

estia GREEK STREET FOOD

	AMOUNT	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANSFAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATE	FIBER (G)	SUGAR (G)	PROTIEN (G)	% DAILY VALUE				ALLERGEN INFORMATION									
														VITAMIN A	VITAMIN C	CALCIUM	IRON	PEANUTS	TREE NUTS	MILK	EGGS	FISH	SHELLFISH	WHEAT & GLUTEN			
PITA																											
Pita (White)	1	165	6	1	0.1	0	0	322	72	33	1	1	5	0%	0%	52%	2%										x
Pita (Whole Wheat)	1	170	15	2	0.3	0	0	340	109	35	5	1	6	0%	0%	10%	2%										x
Pita (Gluten Free)	1	162		2	0	0	0	396	0	35	0	0	1	0%	0%	2%	1%										
SALAD																											
Romaine	1oz	5	1	0	0	0	0	2	70	1	1	0	0	33%	11%	1%	2%										
Iceberg	1oz	4	0	0	0	0	0	3	40	1	0	1	0	0%	1%	5%	0%										
Mixed Greens	1oz	4	3	0	0	0	0	5	0	2	1	0	0	30%	6%	2%	2%										
TOPPINGS																											
Tomatoes	1oz	5	1	0	0	0	0	1	67	1	0	1	0	0%	6.70%	0%	0%										
Red Onions	1oz	12	0	0	0	0	0	1	41	0	0	1	0	0%	3.33%	0%	0%										
Kalamata Olives	1 item	5	4	0	0.1	0	33	0	0	0	0	0	0	0%	0%	0%	0%										
Beets	1	35	1	0	0	0	0	64	267	8	2	6	1	0%	6.66%	1.30%	7%										
Pepperoncini	1oz	10	0	0	0	0	0	33	0	2	0	0	0	0%	0%	0%	0%										
Dill	1oz	3	0	0	0	0	0	248	26	0	0	1	0	0%	0%	1.20%	0%										
Spinach Leaves	1oz	7	0	0	0	0	0	22	0	1	1	0	1	0%	13%	0%	5.50%										
Feta	1oz	75	54	6	4.2	0	25	316	18	1	0	1	4	0.00%	0%	14%	0%										x
Cucumber	1oz	4	0	0	0	0	0	1	42	1	0	0	0	0%	1.70%	0%	0%										
Green Peppers	1oz	6	0	0	0	0	0	1	50	1	0	1	0	0%	38%	0%	0%										
PROTIENS																											
Char-Grilled Chicken	4 oz	110	58.3	3	1	0	55	180	30	0	0	0	23	0%	1%	1%	4%										
Traditional Gyro	4 oz	175	108	1.5	4.7	0	60	265	0	2	0.5	0.5	16	0%	1%	125%	2%										x
Fire Roasted Pork	4 oz	613	426	47	15.6	0	125	2620	641	2	0	0	42	1%	0%	12%	2%										

This guide is designed to help you make informed choices when you eat at Estia Greek Street Food. If you have any questions or concerns about food allergies or sensitivities, we recommend that you contact your medical professional. We have prepared this guide based on the most current ingredient information from our food suppliers. There is a possibility that manufacturers of the commercial foods we use could change the formulation at anytime, without notice. Some variations may occur due to season, supplier, and minor differences in product assembly. The information is based on standard recipes and product formulas. Please be aware that during normal operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu items can be completely free of allergens. Customers concerned with food allergies need to be aware of this risk. Estia Greek Street Food will not assume any liability for adverse reactions to food consumed, or items one may come in contact with while eating at our establishment.

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														VITAMIN A	VITAMIN C	CALCIUM	IRON	PEANUTS	TREE NUTS	MILK	EGGS	FISH	SHELLFISH	WHEAT & GLUTEN	
SAUCES																									
Estia House Dressing	4 oz	280	288	32	6	0	10	990	0	8	0	4	0	0%	0%	0%	0%				x				
Lowfat House Dressing	4 oz	189	106	23	4.4	0	5	990	0	5	0	4	0	0%	0%	19%	0%			x					
E.V.O.O +	4 oz	972	821	113	16	0	0	0	0	0	0	0	0	0%	0%	0%	0%								
Red Wine Vinegar	4 oz	22	0	0	0	0	0	0	0	0	0	0	0	0%	1%	1%	7%								
YCG Spread	1 oz	30	18	2	1	0.1	5	105	200	2	0	1	1	2%	0%	2%	0%				x				
Garlic Spread	2 oz	105	53	7	1	0	0	222	250	11	1	1	1	1%	1%	1%	3%								
Spicy Feta Spread	4 oz	156	86	10	6.8	0	42	788	18	7	0	3	10	6%	16.60%	25%	0%				x				
Zesty Tomato Sauce	4 oz	252	52	5.8	0.7	0	0	209	323	44.5	4.5	3.6	4.9	12%	21%	8%	7%								
Oregano Broth	4 oz	418	291	33	3.5	0.1	11	2041	318	20	0	0	12	0%	2%	16%	0								
GRAINS																									
Rice Pilaf	6 oz	213	50	6	1.1	10	0	345	90	37	1	1	4	5%	2%	2%	2				x				
Brown Rice	6 oz	189	14	2	0.3	0	0	9	73	39	3	1	4	0%	0%	1.70%	5%								
Greek Quinoa	8 oz	222	32	2.6	0	0	0	13	318	39.4	5.2	0	31.5	0%	0%	3%	15%								
SIDES																									
Chicken Lemon Rice Soup	6 oz	128	25	2.8	0.8	0	92	44	225	21.7	2	2.6	4.9	53%	20%	4%	5%					x			
Lentil Soup	8 oz	139	25.2	2.8	1.1	0	7	1319	357	20	8	3	9	7%	7%	4%									
Flaming	4 oz	440	324	36	24	0	120	1120	0	2	0	2	24	48%	0%	80%	0%				x	x			x
Spinach Pie	10oz	527	146	16	8.1	0	41	1316	0	77	4	6	24	0%	50%	45%	39%				x	x			x
French Fries	4 oz	356	165	18	2.4	0.1	0	329	624	44	4	1	4	0%	5%	1.50%	11%								
Hummus	6 oz	201	88	10	1.3	0	0	274	196	23	5	0	6	0%	15%	5.60%									

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