



Showmars

southern • fresh • greek

ALLERGEN INFORMATION

Fresh Salads (dressing & pita not included)	Allergen Information	Gluten	Vegan
Avocado Chicken Cobb	Contains: milk, soybeans	No	No
Chicken Salad w/ Fresh Fruit	Contains: egg, wheat, soybeans	Yes	No
Crispy Chicken Blt Salad	Contains: milk, egg, wheat, soybeans	Yes	No
Crispy Shrimp Blt Salad	Contains: milk, egg, shellfish, wheat	Yes	No
Greek Salad	Contains: milk	No	No
Greek Salad w/ Chicken	Contains: milk, soybeans	No	No
Greek Salad w/ Gyro	Contains: milk, wheat, soybeans	Yes	No
Greek Salad w/ Salmon	Contains: milk, fish	No	No
Grilled Chicken Chef Salad	Contains: milk, egg, soybeans	No	No
Mediterranean Hummus Salad		No	Yes
Mediterranean Hummus Salad w/ Chicken	Contains: soybeans	No	No
Mediterranean Hummus Salad w/ Gyro	Contains: wheat, soybeans	Yes	No
Mediterranean Hummus Salad w/ Salmon	Contains: fish	No	No
Pita Bread	Contains: wheat, soybeans	Yes	Yes
Wheat Pita Bread	Contains: wheat, soybeans	Yes	Yes

Salad Dressings	Allergen Information	Gluten	Vegan
Blue Cheese	Contains: soybeans, egg, milk	No	No
Chipotle Ranch	Contains: milk, soybeans, egg	No	No
Country French	Contains: soybeans	No	Yes
Fat Free Blueberry Pomegranate Vinaigrette		No	Yes
Fat Free Italian		No	Yes
Fat Free Ranch	Contains: milk	No	No
Golden Italian	Contains: soybeans	No	Yes
Honey Dijon	Contains: milk, soybeans, egg	No	No
Honey Mustard	Contains: soybeans, egg	No	No
House Greek	Contains: soybeans	No	Yes
House Ranch	Contains: milk, soybeans, egg	No	No
Light Ranch	Contains: soybeans, milk, egg	No	No
Thousand Island	Contains: soybeans, egg	No	No

Sauces	Allergen Information	Gluten	Vegan
Bbq Sauce		No	Yes
Chipotle Mayo	Contains: milk, egg	No	No
Cocktail Sauce	Contains: fish	No	No
Pita Sauce	Contains: milk	No	No
Tartar Sauce	Contains: soybeans, egg	No	No

Pita Sandwiches	Allergen Information	Gluten	Vegan
California Chicken Pita On White	Contains: wheat, milk, soybeans, egg	Yes	No
California Chicken Pita On Wheat	Contains: wheat, milk, soybeans, egg	Yes	No
Classic Chicken Pita On White	Contains: wheat, milk, soybeans	Yes	No
Classic Chicken Pita On Wheat	Contains: wheat, milk, soybeans	Yes	No
Greek Veggie Pita On White	Contains: wheat, milk, soybeans	Yes	No
Greek Veggie Pita On Wheat	Contains: wheat, milk, soybeans	Yes	No
Gyro Pita On White	Contains: wheat, milk, soybeans	Yes	No
Gyro Pita On Wheat	Contains: wheat, milk, soybeans	Yes	No

Homemade Chicken Salad Pita On White	Contains: wheat, soybeans, egg	Yes	No
Homemade Chicken Salad Pita On Wheat	Contains: wheat, soybeans, egg	Yes	No
Santorini Chicken Pita On White	Contains: wheat, milk, soybeans	Yes	No
Santorini Chicken Pita On Wheat	Contains: wheat, milk, soybeans	Yes	No

Pita Burgers	Allergen Information	Gluten	Vegan
Beyond Vegan Pita Burger	Contains: soybean, wheat, tree nuts	Yes	Yes
Regular All-American Pita Burger- White	Contains: milk, soybean, wheat, egg	Yes	No
Regular All-American Pita Burger- Wheat	Contains: milk, soybean, wheat, egg	Yes	No
Single All-American Pita Burger- White	Contains: milk, soybean, wheat, egg	Yes	No
Single All-American Pita Burger- Wheat	Contains: milk, soybean, wheat, egg	Yes	No
Regular Mushroom & Cheddar- White	Contains: soybean, wheat, milk, egg	Yes	No
Regular Mushroom & Cheddar- Wheat	Contains: soybean, wheat, milk, egg	Yes	No
Single Mushroom & Cheddar- White	Contains: soybean, wheat, milk, egg	Yes	No
Single Mushroom & Cheddar- Wheat	Contains: soybean, wheat, milk, egg	Yes	No
Regular Old-Fashioned Chili Pita Burger- White	Contains: soybean, wheat, milk, egg	Yes	No
Regular Old-Fashioned Chili Pita Burger- Wheat	Contains: soybean, wheat, milk, egg	Yes	No
Single Old-Fashioned Chili Pita Burger- White	Contains: soybean, wheat, milk, egg	Yes	No
Single Old-Fashioned Chili Pita Burger- Wheat	Contains: soybean, wheat, milk, egg	Yes	No
Regular Original Pita Burger- White	Contains: milk, soybean, wheat	Yes	No
Regular Original Pita Burger- Wheat	Contains: milk, soybean, wheat	Yes	No
Single Original Pita Burger- White	Contains: milk, soybean, wheat	Yes	No
Single Original Pita Burger- Wheat	Contains: milk, soybean, wheat	Yes	No

Entrees	Allergen Information	Gluten	Vegan
Flounder Shrimp Combo (flounder, shrimp and hushpuppies only)	Contains: egg, wheat, shellfish, soybean, milk, fish	Yes	No
Calabash Shrimp (shrimp and hushpuppies only)	Contains: egg, wheat, shellfish, soybean, milk	Yes	No
Chicken Santorini Platter (sides included)	Contains: soybean, wheat, milk	Yes	No
Greek Veggie Pita On Wheat	Contains: wheat, milk, soybeans	Yes	No
Grilled Salmon (sides included)	Contains: wheat, milk, soybean, fish	Yes	No
Gyro Platter (sides included)	Contains: wheat, soybean, milk	Yes	No
Mediterranean Grilled Veggie (sides included)	Contains: wheat, soybean, milk	Yes	No
Southern Chicken Tenders 3 Pc (chicken tenders only)	Contains: soybean, wheat, milk, egg	Yes	No
Southern Chicken Tenders 4 Pc (chicken tenders only)	Contains: soybean, wheat, milk, egg	Yes	No
World's Best Flounder 2 Pc (flounder and hushpuppies only)	Contains: egg, fish, wheat, soybean, milk	Yes	No
World's Best Flounder 3 Pc (flounder and hushpuppies only)	Contains: egg, fish, wheat, soybean, milk	Yes	No

Sides	Allergen Information	Gluten	Vegan
Baked Potato	Contains: milk	No	No
Black Bean And Corn Salad		No	Yes
Cole Slaw	Contains: soybean, egg	No	No
French Fries	Contains: soybean	No	Yes
Fresh Fruit		No	Yes
Fried Okra	Contains: soybean, egg, milk, wheat	Yes	No
Grilled Zucchini And Squash		No	Yes
Hummus And Pita	Contains: wheat, soybean	Yes	Yes
Hush Puppies	Contains: soybean, wheat, milk	Yes	No
Kale And Bean Side	Contains: soybean	No	Yes
Macaroni And Cheese	Contains: milk, wheat	Yes	No
Mediterranean Pasta Salad	Contains: wheat, milk, fish, soybean	Yes	No
Onion Rings-Combo	Contains: soybean, milk, wheat	Yes	No
Onion Rings-Side	Contains: soybean, milk, wheat	Yes	No
Onion Rings-Large	Contains: soybean, milk, wheat	Yes	No
Rice Pilaf	Contains: wheat	Yes	Yes
Side Greek Salad	Contains: milk	No	No
Side Salad		No	Yes
Stacy's Chips	Contains: wheat	Yes	Yes

Burgers	Allergen Information	Gluten	Vegan
Bacon And Cheddar Burger	Contains: wheat, milk, egg, soybean	Yes	No
Bacon And Cheddar Burger Double	Contains: wheat, milk, egg, soybean	Yes	No
Classic Cheeseburger	Contains: soybean, wheat, milk, egg	Yes	No
Old-Fashioned Chili Cheeseburger	Contains: wheat, milk, egg	Yes	No
Old-Fashioned Chili Cheeseburger Double	Contains: wheat, milk, egg	Yes	No
Super Cheeseburger	Contains: soybean, wheat, milk, egg	Yes	No

Sandwiches	Allergen Information	Gluten	Vegan
Beyond Burger	Contains: milk, wheat, egg, treenuts	Yes	No
Grilled Chicken Breast Sandwich	Contains: soybean, egg, milk, wheat	Yes	No
World Famous Fish Sandwich	Contains: soybean, egg, fish milk, wheat	Yes	No

Soups	Allergen Information	Gluten	Vegan
Baked Potato with Bacon	Contains: milk	No	No
Cactus Chili		No	Yes
Chicken Dumpling	Contains: egg, wheat, milk, soybean	Yes	No
Chicken White Bean Chili	Contains: wheat	Yes	No
Chicken & Wild Rice	Contains: milk, wheat	Yes	No
Tomato Bisque	Contains: milk	No	No

Mini Meals	Allergen Information	Gluten	Vegan
Cheeseburger	Contains: wheat, milk, egg	Yes	No
Chicken Tenders	Contains: wheat, milk, soybean, egg	Yes	No
Fish-Fil-A	Contains: egg, fish, wheat, soybean	Yes	No
French Fries	Contains: soybean	No	Yes
Fruit Cup		No	Yes

Grilled Cheese Pita	Contains: soybean, wheat, milk	Yes	No
Grilled Chicken Tenders	Contains: soybean	No	No
Gyro Slices	Contains: wheat	Yes	No
Hamburger	Contains: wheat, milk, egg	Yes	No
Hot Dog	Contains: wheat, milk	Yes	No
Mac And Cheese	Contains: milk, wheat	Yes	No
Popcorn Shrimp	Contains: egg, shellfish, soybean, wheat	Yes	No

Desserts	Allergen Information	Gluten	Vegan
Baklava	Contains: wheat, treenuts	Yes	Yes
Baklava Cheesecake	Contains: wheat, milk, treenuts, egg, soybean	Yes	No
Brownie Chocolate Chip	Contains: wheat, milk, soybean, egg	Yes	No
Brownie Caramel	Contains: wheat, milk, egg, tree nuts	Yes	No
Carrot Cake	Contains: wheat, milk, treenuts, egg	Yes	No
Cheesecake	Contains: milk, wheat, egg	Yes	No
Chocolate Cake	Contains: wheat, milk, soybean, egg	Yes	No
Chocolate Chip Cookie	Contains: milk, wheat, egg	Yes	No
Chocolate Cream Pie	Contains: wheat, milk, soybean, treenuts	Yes	No
Chocolate Ice Cream	Contains: milk	No	No
Chocolate Milkshake	Contains: milk	No	No
Oatmeal Raisin Cookie	Contains: wheat, milk, egg	Yes	No
Oreo Milkshake	Contains: milk, wheat	Yes	No
Reeses Milkshake	Contains: milk, peanut	No	No
Strawberry Ice Cream	Contains: milk	No	No
Strawberry Milkshake	Contains: milk	No	No
Vanilla Ice Cream	Contains: milk	No	No
Vanilla Milkshake	Contains: milk	No	No

Drinks	Allergen Information	Gluten	Vegan
2% Fat Milk	Contains: milk	No	No
Apple Juice		No	Yes
Cheerwine		No	Yes
Chocolate Milk	Contains: milk	No	No
Coffee		No	Yes
Diet Cheerwine		No	Yes
Diet Dr. Pepper		No	Yes
Diet Pepsi		No	Yes
Dr. Pepper		No	Yes
Grapefruit Juice		No	Yes
Horizon Organic Milk	Contains: milk	No	No
Horizon Organic Milk (Chocolate)	Contains: milk	No	No
Hot Tea		No	Yes
Mist Twist		No	Yes
Mountain Dew		No	Yes
Mug Root Beer		No	Yes
Orange Juice		No	Yes
Patio Red Cherry		No	Yes
Pepsi		No	Yes

Sweet Tea		No	Yes
Tropicana Pink Lemonade		No	Yes
Unsweet Tea		No	Yes
V8 Juice		No	Yes

Family Packs (serves 4-5; values per serving)	Allergen Information	Gluten	Vegan
Calabash Shrimp	Contains: wheat, soybean, egg, shellfish	Yes	No
Chicken Santorini	Contains: Soybean	No	No
Greek Family Pack Sides	Contains: milk, wheat, soybean	Yes	No
Grilled Chicken	Contains: Soybean	No	No
Grilled Salmon	Contains: fish	No	No
Gyro Slices	Contains: wheat, soybean	Yes	No
Mediterranean Veggie	Contains: Soybean	No	Yes
Southern Chicken Tenders (sauce not included)	Contains: wheat, milk, soybean, egg	Yes	No
Southern Family Pack Sides (w/tartar)	Contains: soybean, egg, wheat, milk	Yes	No
Southern Family Pack Sides (w/cocktail)	Contains: fish, egg, soybean, wheat, milk	Yes	No
World's Best Flounder	Contains: wheat, soybean, egg, fish	Yes	No

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

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 a day for children ages 9-13 years, but calorie needs vary.