea	1048	56	497	21	0	322.5	2801.3	82.9	9.2	19.8	59.1	No
Fish Filet Sandwich, 1 ea	615.5	52.3	290.8	6.5	0	137	1043.5	41	1	4	32	No
Grilled Chicken Breast Sandwich, 1 ea	459	19	164	5	0	108	499	34	1.6	4.4	36.5	No (yes w/o bun)
KC BBQ Burger, 1 ea (3.5 oz patty)	809	52.8	469.9	17.2	1.2	155	999	44.4	1.7	10.7	38	No
KC BBQ Burger, double, 1 ea (7 oz patty)	1158	77.5	688.9	27.9	2.4	265	1208	44.4	1.7	10.7	68.5	No
Old Fash. Cheeseburger, 1 ea (3.5 oz patty)	608	33.1	291.4	12.2	1.2	126.8	1599	37.4	1.8	8.2	35.7	No
Old Fashioned Cheeseburger, double, 1 ea (7 oz patty)	877	50.8	1050.4	19.8	2.4	216.8	1673	37.4	1.8	8.3	61.2	No
Old Fashioned Hot Dog, 1 ea	382.3	24.5	225.7	7.7	1.0	44.4	2667.8	25.9	1.5	6.7	12.1	No (yes w/o bun)
Super "C", 1 ea (7 oz patty)	926.1	55.9	493	23.7	2.4	232.5	1835.3	36	1.9	6.5	64.7	No
Triple "C", 1 ea (10.5 oz patty)	1247.6	78.1	689.5	33.4	3.6	333.8	2141.8	36.8	1.9	7.3	93.2	No
Kid's Menu												
Kid Grill Cheese, 1 ea	460	23	205	11	0	50	660	43	3	1	21	No
Kid Burger, 1 ea (3 oz patty)	362	21	193	6.7	0.7	75	69	18	2	2	23.9	No
Kid Hot Dog, 1 ea (8:1 6")	260	17.5	165	5	0	25	660	21	1	2	6	No
Kid Chicken Strips, 4 oz (fried)	429	23.2	201.5	4	0	78.8	980	33.3	3.5	12.3	26.3	No
w/ Honey Mustard Sc, 1.5 oz	619	41.2	361.5	7	0	93.8	1290	39.3	3.5	18.3	26.3	No
Kid Fish, 3 oz (w/ 2 oz Tartar Sc)	494	41	366.6	4.8	0	79.2	854.6	15.2	0	1.6	16	No
Kid Shrimp, 3 oz (w/ 2 oz Tartar Sc)	512	43.4	392.5	5.4	0	149.2	726.6	11.2	0	1.6	17.4	No
Kid Gyro, 3 oz (w/ 2 oz Pita Sc)	416	34.6	305	16.3	0	71	1002	9	0	0	18	No
Kid's Menu Sides												
Fries, 3.5 oz	132	6	58	1	0	0	5	18	2	2	2	No
Cookie, 1 ea	250	12	100	4	0	15	110	34	1	20	3	No
Milk, 8 oz	150	8	70	5	0	35	120	12	0	11	8	Yes

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Nutrition Analysis

June 2015

Food Item, Portion	Calories	Total Fat (g)	Calories from Fat	Saturated Fat (g)	Transfat (g)	Chol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Gluten Free? Yes*/No
Soups												
Soup, Bean w/ Ham, 8 oz	150	2	20	1	0	5	980	23	7	1	9	No
Soup, Broccoli Cheese, 8 oz	140	10	90	3.5	0	10	650	10	1	2	3	No
Soup, Chicken Dumpling, 8 oz	140	3.5	30	1.5	0	30	780	20	4	2	7	No
Soup, Chicken Noodle, 8 oz	80	2.5	20	1	0	15	850	9	1	2	6	No
Soup, Home-style Chicken Noodle, 8 oz	80	2	20	1	0	10	960	11	1	1	5	No
Soup, Chicken Tortilla, 8 oz	100	2	20	0.5	0	10	700	15	3	4	6	No
Soup, Chicken Wild Rice, 8 oz	120	5	45	2	0	15	780	15	1	2	4	No
Soup, Cream of Potato, 8 oz	120	6	50	1	0	5	970	14	2	1	2	No
Soup, Minestrone, 8 oz	80	0.5	5	0.5	0	0	880	16	4	4	4	No
Soup, Potato Leek, 8 oz	120	8	70	2	0	0	490	18	1	18	2	No
Soup, Tomato Bisque, 8 oz	160	12	110	4	0	10	830	11	2	7	3	No
Soup, Tomato, 8 oz	178	2.7	26.5	0	0	0	660	20	3.4	19.5	3.5	No
Soup, Vegetable Garden 8 oz	70	1	10	0	0	0	780	13	2	5	1	No
Soup, Vegetable Beef Barley, 8 oz	90	2	20	1	0	5	960	14	2	5	4	No
Soup, Vegetable, 8 oz	100	0.5	4	0.5	0	5	890	20	3	7	4	No
Sides												
Baked Potato, 1 ea	110	0	0	0	0	0	0	26	2	1	3	Yes
Coleslaw, 4 oz	225	19	170	3	0	19	449	12	2	11	1	Yes
French Fries, 6 oz (fried)	340	17.3	150	3.3	0	0	90	22	4	2	4	Yes*
Fruit Cup, 6 oz	81	0	0	0	0	0	12	21	1	19	1	Yes
Mediterranean Pasta Salad, 5 oz	412	21	186	4	0	91	528	44	3	3	13	No
Mixed Vegetables, 5 oz	54	0	0	0	0	0	47	9.5	3	4.5	1.5	Yes
Onion Rings, 10 ea	900	34	296	6	0	5	2140	131	6	16	20	No
Desserts												
Apple Pie, 4.2 oz	280	11	100	5	0	0	260	43	1	22	2	No
Baklava, 2 oz	270	12	110	2	May contain	0	130	36	1	21	4	No
Carrot Cake, 2.8 oz	310	17	160	4.5	1	35	290	35	1	23	3	No
Cheesecake, Plain, New York, 1/16 th	350	25	220	14	1	125	260	24	0	22	7	No
Chocolate Cake, 2.9 oz	280	11	100	3.5	0	25	290	45	2	30	3	No

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Chocolate Cream Pie, 4.4 oz	480	33	290	22	0	4	320	45	3	31	3	No
Cookie, Chocolate Chip, 4 oz	500	22	200	12	0	30	360	70	2	44	4	No
Cookie, Oatmeal Raisin, 4 oz	460	20	180	12	0	30	400	68	6	38	6	No
Cookie, White Chocolate Mac. Nut, 4 oz	520	26	240	12	0	40	360	68	2	44	4	No
Fudge Walnut Brownie, 2.6 oz	320	14	130	3.5	3	25	160	44	2	2	6	No
Ice Cream Cone, 1 ea	25	0	0	0	0	0	20	5	0	0	1	No
Ice Cream, Chocolate, 4 oz	234	10.8	108	7.2	0	27	81	30.6	0	21.6	3.6	Yes
Ice Cream, Cookie & Cream, 4 oz	150	14	70	5	0	20	75	19	0	16	3	No
Ice Cream, Strawberry, 4 oz	216	10.8	108	7.2	0	27	81	27	0	20	3.6	No
Ice Cream, Vanilla, 4 oz	234	12.6	108	7.2	0	36	81	27	0	20	3.6	No
Ice Cream, Vanilla Soft Serve, 4 oz	168	5	42	3	0	21	98	25	0	19.6	4.2	Yes (Southern Dairy/Milko)
Ice Cream, Vanilla Soft Serve, Reduced Fat, 4 oz	130	4.5	40	3	0	20	60	20	0	14	2	Yes (Glenview Farms)
Lemon Meringue Pie, 4.5 oz	290	8	70	3	0	0	240	53	1	35	2	No
Lollipop, Dum Dum, 1 ea	20	0	0	0	0	0	0	5	0	4	0	Yes
M&M's, 1.59 oz	250	12	100	7	0	20	95	33	1	24	3	Yes
Condiments												
Butter, Whipped Salted Cub, 10 g	70	8	70	5	0	20	65	0	0	0	0	Yes
Cocktail Sauce, 1.5 oz	35	0	0	0	0	0	550	8	0	7	1	Yes (Ken's)
Dressing, 1000 island, 1.5 oz	190	18	170	2.5	0	20	420	6	0	4	0	Yes (Ken's)
Dressing, Blue Cheese, 1.5 oz	220	23	210	4	0	15	490	2	0	2	1	Yes (Ken's)
Dressing, Caesar, 1.06 oz	60	5	45	1	0	15	360	4	0	1	0	Yes (Ken's)
Dressing, French Country, 1.5 oz	190	15	140	2	0	0	310	13	0	12	0	Yes (Ken's)
Dressing, Honey Mustard, 1.5 oz	230	23	210	3.5	0	15	200	7	0	7	0	Yes (Ken's)
Dressing, Italian, Fat-Free, 1.5 oz	20	0	0	0	0	0	700	5	1	3	0	Yes (Ken's)
Dressing, Italian Golden, 1.5 oz	200	21	180	3	0	0	410	4	0	3	0	Yes (Ken's)
Dressing, Ranch Homestyle, 1.5 oz	140	15	140	2.5	0	15	420	2	0	1	1	Yes (Ken's)
Dressing, Spicy Ranch, 4 oz	280	28	250	3.5	0	20	1460	9	0	6	3	No
Dressing, Raspberry Vinaigrette, Fat Free 1.5 oz	45	0	0	0	0	0	110	12	0	10	0	Yes (Ken's)
Mayonnaise, 0.5 oz	100	11	100	1.5	0	10	75	1	0	0	0	Yes
Mustard, Yellow, 5.5 g packet	5	0	0	0	0	0	85	1	0	0	1	No

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Seasoning Salt, 1.2 g	0	0	0	0	0	0	360	0	0	0	0	No
Sour Cream, Imitation, 2 Tbsp	50	4.5	40	1	0	0	40	2	0	1	1	No
Sweet Baby Ray's Original BBQ Sc, 1 oz	50	0	0	0	0	0	220	13	0	12	0	Yes
Tartar Sc, 1.25 oz	234	25	226	3	0	12	206	2	0	1	0	Yes
Tzatziki Sc, 1.5 oz	75	7	64	4	0	15	83	2	0	1	1	No

Approved on June 5, 2015 by:

Edna Cox Fica, RD, CDE, LD
SC LIC #147
 NC LIC #L001160
 GA LIC #001939
 FL LIC #903679

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