Showmars LUNCH & DINNER

AUGUST 2018 | NUTRITIONAL INFORMATION

SALADS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Avocado Chicken Cobb	550	240	26g	9g	0g	140mg	510mg	28g	10g	5g	48g
Caesar Salad	200	70	8g	5g	0g	20mg	500mg	17g	4g	2g	14g
Caesar Salad w/ Salmon	360	130	14g	6g	0g	80mg	650mg	17g	4g	2g	38g
Casesar Salad w/ Chicken	400	140	15g	5g	0g	125mg	570mg	17g	4g	2g	47g
Caesar Salad w/ Gyro	590	360	40g	17g	0g	75mg	1410mg	25g	4g	2g	32g
Caesar w/ Black Bean Patty	330	100	11g	5g	0g	20mg	710mg	39g	8g	6g	21g
Chicken Salad w/ Fresh Fruit	780	510	57g	9g	0g	290mg	840mg	22g	2g	11g	44g
Crispy Chicken Blt Salad	540	310	35g	12g	0g	230mg	960mg	18g	4g	8g	36g
Greek Salad	190	120	13g	9g	0g	35mg	1040mg	12g	3g	5g	8g
Greek Salad w/ Salmon	350	170	19g	11g	0g	95mg	1180mg	12	3g	5g	32g
Greek Salad w/ Chicken	400	180	20g	10g	0g	140mg	1110mg	12	3g	5g	42g
Greek Salad w/ Gyro	590	400	45g	21g	0g	95mg	1950mg	20g	3g	5g	27g
Greek w/ Black Bean Patty	320	140	16g	9g	0g	35mg	1250mg	34g	7g	9g	15g
Grilled Chicken Chef Salad	450	190	21g	9g	0g	290mg	410mg	10g	3g	4g	49g
Mediterranean Hummus	310	220	24g	3g	0g	0mg	1030mg	24g	10g	3g	6g
Mediterranean Hummus Salad w/ Salmon	470	270	30g	4.5g	0g	60mg	1180mg	24g	10g	3g	30g
Mediterranean Hummus Salad w/ Chicken	510	280	31g	3.5g	0g	105mg	1100mg	24g	10g	3g	39g
Mediterranean Hummus Salad w/ Gyro	700	500	56g	15g	0g	60mg	1950mg	32g	10	3g	24g
Mediterranean Hummus Salad w/ Black Bean Patty	440	240	26g	3g	0g	0mg	1240mg	46g	14g	7g	13g
Pita Bread	240	45	5g	1g	0g	0mg	420mg	39g	2g	2g	7g
Pita Bread - Wheat	240	50	6g	1g	0g	0mg	350mg	39g	3g	1g	8g

DRESSINGS (1.5 OZ)	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Balsamic Vinaigrette	170	150	17g	2.5g	0g	0mg	330mg	4g	0g	3g	0g
Blue Cheese	230	210	24g	5g	0g	25mg	390mg	< 1 g	0g	2g	2g
Caesar	180	170	18g	3.5g	0g	15mg	540mg	3g	0g	1g	3g
Chipotle Ranch	180	170	19g	3g	0g	10mg	440mg	3g	0g	< 1g	0g
Country French	190	130	15g	2.5g	0g	0mg	300mg	13g	0g	12g	0g
Fat Free Italian	20	0	0g	0g	0g	0mg	690mg	5g	< 1 g	3g	0g
Fat Free Ranch	50	0	0g	0g	0g	0mg	540mg	13g	< 1 g	5g	0g
Fat Free Raspberry Vinaigrette	45	0	0g	0g	0g	0mg	340mg	11g	0g	0g	0g
Golden Italian	160	150	17g	2.5g	0g	0mg	380mg	4g	0g	3g	0g
Honey Dijon	140	80	9g	1.5g	0g	5mg	290mg	14g	0g	14g	0g
Honey Mustard	180	170	18g	3g	0g	15mg	310mg	7g	0g	6g	0g
House Greek	240	240	27g	4g	0g	0mg	330mg	1g	0g	1g	0g
House Ranch	200	190	21g	3.5g	0g	15mg	400mg	3g	0g	1g	0g
Light Ranch	110	100	11g	2g	0g	10mg	370mg	2g	0g	< 1g	< 1g
Thousand Island	200	170	18g	3g	0g	20mg	430mg	6g	0g	4g	0g

SAUCES	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Bbq Sauce (1.5oz)	80	0	0g	0g	0g	0mg	330mg	21g	0g	18g	0g
Chipotle Mayo (1.25oz)	170	160	18g	1.5g	0g	15mg	320mg	1g	0g	1g	0g
Cocktail Sauce (1.5oz)	35	0	0g	0g	0g	0mg	520mg	7g	0g	6g	< 1g
Pita Sauce (1.5oz)	80	70	8g	4.5g	0g	15mg	170mg	2g	0g	0g	2g
Tartar Sauce (1.5oz)	260	260	29g	4.5g	0g	20mg	20mg	1g	0g	1g	0g

PITA SANDWICHES	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
California Chicken Pita - White	830	440	49g	8g	0g	140mg	1020mg	47g	7g	4g	46g
California Chicken Pita - Wheat	830	450	50g	8g	0g	140mg	950mg	47g	8g	3g	47g
Classic Chicken Pita - White	530	180	20g	6g	0g	120mg	660mg	42g	3g	3g	42g
Classic Chicken Pita - Wheat	530	190	21g	6g	0g	120mg	590mg	42g	4g	2g	43g
Fiery Feta Chicken Pita - White	670	290	32g	12g	0g	145mg	1040mg	43g	3g	2g	51g
Fiery Feta Chicken Pita - Wheat	670	290	33g	12g	0g	145mg	970mg	43g	4g	1g	52g
Folly Beach Shrimp Pita - White	720	430	48g	7g	0g	130mg	1330mg	53g	3g	4g	20g
Folly Beach Shrimp Pita - Wheat	720	440	49g	7g	0g	130mg	1260mg	53g	4g	3g	21g
Greek Veggie Pita - White	430	190	22g	12g	0g	35mg	1290mg	47g	3g	4g	12g
Greek Veggie Pita - Wheat	430	200	23g	12g	0g	35mg	1220mg	47g	4g	3g	13g
Gyro Pita - White	770	430	48g	21g	0g	85mg	1680mg	53g	3g	3g	31g
Gyro Pita - Wheat	770	440	49g	21g	0g	85mg	1610mg	53g	4g	2g	32g
Homemade Chicken Salad Pita - White	560	270	30g	4.5g	0g	65mg	790mg	46g	3g	5g	25g
Homemade Chicken Salad Pita - Wheat	560	280	31g	4.5g	0g	65mg	720mg	46g	4g	4g	26g
Santorini Chicken Pita - White	560	190	21g	6g	0g	120mg	660mg	48g	4g	3g	43g
Santorini Chicken Pita - Wheat	560	200	22g	6g	0g	120mg	590mg	48g	5g	2g	44g
Souvlaki Pita - White	620	200	22g	10g	0g	150mg	740mg	44g	3g	3g	56g
Souvlaki Pita - Wheat	620	200	23g	10g	0g	150mg	670mg	44g	4g	2g	57g

PITA BURGERS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
All-American Pita Burger - Regular - White	920	550	61g	21g	2.5g	155mg	990mg	42g	3g	5g	44g
All-American Pita Burger - Regular - Wheat	920	560	62g	21g	2.5g	155mg	920mg	42g	4g	4g	45g
All-American Pita Burger - Single - White	630	350	38g	12g	1g	80mg	750mg	41g	3g	4g	26g
All-American Pita Burger - Single - Wheat	630	350	39g	12g	1g	80mg	680mg	41g	4g	3g	27g
California Pita Burger - Regular - White	1140	750	83g	24g	2.5g	175mg	1160mg	48g	7g	5g	47g
California Pita Burger - Regular - Wheat	1140	760	84g	24g	2.5g	175mg	1090mg	48g	8g	4g	48g
California Pita Burger - Single - White	850	540	60g	15g	1.5g	100mg	1010mg	47g	7g	4g	28g
California Pita Burger - Single - Wheat	850	550	61g	15g	1.5g	100mg	940mg	47g	8g	3g	29g
Fiery Feta Pita Burger - Regular - White	990	590	66g	28g	2.5g	180mg	1180mg	43g	3g	2g	52g
Fiery Feta Pita Burger - Regular - Wheat	990	600	67g	28g	2.5g	180mg	1110mg	43g	4g	1g	53g
Fiery Feta Pita Burger - Single - White	700	390	43g	18g	1.5g	105mg	1030mg	43g	3g	2g	33g
Fiery Feta Pita Burger - Single - Wheat	700	400	44g	18g	1.5g	105mg	960mg	43g	4g	1g	34g
Mushroom & Cheddar Pita Burger - Regular - White	930	550	61g	22g	2.5g	160mg	820mg	43g	3g	4g	46g
Mushroom & Cheddar Pita Burger - Regular - Wheat	930	560	62g	22g	2.5g	160mg	750mg	43g	4g	3g	47g
Mushroom & Cheddar Pita Burger - Single - White	640	340	38g	12g	1.5g	85mg	670mg	43g	3g	4g	27g
Mushroom & Cheddar Pita Burger - Single - Wheat	640	350	39g	12g	1.5g	85mg	600mg	43g	4g	3g	28g
Old-Fashioned Chili Pita Burger - Regular - White	950	540	60g	23g	2.5g	160mg	1300mg	48g	3g	7g	45g
Old-Fashioned Chili Pita Burger - Regular - Wheat	950	550	61g	23g	2.5g	160mg	1230mg	48g	4g	6g	46g
Old-Fashioned Chili Pita Burger - Single - White	660	330	37g	13g	1g	85mg	1060mg	47g	3g	6g	26g
Old-Fashioned Chili Pita Burger - Single - Wheat	660	340	38g	13g	1g	85mg	990mg	47g	4g	5g	27g
Original Pita Burger - Regular - White	900	530	59g	24g	2.5g	165mg	1070mg	43g	3g	4g	46g
Original Pita Burger - Regular - Wheat	900	540	60g	24g	2.5g	165mg	1000mg	43g	4g	3g	47g
Original Pita Burger - Single - White	610	320	36g	15g	1g	90mg	830mg	43g	3g	3g	27g
Original Pita Burger - Single - Wheat	610	330	37g	15g	1g	90mg	760mg	43g	4g	2g	28g

ENTREES	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Alaskan Fish (fish + hush puppies only)	800	280	32g	4g	0g	180mg	2620mg	81g	3g	6g	52g
Calabash Shrimp (shrimp + hush puppies only)	610	250	28g	4g	0g	215mg	2720mg	66g	3g	6g	29g
Chicken Santorini Platter (sides included)	720	190	21g	6g	0g	120mg	1270mg	84g	6g	5g	47g
Chicken Mac & Cheese (pita included)	1010	410	46g	20g	0g	220mg	3380mg	72g	3g	8g	74g
Flounder Shrimp Combo (fish + hush puppies only)	860	320	36g	6g	0g	305mg	3920mg	82g	3g	6g	55g
Grilled Salmon (sides included)	720	200	22g	8g	0g	105mg	1410mg	77g	4g	3g	49g
Gyro Platter (sides included)	1080	540	60g	22g	0g	80mg	2250mg	97g	7g	4g	35g
Mediterranean Grilled Veggie (sides included)	540	130	14g	6g	0g	15mg	1210mg	88g	7g	7g	17g
Southern Chicken Tenders 3 Pc (chicken tenders only)	590	360	40g	6g	0g	45mg	860mg	36g	3g	11g	26g
Southern Chicken Tenders 4 Pc (chicken tenders only)	730	430	48g	7g	0g	60mg	1140mg	47g	4g	14g	34g
Tenderloin Tips (sides included)	780	180	20g	8g	0g	145mg	1300mg	85g	6g	5g	60g
World's Best Flounder 2 Pc (flounder + hush puppies only)	610	270	30g	4.5g	0g	90mg	220mg	57g	3g	5g	30g
World's Best Flounder 3 Pc (flounder + hush puppies only)	800	310	34g	5g	0g	135mg	3250mg	81g	3g	6g	44g

BURGERS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Bacon & Cheddar Burger	670	370	41g	14g	1.5g	115mg	910mg	43g	< 1 g	6g	31g
Bacon & Cheddar - Double	980	590	65g	24g	2.5g	200mg	1140mg	43g	< 1 g	6g	51g
Classic Cheeseburger	630	340	38g	13g	1g	100mg	890mg	44g	1g	7g	28g
Old-Fashioned Chili Cheeseburger	640	320	36g	14g	1g	105mg	1050mg	48g	1g	9g	27g
Old-Fashioned Chili Cheeseburger Double	930	530	59g	23g	2.5g	180mg	1290mg	48g	1g	10g	46g
Super Cheeseburger	910	550	61g	22g	2.5g	175mg	1130mg	44g	1g	7g	46g

SANDWICHES	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Black Bean & Sweet Potato Burger	450	130	15g	3g	0g	20mg	660mg	67g	8g	10g	17g
Carolina BBQ Sandwich	630	290	33g	11g	0g	90mg	1410mg	50g	3g	11g	34g
Grilled Cheese Sandwich	270	100	11g	5g	0g	20mg	660mg	33g	0g	4g	12g
Old-Fashioned Hot Dog	510	300	34g	12g	0g	55mg	1270mg	34g	1g	3g	13g
World Famous Fish Sandwich	490	80	9g	2g	0g	140mg	1400mg	61g	0g	5g	40g

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SIDES	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Baked Potato	320	140	15g	10g	0.5g	45mg	130mg	37g	7g	< 1 g	8g
Black Bean And Corn Salad (5.5oz)	120	0	0g	0g	0g	0mg	280mg	25g	5g	3g	6g
Cole Slaw (5.5oz)	280	220	24g	3.5g	0g	15mg	420mg	15g	2g	9g	2g
French Fries (5.5oz)	300	110	12g	2g	0g	0mg	610mg	43g	4g	0g	4g
Fresh Fruit (5.5oz)	70	0	0g	0g	0g	0mg	10mg	17g	1g	10g	< 1 g
Grilled Zucchini And Squash (5.5oz)	60	40	4.5g	0.5g	0g	0mg	25mg	4g	2g	1g	2g
Hummus And Pita	520	260	29g	1g	0g	0mg	910mg	55g	10g	2g	11g
Hush Puppies (7 each)	400	190	21g	2.5g	0g	0mg	940mg	55g	5g	10g	5g
Kale And Bean Side (3.3oz)	130	50	6g	1g	0g	0mg	380mg	14g	5g	2g	5g
Macaroni And Cheese	260	120	13g	5g	0g	25mg	1080mg	28g	< 1 g	5g	10g
Mediterranean Pasta Salad (5.5oz)	280	130	14g	4g	0g	5mg	680mg	31g	0g	4g	7g
Mixed Vegetables (5.5oz)	60	0	0g	0g	0g	0mg	50mg	10g	3g	0g	2g
Onion Rings - Combo (8 each)	630	100	11g	2g	0g	0mg	90mg	122g	15g	36g	15g
Onion Rings - Side (12 each)	950	150	17g	3g	0g	0mg	135mg	183g	23g	54g	23g
Onion Rings - Large (16 each)	1270	200	23g	4g	0g	< 5mg	180mg	244g	31g	72g	31g
Rice Pilaf (5oz)	280	5	0.5g	0g	0g	0mg	1150mg	64g	1g	0g	6g
Side Caesar Salad	90	35	4g	2.5g	0g	10mg	250mg	7g	1g	< 1 g	7g
Side Greek Salad	100	70	7g	5g	0g	20mg	610mg	6g	1g	2g	4g
Side Salad	15	0	0g	0g	0g	0mg	20mg	4g	1g	1g	< 1 g
Stacy's Chips	200	70	8g	0.5g	0g	0mg	410mg	28g	1g	1g	5g

MINI MEALS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Cheeseburger	560	280	31g	13g	1g	105mg	830mg	41g	0g	7g	29g
Chicken Tenders	220	130	14g	2g	0g	30mg	300mg	8g	< 1 g	4g	15g
Fish	360	190	21g	3.5g	0g	50mg	1170mg	27g	1g	7g	13g
French Fries	250	90	10g	2g	0g	0mg	500mg	35g	3g	0g	3g
Fruit Cup	35	0	0g	0g	0g	0mg	5mg	9g	< 1 g	6g	<1 g
Grilled Cheese Pita	460	210	23g	11g	0g	40mg	1150mg	41g	2g	5g	19g
Grilled Chicken Tenders	210	60	7g	0.5g	0g	105mg	70mg	0g	0g	0g	33g
Gyro Slices	410	290	32g	13g	0g	65mg	1040mg	9g	0g	0g	21g
Hamburger	450	200	22g	8g	1g	85mg	470mg	40g	0g	5g	23g
Hot Dog	310	170	19g	7g	0.5g	35mg	710mg	25g	0g	1g	10g
Mac And Cheese	230	100	11g	4.5g	0g	20mg	930mg	24g	< 1 g	5g	8g
Popcorn Shrimp	120	25	3g	0.5g	0g	105mg	890mg	11g	0g	0g	12g

SOUPS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Baked Potato w/ Bacon Cup	250	130	15g	9g	0g	50mg	1120mg	15g	< 1 g	4g	13g
Baked Potato w/ Bacon Bowl	390	190	21g	12g	0g	75mg	2060mg	29g	1g	7g	20g
Broccoli And Cheese Cup	120	60	7g	4g	0g	25mg	870mg	9g	< 1 g	3g	6g
Broccoli And Cheese Bowl	250	120	14g	8g	0g	50mg	1740mg	18g	1g	7g	12g
Cactus Chili Cup	200	90	10g	4g	0g	35mg	580mg	15g	3g	8g	11g
Cactus Chili Bowl	400	190	21g	8g	0g	70mg	1150mg	31g	6g	15g	22g
Chicken Tortilla Cup	140	70	7g	2.5g	0g	20mg	540mg	10g	1g	0g	7g
Chicken Tortilla Bowl	280	130	15g	5g	0g	45mg	1080mg	21g	3g	0g	13g
Chicken Dumpling Cup	120	45	5g	1.5g	0g	25mg	780mg	13g	< 1 g	2g	6g
Chicken Dumpling Bowl	240	90	10g	2.5g	0g	55mg	1560mg	26g	1g	4g	11g
Chicken White Bean Chili Cup	120	25	2.5g	0g	0g	10mg	1030mg	15g	3g	30g	8g
Chicken White Bean Chili Bowl	240	50	6g	0.5g	0g	20mg	2070mg	29g	7g	6g	17g
Chicken & Wild Rice Cup	100	30	3g	1g	0g	10mg	590mg	14g	< 1 g	3g	4g
Chicken & Wild Rice Bowl	190	60	6g	2g	0g	20mg	1180mg	28g	1g	6g	8g
Tomato Bisque Cup	280	220	25g	16g	0g	85mg	670mg	26g	< 1 g	8g	2g
Tomato Bisque Bowl	570	450	50g	32g	0g	165mg	1350mg	51g	1g	15g	4g

FAMILY PACKS (SERVES 4-5)	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Calabash Shrimp (per serving)	290	50	6g	1g	0g	215mg	2190mg	33g	0g	0g	26g
Chicken Santorini (per serving)	250	70	8g	0.5g	0g	105mg	75mg	9g	2g	1g	35g
Greek Family Pack Sides (per serving)	980	470	52g	16g	0g	20mg	2700mg	113g	4g	5g	18g
Grilled Chicken (per serving)	210	60	7g	0.5g	0g	105mg	70mg	0g	0g	0g	33g
Grilled Salmon (per serving)	240	80	9g	2g	0g	90mg	210mg	0g	0g	0g	36g
Gyro Slices (per serving)	890	640	71g	28g	0g	135mg	2080mg	19g	0g	0g	43g
Mediterranean Veggie (per serving)	210	230	26g	0.5g	0g	0mg	580mg	19g	6g	3g	5g
Southern Chicken Tenders - sauce not included (per serving)	320	180	21g	3g	0g	45mg	460mg	12g	1g	6g	23g
Southern Family Pack Sides - w/ tartar (per serving)	940	610	68g	10g	0g	35mg	1340mg	79g	7g	13g	7g
Southern Family Pack Sides - w/ cocktail (per serving)	710	340	38g	6g	0g	10mg	1840mg	84g	7g	17g	8g
World's Best Flounder (per serving)	330	90	10g	2g	0g	90mg	1810mg	32g	0g	0g	27g

DESSERTS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Baklava	350	130	14g	3g	0g	0mg	160mg	52g	1g	21g	4g
Baklava Cheesecake	670	410	45g	24g	0g	220mg	420mg	53g	3g	24g	13g
Brownie Caramel	180	70	8g	3.5g	0g	15mg	160mg	25g	1g	19	2g
Brownie Chocolate Chip	500	250	28g	11g	0g	90mg	180mg	63g	3g	47g	5g
Carrot Cake	450	210	23g	7g	0.5g	55mg	440mg	56g	2g	38g	5g
Cheesecake	580	350	39g	22g	1.5g	200mg	610mg	48g	1g	37g	10g
Chocolate Chip Cookie	200	90	10g	5g	0g	10mg	125mg	26g	1g	16g	2g
Chocolate Chip Cookie (2)	400	180	20g	10g	0g	20mg	250mg	52g	2g	32g	4g
Chocolate Milkshake (20oz)	940	220	24g	14g	0g	105mg	530mg	151g	2g	119g	21g
Chocolate Milkshake (12oz)	570	140	15g	8g	0g	60mg	320mg	93g	1g	73g	13g
Oatmeal Raisin Cookie	180	70	8g	4g	0g	15mg	140mg	25g	1g	13g	2g
Oatmeal Raisin Cookie (2)	360	140	16g	8g	0g	30mg	280mg	50g	2g	26g	4g
Oreo Milkshake (20oz)	1030	300	33g	14g	0g	105mg	740mg	154g	0g	97g	22g
Oreo Milkshake (12oz)	630	180	20g	8g	0g	60mg	460mg	95g	0g	58g	13g
Reeses Milkshake (20oz)	1050	330	37g	18g	0g	105mg	670mg	148g	0g	119g	25g
Reeses Milkshake (12oz)	640	210	23g	11g	0g	60mg	410mg	91g	0g	73g	15g
Strawberry Milkshake (20oz)	870	220	24g	14g	0g	105mg	520mg	135g	< 1 g	107g	21g
Strawberry Milkshake (12oz)	530	140	15g	8g	0g	60mg	310mg	82g	< 1 g	65g	13g
Vanilla Milkshake (20oz)	830	220	24g	14g	0g	105mg	520mg	124g	0g	97g	21g
Vanilla Milkshake (12oz)	500	140	15g	8g	0g	60mg	310mg	75g	0g	58g	12g

DRINKS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
2% FAT Milk (8fl)	110	40	4.5g	3g	0g	20mg	105mg	11g	0g	11g	7g
Apple Juice (10oz)	130	0	0g	0g	0g	0mg	10mg	32g	< 1 g	27g	0g
Cheerwine (14oz)	100	0	0g	0g	0g	0mg	20mg	30g	0g	30g	0g
Cheerwine (24oz)	190	0	0g	0g	0g	0mg	25mg	55g	0g	55g	0g
Cheerwine (32oz)	220	0	0g	0g	0g	0mg	35mg	65g	0g	65g	0g
Chocolate Milk (8oz)	140	25	2.5g	1.5g	0g	10mg	150mg	22g	0g	23g	8g
Coffee (10fl)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Diet Dr. Pepper (14oz)	0	0	0g	0g	0g	0mg	50mg	0g	0g	0g	0g
Diet Dr. Pepper (24oz)	0	0	0g	0g	0g	0mg	90mg	0g	0g	0g	0g
Diet Dr. Pepper (32oz)	0	0	0g	0g	0g	0mg	120mg	0g	0g	0g	0g
Diet Pepsi (14oz)	0	0	0g	0g	0g	0mg	40mg	0g	0g	0g	0g
Diet Pepsi (24oz)	0	0	0g	0g	0g	0mg	70mg	0g	0g	0g	0g
Diet Pepsi (32oz)	0	0	0g	0g	0g	0mg	95mg	0g	0g	0g	0g
Dr. Pepper (14oz)	100	0	0g	0g	0g	0mg	30mg	28g	0g	28g	0g
Dr. Pepper (24oz)	180	0	0g	0g	0g	0mg	55mg	48g	0g	48g	0g
Dr. Pepper (32oz)	240	0	0g	0g	0g	0mg	75mg	65g	0g	65g	0g
Grapefruit Juice (10oz)	130	0	0g	0g	0g	0mg	5mg	32g	0g	31g	2g
Hot Tea (10fl)	0	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
Mist Twist (14oz)	110	0	0g	0g	0g	0mg	25mg	30g	0g	30g	0g
Mist Twist (24oz)	190	0	0g	0g	0g	0mg	40mg	50g	0g	50g	0g
Mist Twist (32oz)	260	0	0g	0g	0g	0mg	55mg	70g	0g	70g	0g
Mountain Dew (14oz)	120	0	0g	0g	0g	0mg	35mg	30g	0g	30g	0g
Mountain Dew (24oz)	200	0	0g	0g	0g	0mg	65mg	50g	0g	50g	0g
Mountain Dew (32oz)	270	0	0g	0g	0g	0mg	85mg	70g	0g	70g	0g
Mug Rootbeer (14oz)	100	0	0g	0g	0g	0mg	30mg	30g	0g	30g	0g
Mug Rootbeer (24oz)	180	0	0g	0g	0g	0mg	55mg	50g	0g	50g	0g
Mug Rootbeer (32oz)	240	0	0g	0g	0g	0mg	75mg	70g	0g	70g	0g
Nature's Twist (14oz)	110	0	0g	0g	0g	0mg	30mg	27g	0g	27g	0g
Nature's Twist (24oz)	190	0	0g	0g	0g	0mg	75mg	45g	0g	45g	0g
Nature's Twist (32oz)	250	0	0g	0g	0g	0mg	100mg	60g	0g	60g	0g
Orange Juice (10oz)	100	0	0g	0g	0g	0mg	10mg	25g	< 1 g	21g	2g
Patio Cherry (14oz)	120	0	0g	0g	0g	0mg	35mg	30g	0g	30g	0g
Patio Cherry (24oz)	200	0	0g	0g	0g	0mg	60mg	50g	0g	50g	0g
Patio Cherry (32oz)	270	0	0g	0g	0g	0mg	80mg	70g	0g	70g	0g
Pepsi (14oz)	110	0	0g	0g	0g	0mg	25mg	30g	0g	30g	0g
Pepsi (24oz)	190	0	0g	0g	0g	0mg	40mg	50g	0g	50g	0g
Pepsi (32oz)	250	0	0g	0g	0g	0mg	55mg	70g	0g	70g	0g
Sweet Tea (14oz)	110	0	0g	0g	0g	0mg	0mg	29g	0g	29g	0g
Sweet Tea (24fl)	200	0	0g	0g	0g	0mg	0mg	50g	0g	50g	0g
Sweet Tea (32fl)	260	0	0g	0g	0g	0mg	0mg	67g	0g	67g	0g
Unsweet Tea (14fl)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Unsweet Tea (24fl)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Unsweet Tea (32fl)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
V8 Juice (10oz)	60	0	0g	0g	0g	0mg	490mg	12g	2g	9g	2g

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.

Showmars BREAKFAST

AUGUST 2018 | NUTRITIONAL INFORMATION

OMELETES	CAL	CAL FAT	FAT	SAT FAT	Trans FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Cheese	500	310	34g	18g	0.5g	625mg	680mg	3g	0g	< 1 g	35g
Cheese (Egg Whites)	370	190	21g	22g	0.5g	70mg	720mg	6g	0g	0g	33g
Cheese (Egg Sub)	430	240	27g	14g	0.5g	70mg	760mg	3g	0g	0g	37g
Garden	430	250	28g	14g	0.5g	605mg	540mg	6g	< 1g	2g	31g
Garden (Egg Whites)	260	130	15g	14g	0g	50mg	470mg	6g	< 1g	1g	21g
Garden (Egg Sub)	290	160	18g	10g	0g	50mg	480mg	5g	< 1g	1g	22g
Greek	360	210	23g	12g	0g	590mg	1100mg	9g	1g	4g	25g
Greek (Egg Whites)	190	90	10g	12g	0g	30mg	1030mg	10g	1g	4g	15g
Greek (Egg Sub)	210	120	13g	8g	0	30mg	1040mg	8g	1g	4g	16g
Ham & Cheese	600	330	36g	18g	0.5g	680mg	1610mg	3g	0g	< 1g	49g
Ham & Cheese (Egg Whites)	430	210	23g	18g	0.5g	125mg	1540mg	4g	0g	< 1g	40g
Ham & Cheese (Egg Sub)	460	240	26g	14g	0.5g	125mg	1550mg	3g	0g	0g	41g
Ranch	960	700	78g	28g	0.5g	690mg	2170mg	8g	0g	1g	43g
Ranch (Egg Whites)	790	590	65g	28g	0g	130mg	2100mg	9g	0g	< 1g	33g
Ranch (Egg Sub)	810	610	68g	24g	0g	135mg	2110mg	7g	0g	< 1g	34g
Western	530	280	31g	15g	0.5g	660mg	1360mg	4g	0g	1g	44g
Western (Egg Whites)	360	170	18g	15g	0g	100mg	1280mg	5g	0g	< 1g	34g
Wester (Egg Sub)	380	190	21g	11g	0g	100mg	1300mg	4g	0g	< 1g	35g

ENGLISH MUFFINS & BISCUITS	CAL	CAL FAT	FAT	SAT FAT	Trans FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Biscuit W/ Bacon	410	230	26g	16g	0g	0mg	1350mg	34g	1g	0g	11g
Biscuit W/ Ham	420	190	21g	18g	0g	60mg	2200mg	36g	1g	0g	22g
Biscuit W/ Sausage	450	240	26g	19g	0g	55mg	1250mg	34g	1g	0g	15g
Biscuit W/ Turkey Bacon	420	190	22g	16g	0g	60mg	1540mg	37g	1g	0g	22g
Biscuit W/ Turkey Sausage	460	240	27g	19g	0g	80mg	1480mg	36g	1g	0g	20g
Biscuits W/ Gravy (small)	490	290	32g	22g	0g	20mg	1960mg	49g	1g	0g	4g
Biscuits W/ Gravy (large)	840	480	53g	39g	0g	25mg	3160mg	87g	2g	0g	8g
English Muffin W/ Bacon	240	90	10g	0g	0g	0mg	620mg	24g	0g	0g	11g
English Muffin W/ Ham	250	45	5g	2g	0g	60mg	1470mg	26g	0g	0g	22g
English Muffin W/ Sausage	280	90	10g	3g	0g	55mg	520mg	24g	0g	0g	15g
English Muffin W/ Turkey Bacon	250	50	6g	0g	0g	60mg	810mg	27g	0g	0g	22g
English Muffin W/ Turkey Sausage	290	100	11g	3g	0g	80mg	750mg	26g	0g	0g	20g

CEREALS	CAL	CAL FAT	FAT	SAT FAT	Trans FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Cherrios	90	15	1.5g	0g	0g	0mg	115mg	17g	2g	1g	3g
Cinnamon Toast Crunch	110	25	3g	0.5g	0g	0mg	160mg	22g	2g	0g	1g
Grits (5oz)	160	5	0.5g	0g	0g	0mg	0mg	36g	2g	0g	4g
Honey Nut Cheerios	90	10	1g	0g	0g	0mg	0mg	18g	2g	0g	2g
Lucky Charms	110	10	1g	0g	0g	0mg	180mg	23g	2g	0g	2g
Oatmeal (12oz)	230	30	3g	0.5g	0g	0mg	0mg	41g	6g	< 1g	8g
Total	70	0	0g	0g	0g	0mg	105mg	17g	2g	4g	2g
Total Raisin	110	0	0.5g	0g	0g	0mg	140mg	28g	3g	0g	2g
Wheaties	80	0	0.5g	0g	0g	0mg	180mg	20g	3g	0g	2g

PITAS	CAL	CAL FAT	FAT	SAT FAT	Trans FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Bacon, Egg & Cheese	600	27	30g	9g	0g	400mg	1450mg	41g	2g	1g	32g
Ham, Egg & Cheese	610	230	26g	11g	0g	460mg	2290mg	43g	2g	1g	43g
Sausage, Egg & Cheese	640	280	31g	12g	0g	455mg	1340mg	41g	2g	1g	36g

S&WICHES, BAGELS & CROISSANTS	CAL	CAL FAT	FAT	SAT FAT	Trans FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Bagel - Bacon & Egg	420	130	14g	1.5g	0g	185mg	840mg	49g	2g	0g	21g
Bagel - Livermush & Egg	380	80	9g	2.5g	0g	185mg	710mg	57g	4g	0g	19g
Bagel - Ham & Egg	420	80	9g	3.5g	0g	245mg	1680mg	51g	2g	0g	32g
Bagel - Sausage & Egg	450	130	15g	4.5g	0g	240mg	730mg	49g	2g	0g	25g
Bagel - Turkey Bacon & Egg	420	90	10g	1.5g	0g	245mg	1020mg	52g	2g	0g	32g
Bagel - Turkey Sausage & Egg	460	140	15g	4.5g	0g	265mg	960mg	51g	2g	0g	30g
Blt - Bagel	360	90	10g	0g	0g	0mg	770mg	52g	3g	1g	16g
Blt - Croissant	310	80	9g	4g	0g	0mg	580mg	24g	2g	1g	11g
Blt - Texas Toast	330	120	14g	0g	0g	0mg	860mg	35g	< 1 gg	1g	16g
Blt - Whole Wheat	250	90	10g	0g	0g	0mg	640mg	25g	5g	1g	16g
Croissant - Bacon & Egg	370	120	13g	6g	0g	190mg	650mg	21g	1g	0g	16g
Croissant - Livermush & Egg	330	80	8g	7g	0g	190mg	520mg	29g	3g	0g	14g
Croissant - Ham & Egg	370	80	8g	8g	0g	250mg	1490mg	23g	1g	0g	27g
Croissant - Sausage & Egg	400	120	14g	9g	0g	245mg	540mg	21g	1g	0g	20g
Croissant - Turkey Bacon & Egg	370	80	9g	6g	0g	250mg	830mg	24g	1g	0g	27g
Croissant - Turkey Sausage & Egg	410	130	14g	9g	0g	270mg	770mg	23g	1g	0g	25g
Texas Toast - Bacon & Egg	380	160	18g	1.5g	0g	185mg	920mg	32g	0g	0g	22g
Texas Toast - Livermush & Egg	340	110	12g	3g	0g	185mg	770mg	43g	3g	0g	19g
Texas Toast - Ham & Egg	320	80	9g	3g	0g	230mg	1310mg	34g	0g	0g	26g
Texas Toast - Sausage & Egg	530	230	25g	8g	0g	295mg	980mg	32g	0g	0g	35g
Texas Toast - Turkey Bacon & Egg	390	110	12g	1.5g	0g	265mg	1170mg	36g	0g	0g	36g
Texas Toast - Turkey Sausage & Egg	390	150	16g	4.5g	0g	265mg	910mg	34g	0g	0g	28g
Whole Wheat Toast - Bacon & Egg	310	130	14g	1.5g	0g	185mg	710mg	22g	4g	0g	21g
Whole Wheat Toast - Livermush & Egg	270	80	9g	2.5g	0g	185mg	580mg	30g	6g	0g	19g
Whole Wheat Toast - Ham & Egg	310	80	9g	3.5g	0g	245mg	1550mg	24g	4g	0g	32g
Whole Wheat Toast - Sausage & Egg	340	130	15g	4.5g	0g	240mg	6600mg	22g	4g	0g	25g
Whole Wheat Toast - Turkey Bacon & Egg	310	90	10g	1.5g	0g	245mg	890mg	25g	4g	0g	32g
Whole Wheat Toast - Turkey Sausage & Egg	350	140	15g	4.5g	0g	265mg	830mg	24g	4g	0g	30g

OTHER ENTREES	CAL	CAL FAT	FAT	SAT FAT	Trans FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Country Fried Steak w/ Gravy	640	390	43g	15g	0g	70mg	2030mg	48g	1g	4g	15g
Fish & Grits	760	200	22g	17g	0g	45mg	1850mg	117g	6g	3g	25g

BREAKFAST SIDE ITEMS	CAL	CAL FAT	FAT	SAT FAT	Trans FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
American Cheese Slice	50	35	4g	2.5g	0g	15mg	240mg	< 1g	0g	0g	3g
Bacon (3)	110	80	9g	0g	0g	0mg	410mg	0g	0g	0g	7g
Banana	90	0	0g	0g	0g	0mg	0mg	22g	3g	12g	1g
Breakfast Gravy (6oz)	140	100	11g	4g	0g	15mg	770mg	11g	0g	0g	0g
Cheddar Cheese Slice	60	35	4g	2.5g	0g	15mg	90mg	0g	0g	0g	3g
Country Fried Steak	450	250	28g	9g	0g	50mg	1010mg	33g	1g	0g	15g
Country Ham (3oz)	90	25	3g	1.5g	0g	45mg	940mg	2g	0g	0g	14g
Fresh Fruit Side (5.5oz)	70	0	0g	0g	0g	0mg	10mg	17g	1g	10g	< 1g
Eggs (1)	70	40	4.5g	1.5g	0g	185mg	70mg	0g	0g	0g	6g
Eggs (2)	140	80	9g	3g	0g	370mg	140mg	< 1g	0g	0g	13g
Egg Substitute	25	10	1g	0g	0g	0mg	50mg	0g	0g	0g	3g
Egg White	15	0	0g	1.5g	0g	0mg	45mg	< 1g	0g	0g	3g
Greek Yogurt (6oz)	100	0	0g	0g	0g	10mg	60mg	6g	0g	6g	17g
Hash Browns	340	260	28g	4g	0g	0mg	40mg	22g	3g	0g	3g
Home Fries	90	0	0g	0g	0g	0mg	10mg	20g	2g	< 1g	2g
Livermush	160	70	8g	2g	0g	0mg	590mg	16g	4g	0g	10g
Sausage Patties (2)	300	170	19g	6g	0g	110mg	610mg	0g	0g	0g	22g
Sausage Links (3)	540	460	51g	18g	0g	75mg	810mg	0g	0g	0g	0g
Smoked Sausage	290	230	25g	9g	0g	50mg	830mg	5g	1g	0g	10g
Turkey Sausage (2)	160	90	10g	3g	0g	80mg	540mg	2g	0g	0g	16g
Turkey Bacon (3)	120	40	4.5g	0g	0g	60mg	600mg	3g	0g	0g	18g

Breads	CAL	CAL FAT	FAT	SAT FAT	Trans FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Biscuit	300	150	17g	16g	0g	0mg	940mg	34g	1g	0g	4g
Croissant	180	0	0g	4g	0g	0mg	160mg	21g	1g	0g	3g
English Muffin	130	10	1g	0g	0g	0mg	210mg	24g	0g	0g	4g
Texas Toast	80	10	1g	0g	0g	0mg	150mg	16g	0g	0g	3g
Toast	90	10	1g	0g	0g	0mg	180mg	18g	0g	0g	3g
Wheat Toast	60	0	0.5g	0g	0g	0mg	110mg	11g	2g	0g	4g

Waffles, French Toast & Pancake	CAL	CAL FAT	FAT	SAT FAT	Trans FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
French Toast (Texas Toast)	430	130	14g	7g	0g	85mg	510mg	66g	0g	18g	14g
French Toast (Wheat Toast)	370	110	13g	7g	0g	85mg	390mg	51g	6g	18g	17g
Pancakes (2)	1270	180	20g	5g	0g	20mg	4410mg	242g	0g	3g	25g
Pancakes (3)	1870	230	26g	5g	0g	20mg	6580mg	362g	0g	3g	38g
Pancakes (Multigrain) (2)	1370	250	28g	8g	0g	20mg	2350mg	237g	29g	3g	35g
Pancakes (Multigrain) (3)	2010	340	38g	9g	0g	20mg	3490mg	355g	44g	3g	53g
Pancakes W/ Blueberry Topping (2)	1400	180	20g	5g	0g	20mg	4420mg	272g	2g	4g	25g
Pancakes W/ Blueberry Topping (3)	2000	230	26g	5g	0g	20mg	6590mg	392g	2g	4g	38g
Pancakes W/ Blueberry Topping (Multigrain) (2)	1490	250	28g	8g	0g	20mg	2360mg	267g	31g	4g	35g
Pancakes W/ Blueberry Topping (Multigrain) (3)	2140	340	38g	9g	0g	20mg	3500mg	385g	46g	4g	53g
Pancakes W/ Strawberry Topping (2)	1310	180	20g	5g	0g	20mg	4410mg	250g	2g	8g	26g
Pancakes W/ Strawberry Topping (3)	1910	240	26g	5g	0g	20mg	6580mg	370g	2g	8g	39g
Pancakes W/ Strawberry Topping (Multigrain) (2)	1400	250	28g	8g	0g	20mg	2350mg	246g	31g	8g	36g
Pancakes W/ Strawberry Topping (Multigrain) (3)	2050	340	38g	9g	0g	20mg	3490mg	363g	46g	8g	54g
Pancakes W/ Pecan Topping (2)	1310	210	23g	5g	0g	20mg	4410mg	243g	0g	3g	26g
Pancakes W/ Pecan Topping (3)	1910	260	29g	5g	0g	20mg	6580mg	362g	0g	3g	38g
Pancakes W/ Pecan Topping (Multigrain) (2)	1400	280	31g	8g	0g	20mg	2350mg	238g	30g	3g	36g
Pancakes W/ Pecan Topping (Multigrain) (3)	2050	370	41g	10g	0g	20mg	3490mg	355g	44g	3g	53g
Waffles (3)	400	130	14g	8g	0.5g	95mg	860mg	59g	1g	3g	7g
Waffles W/ Blueberry Topping (3)	600	150	17g	10g	0.5g	100mg	900mg	101g	4g	38g	8g
Waffles W/ Pecan Topping (3)	470	180	20g	11g	0.5g	100mg	890mg	60g	2g	3g	8g
Waffles W/ Strawberry Topping (3)	460	160	17g	10g	0.5g	100mg	890mg	67g	3g	8g	8g

Showmars

Wake Forest Kitchen

NUTRITIONAL INFORMATION

AUGUST 2018

LUNCH & DINNER

SALADS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Crispy Chicken Blt Salad	540	310	35g	12g	0g	230mg	960mg	18g	4g	8g	36g
Crispy Shrimp Blt Salad	440	210	23g	10g	0g	305mg	1550mg	22g	3g	4g	33g
Greek Salad	190	120	13g	9g	0g	35mg	1040mg	12g	3g	5g	8g
Greek Salad w/ Salmon	350	170	19g	11g	0g	95mg	1180mg	12	3g	5g	32g
Greek Salad w/ Chicken	400	180	20g	10g	0g	140mg	1110mg	12	3g	5g	42g
Greek Salad w/ Gyro	590	400	45g	21g	0g	95mg	1950mg	20g	3g	5g	27g
Grilled Chicken Chef Salad	450	190	21g	9g	0g	290mg	410mg	10g	3g	4g	49g
Mediterranean Hummus	310	220	24g	3g	0g	0mg	1030mg	24g	10g	3g	6g
Mediterranean Hummus Salad w/ Salmon	470	270	30g	4.5g	0g	60mg	1180mg	24g	10g	3g	30g
Mediterranean Hummus Salad w/ Chicken	510	280	31g	3.5g	0g	105mg	1100mg	24g	10g	3g	39g
Mediterranean Hummus Salad w/ Gyro	700	500	56g	15g	0g	60mg	1950mg	32g	10	3g	24g
Mediterranean Hummus Salad w/ Black Bean Patty	440	240	26g	3g	0g	0mg	1240mg	46g	14g	7g	13g
Pita Bread	240	45	5g	1g	0g	0mg	420mg	39g	2g	2g	7g
Pita Bread - Wheat	240	50	6g	1g	0g	0mg	350mg	39g	3g	1g	8g

DRESSINGS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Blue Cheese	230	210	24g	5g	0g	25mg	390mg	< 1 g	0g	2g	2g
Blueberry Pomegranate	50	0	0g	0g	0g	0mg	260mg	14g	0g	14g	0g
Chipotle Ranch	180	170	19g	3g	0g	10mg	440mg	3g	0g	< 1g	0g
Honey Mustard	180	170	18g	3g	0g	15mg	310mg	7g	0g	6g	0g
House Greek	240	240	27g	4g	0g	0mg	330mg	1g	0g	1g	0g
House Ranch	200	190	21g	3.5g	0g	15mg	400mg	3g	0g	1g	0g
Light Ranch	110	100	11g	2g	0g	10mg	370mg	2g	0g	< 1g	< 1g

SOUPS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Baked Potato w/ Bacon Cup	250	130	15g	9g	0g	50mg	1120mg	15g	< 1 g	4g	13g
Baked Potato w/ Bacon Bowl	390	190	21g	12g	0g	75mg	2060mg	29g	1g	7g	20g
Broccoli And Cheese Cup	120	60	7g	4g	0g	25mg	870mg	9g	< 1 g	3g	6g
Broccoli And Cheese Bowl	250	120	14g	8g	0g	50mg	1740mg	18g	1g	7g	12g
Cactus Chili Cup	200	90	10g	4g	0g	35mg	580mg	15g	3g	8g	11g
Cactus Chili Bowl	400	190	21g	8g	0g	70mg	1150mg	31g	6g	15g	22g
Chicken Tortilla Cup	140	70	7g	2.5g	0g	20mg	540mg	10g	1g	0g	7g
Chicken Tortilla Bowl	280	130	15g	5g	0g	45mg	1080mg	21g	3g	0g	13g
Chicken Dumpling Cup	120	45	5g	1.5g	0g	25mg	780mg	13g	< 1 g	2g	6g
Chicken Dumpling Bowl	240	90	10g	2.5g	0g	55mg	1560mg	26g	1g	4g	11g
Chicken White Bean Chili Cup	120	25	2.5g	0g	0g	10mg	1030mg	15g	3g	30g	8g
Chicken White Bean Chili Bowl	240	50	6g	0.5g	0g	20mg	2070mg	29g	7g	6g	17g
Chicken & Wild Rice Cup	100	30	3g	1g	0g	10mg	590mg	14g	< 1 g	3g	4g
Chicken & Wild Rice Bowl	190	60	6g	2g	0g	20mg	1180mg	28g	1g	6g	8g
Tomato Bisque Cup	280	220	25g	16g	0g	85mg	670mg	26g	< 1 g	8g	2g
Tomato Bisque Bowl	570	450	50g	32g	0g	165mg	1350mg	51g	1g	15g	4g

PITA SANDWICHES	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Classic Chicken Pita - White	530	180	20g	6g	0g	120mg	660mg	42g	3g	3g	42g
Classic Chicken Pita - Wheat	530	190	21g	6g	0g	120mg	590mg	42g	4g	2g	43g
Greek Veggie Pita - White	430	190	22g	12g	0g	35mg	1290mg	47g	3g	4g	12g
Greek Veggie Pita - Wheat	430	200	23g	12g	0g	35mg	1220mg	47g	4g	3g	13g
Gyro Pita - White	770	430	48g	21g	0g	85mg	1680mg	53g	3g	3g	31g
Gyro Pita - Wheat	770	440	49g	21g	0g	85mg	1610mg	53g	4g	2g	32g
Santorini Chicken Pita - White	560	190	21g	6g	0g	120mg	660mg	48g	4g	3g	43g
Santorini Chicken Pita - Wheat	560	200	22g	6g	0g	120mg	590mg	48g	5g	2g	44g
Beyond Pita	600	300	33g	11g	0g	15mg	970mg	47g	6g	2g	29g

PITA BURGERS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
All-American Pita Burger - White	740	430	47g	17g	1.5g	100mg	930mg	42g	3g	5g	34g
All-American Pita Burger - Wheat	740	430	48g	17g	1.5g	100mg	860mg	42g	4g	4g	35g
California Pita Burger - White	970	620	69g	20g	1.5g	125mg	1100mg	48g	7g	5g	37g
California Pita Burger -Wheat	970	630	70g	20g	1.5g	125mg	1030mg	48g	8g	4g	38g
Fiery Feta Pita Burger - White	810	460	52g	23g	1.5g	130mg	1120mg	43g	3g	2g	42g
Fiery Feta Pita Burger - Wheat	810	470	53g	23g	1.5g	130mg	1050mg	43g	4g	1g	43g
Mushroom & Cheddar Pita Burger - White	760	420	47g	17g	2g	110mg	760mg	43g	3g	4g	36g
Mushroom & Cheddar Pita Burger - Wheat	760	430	48g	17g	2g	110mg	690mg	43g	4g	3g	37g
Old-Fashioned Chili Pita Burger - White	700	350	39g	17g	1.5g	105mg	1120mg	44g	3g	5g	34g
Old-Fashioned Chili Pita Burger - Wheat	700	360	40g	17g	1.5g	105mg	1050mg	44g	4g	4g	35g
Original Pita Burger - White	730	400	45g	20g	1.5g	110mg	1010mg	43g	3g	4g	36g
Original Pita Burger - Wheat	730	410	46g	20g	1.5g	110mg	940mg	43g	4g	3g	37g

HALF PITAS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Classic Chicken	280	130	14g	3.5g	0g	60mg	270mg	17g	1g	1g	21g
Greek Veggie	190	90	10g	5g	0g	15mg	590mg	19g	2g	2g	6g
Gyro	350	210	23g	10g	0g	45mg	780mg	22g	1g	2g	15g
Santorini Chicken	250	80	9g	2.5g	0g	60mg	270mg	19g	2g	2g	21g

ENTREES	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Calabash Shrimp (shrimp + hush puppies only)	610	250	28g	4g	0g	215mg	2720mg	66g	3g	6g	29g
Chicken Santorini Platter (sides included)	720	190	21g	6g	0g	120mg	1270mg	84g	6g	5g	47g
Flounder Shrimp Combo (fish + hush puppies only)	860	320	36g	6g	0g	305mg	3920mg	82g	3g	6g	55g
Grilled Salmon (sides included)	720	200	22g	8g	0g	105mg	1410mg	77g	4g	3g	49g
Grilled Veggie Platter	560	130	14g	6g	0g	15mg	1190mg	94g	8g	6g	17g
Gyro Platter (sides included)	1080	540	60g	22g	0g	80mg	2250mg	97g	7g	4g	35g
Mediterranean Grilled Veggie (sides included)	540	130	14g	6g	0g	15mg	1210mg	88g	7g	7g	17g
Southern Chicken Tenders 3 Pc (chicken tenders only)	590	360	40g	6g	0g	45mg	860mg	36g	3g	11g	26g
Southern Chicken Tenders 4 Pc (chicken tenders only)	730	430	48g	7g	0g	60mg	1140mg	47g	4g	14g	34g
World's Best Flounder 2 Pc (flounder + hush puppies only)	610	270	30g	4.5g	0g	90mg	220mg	57g	3g	5g	30g
World's Best Flounder 3 Pc (flounder + hush puppies only)	800	310	34g	5g	0g	135mg	3250mg	81g	3g	6g	44g

Showmars LUNCH & DINNER

AUGUST 2018 | NUTRITIONAL INFORMATION

Wake Forest Kitchen

BURGERS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Classic Cheeseburger	680	380	42g	15g	1.5g	110mg	890mg	44g	1g	7g	33g
Old-Fashioned Chili Burger	620	300	33g	15g	1.5g	115mg	930mg	44g	< 1 g	7g	32g
Bacon And Cheddar Burger	730	410	46g	16g	1.5g	125mg	910mg	43g	< 1 g	6g	36g

SANDWICHES	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Beyond Burger	570	280	31g	7g	0g	25mg	1040mg	48g	4g	6g	29g
Chicken Bacon Club	650	270	30g	8g	0g	155mg	920mg	43g	< 1g	6g	49g
Grilled Chicken Breast Sandwich	530	190	21g	3.5g	0g	130mg	690mg	42g	< 1g	6g	42g
World Famous Fish Sandwich	490	80	9g	2g	0g	140mg	1400mg	61g	0g	5g	40g

SIDES	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Cole Slaw (5.5oz)	280	220	24g	3.5g	0g	15mg	420mg	15g	2g	9g	2g
French Fries (5.5oz)	300	110	12g	2g	0g	0mg	610mg	43g	4g	0g	4g
Fresh Fruit (5.5oz)	70	0	0g	0g	0g	0mg	10mg	17g	1g	10g	< 1 g
Grilled Zucchini And Squash (5.5oz)	60	40	4.5g	0.5g	0g	0mg	25mg	4g	2g	1g	2g
Hummus And Pita	520	260	29g	1g	0g	0mg	910mg	55g	10g	2g	11g
Hush Puppies (7 each)	400	190	21g	2.5g	0g	0mg	940mg	55g	5g	10g	5g
Kale And Bean Side (3.3oz)	130	50	6g	1g	0g	0mg	380mg	14g	5g	2g	5g
Macaroni And Cheese	260	120	13g	5g	0g	25mg	1080mg	28g	< 1 g	5g	10g
Mediterranean Pasta Salad (5.5oz)	280	130	14g	4g	0g	5mg	680mg	31g	0g	4g	7g
Mixed Vegetables (5.5oz)	60	0	0g	0g	0g	0mg	50mg	10g	3g	0g	2g
Rice Pilaf (5oz)	280	5	0.5g	0g	0g	0mg	1150mg	64g	1g	0g	6g
Side Greek Salad	100	70	7g	5g	0g	20mg	610mg	6g	1g	2g	4g
Side Salad	15	0	0g	0g	0g	0mg	20mg	4g	1g	1g	< 1 g
Stacy's Chips	200	70	8g	0.5g	0g	0mg	410mg	28g	1g	1g	5g

MINI MEALS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Cheeseburger	560	280	31g	13g	1g	105mg	830mg	41g	0g	7g	29g
Chicken Tenders	220	130	14g	2g	0g	30mg	300mg	8g	< 1 g	4g	15g
Fish	360	190	21g	3.5g	0g	50mg	1170mg	27g	1g	7g	13g
French Fries	250	90	10g	2g	0g	0mg	500mg	35g	3g	0g	3g
Fruit Cup	35	0	0g	0g	0g	0mg	5mg	9g	< 1 g	6g	<1 g
Grilled Cheese Pita	460	210	23g	11g	0g	40mg	1150mg	41g	2g	5g	19g
Grilled Chicken Tenders	210	60	7g	0.5g	0g	105mg	70mg	0g	0g	0g	33g
Gyro Slices	410	290	32g	13g	0g	65mg	1040mg	9g	0g	0g	21g
Hamburger	450	200	22g	8g	1g	85mg	470mg	40g	0g	5g	23g
Hot Dog	310	170	19g	7g	0.5g	35mg	710mg	25g	0g	1g	10g
Mac And Cheese	230	100	11g	4.5g	0g	20mg	930mg	24g	< 1 g	5g	8g
Popcorn Shrimp	120	25	3g	0.5g	0g	105mg	890mg	11g	0g	0g	12g

SAUCES	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Bbq Sauce (1.5oz)	80	0	0g	0g	0g	0mg	330mg	21g	0g	18g	0g
Chipotle Mayo (1.25oz)	170	160	18g	1.5g	0g	15mg	320mg	1g	0g	1g	0g
Cocktail Sauce (1.5oz)	35	0	0g	0g	0g	0mg	520mg	7g	0g	6g	< 1g
Pita Sauce (1.5oz)	80	70	8g	4.5g	0g	15mg	170mg	2g	0g	0g	2g
Tartar Sauce (1.5oz)	260	260	29g	4.5g	0g	20mg	20mg	1g	0g	1g	0g

FAMILY PACKS (SERVES 4-5)	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Calabash Shrimp (per serving)	290	50	6g	1g	0g	215mg	2190mg	33g	0g	0g	26g
Chicken Santorini (per serving)	250	70	8g	0.5g	0g	105mg	75mg	9g	2g	1g	35g
Greek Family Pack Sides (per serving)	980	470	52g	16g	0g	20mg	2700mg	113g	4g	5g	18g
Grilled Chicken (per serving)	210	60	7g	0.5g	0g	105mg	70mg	0g	0g	0g	33g
Grilled Salmon (per serving)	240	80	9g	2g	0g	90mg	210mg	0g	0g	0g	36g
Gyro Slices (per serving)	890	640	71g	28g	0g	135mg	2080mg	19g	0g	0g	43g
Mediterranean Veggie (per serving)	210	230	26g	0.5g	0g	0mg	580mg	19g	6g	3g	5g
Southern Chicken Tenders - sauce not included (per serving)	320	180	21g	3g	0g	45mg	460mg	12g	1g	6g	23g
Southern Family Pack Sides - w/ tartar (per serving)	940	610	68g	10g	0g	35mg	1340mg	79g	7g	13g	7g
Southern Family Pack Sides - w/ cocktail (per serving)	710	340	38g	6g	0g	10mg	1840mg	84g	7g	17g	8g
World's Best Flounder (per serving)	330	90	10g	2g	0g	90mg	1810mg	32g	0g	0g	27g

DESSERTS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
Baklava	350	130	14g	3g	0g	0mg	160mg	52g	1g	21g	4g
Baklava Cheesecake	670	410	45g	24g	0g	220mg	420mg	53g	3g	24g	13g
Brownie Caramel	180	70	8g	3.5g	0g	15mg	160mg	25g	1g	19	2g
Brownie Chocolate Chip	500	250	28g	11g	0g	90mg	180mg	63g	3g	47g	5g
Carrot Cake	450	210	23g	7g	0.5g	55mg	440mg	56g	2g	38g	5g
Cheesecake	580	350	39g	22g	1.5g	200mg	610mg	48g	1g	37g	10g
Chocolate Chip Cookie	200	90	10g	5g	0g	10mg	125mg	26g	1g	16g	2g
Chocolate Chip Cookie (2)	400	180	20g	10g	0g	20mg	250mg	52g	2g	32g	4g
Chocolate Milkshake (20oz)	940	220	24g	14g	0g	105mg	530mg	151g	2g	119g	21g
Chocolate Milkshake (12oz)	570	140	15g	8g	0g	60mg	320mg	93g	1g	73g	13g
Oatmeal Raisin Cookie	180	70	8g	4g	0g	15mg	140mg	25g	1g	13g	2g
Oatmeal Raisin Cookie (2)	360	140	16g	8g	0g	30mg	280mg	50g	2g	26g	4g
Oreo Milkshake (20oz)	1030	300	33g	14g	0g	105mg	740mg	154g	0g	97g	22g
Oreo Milkshake (12oz)	630	180	20g	8g	0g	60mg	460mg	95g	0g	58g	13g
Reeses Milkshake (20oz)	1050	330	37g	18g	0g	105mg	670mg	148g	0g	119g	25g
Reeses Milkshake (12oz)	640	210	23g	11g	0g	60mg	410mg	91g	0g	73g	15g
Strawberry Milkshake (20oz)	870	220	24g	14g	0g	105mg	520mg	135g	< 1 g	107g	21g
Strawberry Milkshake (12oz)	530	140	15g	8g	0g	60mg	310mg	82g	< 1 g	65g	13g
Vanilla Milkshake (20oz)	830	220	24g	14g	0g	105mg	520mg	124g	0g	97g	21g
Vanilla Milkshake (12oz)	500	140	15g	8g	0g	60mg	310mg	75g	0g	58g	12g

DRINKS	CAL	CAL FAT	FAT	SAT FAT	TRANS FAT	CHOLES-TEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
2% FAT Milk (8fl)	110	40	4.5g	3g	0g	20mg	105mg	11g	0g	11g	7g
Apple Juice (10oz)	130	0	0g	0g	0g	0mg	10mg	32g	< 1 g	27g	0g
Cheerwine (14oz)	100	0	0g	0g	0g	0mg	20mg	30g	0g	30g	0g
Cheerwine (24oz)	190	0	0g	0g	0g	0mg	25mg	55g	0g	55g	0g
Chocolate Milk (8oz)	140	25	2.5g	1.5g	0g	10mg	150mg	22g	0g	23g	8g
Coffee (10fl)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Diet Dr. Pepper (14oz)	0	0	0g	0g	0g	0mg	50mg	0g	0g	0g	0g
Diet Dr. Pepper (24oz)	0	0	0g	0g	0g	0mg	90mg	0g	0g	0g	0g
Diet Pepsi (14oz)	0	0	0g	0g	0g	0mg	40mg	0g	0g	0g	0g
Diet Pepsi (24oz)	0	0	0g	0g	0g	0mg	70mg	0g	0g	0g	0g
Dr. Pepper (14oz)	100	0	0g	0g	0g	0mg	30mg	28g	0g	28g	0g
Dr. Pepper (24oz)	180	0	0g	0g	0g	0mg	55mg	48g	0g	48g	0g
Grapefruit Juice (10oz)	130	0	0g	0g	0g	0mg	5mg	32g	0g	31g	2g
Hot Tea (10fl)	0	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
Mist Twist (14oz)	110	0	0g	0g	0g	0mg	25mg	30g	0g	30g	0g
Mist Twist (24oz)	190	0	0g	0g	0g	0mg	40mg	50g	0g	50g	0g
Mountain Dew (14oz)	120	0	0g	0g	0g	0mg	35mg	30g	0g	30g	0g
Mountain Dew (24oz)	200	0	0g	0g	0g	0mg	65mg	50g	0g	50g	0g
Mug Rootbeer (14oz)	100	0	0g	0g	0g	0mg	30mg	30g	0g	30g	0g
Mug Rootbeer (24oz)	180	0	0g	0g	0g	0mg	55mg	50g	0g	50g	0g
Nature's Twist (14oz)	110	0	0g	0g	0g	0mg	30mg	27g	0g	27g	0g
Nature's Twist (24oz)	190	0	0g	0g	0g	0mg	75mg	45g	0g	45g	0g
Orange Juice (10oz)	100	0	0g	0g	0g	0mg	10mg	25g	< 1 g	21g	2g
Patio Cherry (14oz)	120	0	0g	0g	0g	0mg	35mg	30g	0g	30g	0g
Patio Cherry (24oz)	200	0	0g	0g	0g	0mg	60mg	50g	0g	50g	0g
Pepsi (14oz)	110	0	0g	0g	0g	0mg	25mg	30g	0g	30g	0g
Pepsi (24oz)	190	0	0g	0g	0g	0mg	40mg	50g	0g	50g	0g
Sweet Tea (14oz)	110	0	0g	0g	0g	0mg	0mg	29g	0g	29g	0g
Sweet Tea (24fl)	200	0	0g	0g	0g	0mg	0mg	50g	0g	50g	0g
Unsweet Tea (14fl)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Unsweet Tea (24fl)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
V8 Juice (10oz)	60	0	0g	0g	0g	0mg	490mg	12g	2g	9g	2g

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.