

YIROS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (MG)
TRADITIONAL CHICKEN	2623.6	627	35.8	22.6	6.2	10.3	7.8	0.1	69.0	7.0	1256.2
TRADITIONAL LAMB	3054.7	730	35.0	34.6	15.8	13.8	14.2	0.6	69.1	7.1	1451.5
DOUBLE TRADITIONAL CHICKEN	3391	810	58.7	32.8	9.6	14.8	10.1	0.1	69.0	7.0	1558.0
HEALTHY CHICKEN	1745.2	417	31.8	14.6	5.5	5.9	2.9	0.1	38.8	6.6	1014.3
HEALTHY LAMB	2252.0	544.6	31.0	28.5	15.1	10.8	9.3	0.6	38.9	6.7	1209.5
OG GFC YIROS	2958.7	707	31.0	29.4	4.6	4.4	5.0	0.0	78.6	7.1	1394.1
BBQ BEEF	2976.6	459	30.6	30.7	6.5	8.1	5.4	0.0	78.3	13.4	1202.0
HALLOUMI HERO YIROS	2754.7	658	27	37.5	17.2	0	3	0.0	53.8	8	1833
SPICY GFC CRUNCH	2377.2	568	29.0	23.2	3.3	0.1	3.0	0.0	61.7	5.4	1274.5
FALAFEL LOVER YIROS	2537	606	17.4	23.8	4.6	1.4	3.5	0.1	80.4	10.4	1615
HERB MAYO YIROS	3344	799	33.5	42.1	6.2	8.9	7.3	0.0	71	7.5	1355.3

MINI YIROS

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (MG)
MINI CHICKEN MEAL	2495.9	597	20.8	23.1	3.7	12.7	7.8	0.0	74.1	4.4	804.0
MINI TRADITIONAL CHICKEN	1322.7	316	15.5	9.8	2.6	4.3	3.9	0.0	40.9	4.1	677.9
MINI HALLOUMI HERO	1331.8	318	11.4	15.2	6.6	2.0	3	0.0	34	5.3	854.2
MINI OG GFC	1600.1	382	16.4	14.7	2.3	2.0	2.9	0.0	45.6	4.8	791.1
MINI FALAFEL LOVER	1420	339	9.8	12.2	2.3	0.7	2.2	0.0	47.4	5.7	905
LITTLE LEGENDS YIROS	1247.5	298	14.0	8.1	1.7	3.6	3.7	0.0	41.0	4.9	738.1

BREKKIE

LRG BREKKIE BOX	4280.9	1023	33.6	68.7	19.6	21.1	8.7	0.0	68.7	11.0	3154.2
REG BREKKIE BOX	1581.7	378	22.9	28.5	10.6	0.0	0.0	0.0	10.3	8.4	1652.1
ULTIMATE BREKKIE YIROS	3106.6	742	29.4	45.8	15.1	9.0	4.0	0.0	52.8	9.0	2571.9
BACON EGG BENNY	3062.9	732	24.4	46.9	15.4	11.5	4.5	0.0	53.1	9.0	2457.1
BACON EGG YIROS	1921.7	459	21.3	24.0	9.1	0.0	0.0	0.0	39.7	8.7	1911.9
FALAFEL BREKKIE YIROS	1896	461	18.6	12.3	3.4	0	0	0	66.6	10.9	1546
HASH-SANDY	2647.0	633	16.5	51.3	12.8	20.5	8.6	0.0	27.2	0.8	1565.0
ADD HASHBROWN	792.4	189	2.1	14.1	1.1	9.0	4.0	0.0	13.0	0.3	490.0

SNACKBOXES

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (MG)
DOUBLE CHICKEN SNACKBOX	5324.1	1272	61.3	69.0	11.6	33.0	15.7	0.0	97.4	2.8	1159.9
CHEESY CHICKEN SNACKBOX	3374.0	806	36.3	46.2	10.6	15.7	7.5	0.0	59.1	12.6	1106.1
CLASSIC CHICKEN SNACKBOX	2769.0	662	30.1	38.4	5.7	15.7	7.5	0.0	46.9	2.3	666.1
BBQ BEEF SNACKBOX	2389.4	571	26.6	26.3	5.8	14.9	5.6	0.0	54.4	8.6	497.8

SALADS

CHICKEN SALAD	2428.9	581	29.5	43.6	10	7.9	3	0.0	19.6	8.7	1133.9
GFC SALAD	2071.1	495	17.5	37.3	7.5	3.4	0.7	0.0	24.8	8.9	1059
PULLED BEEF SALAD	2322.9	555	26.7	41.8	11	7.1	1.1	0.0	20.7	9.1	1033.6
FALAFEL SALAD	1989	473	13.3	28.8	7.1	3.4	0.6	0.0	43.1	8.6	1179
VILLAGE GREEK SALAD	1017.8	243	7.5	17.3	4.9	6.8	0.6	0.0	14.3	3.9	457

BOWLS & PLATES

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (MG)
CHICKEN PROTEIN BOWL	1534.5	367	45.7	20.5	6.9	9.0	4.6	0.0	0.0	0.0	603.5
CHICKEN PLATE	4627.4	1106	41.8	62.7	11.7	19.1	10.1	0.0	94	11.3	1716.1
FALAFEL PLATE	3716	886	22.4	42.8	8.3	11.5	6.2	0.0	103.5	10.1	1708
HALLLOUMI PLATE	4139.2	986.8	36.7	54.5	22.3	14.6	7.7	0.0	88.1	7.3	1973.8
LAMB PLATE	4230.0	1008.2	40.0	55.8	19.5	24.1	16.4	0.6	87.4	6.6	1513.8
GFC PLATE	4679.1	1118	39.2	60.3	10.2	14.6	7.8	0.0	104.5	11.6	1867.9
PULLED BEEF PLATE	4521.5	1081	38.2	60.9	12.6	18.3	8.2	0.0	95.1	11.7	1615.8

ADD-ONS

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (MG)
ADD CHICKEN	767.2	183	22.9	10.3	3.4	4.5	2.3	0.0	0.0	0.0	301.8
ADD PULLED BEEF	661.3	158	19.3	8.5	4.4	3.7	0.4	0.0	1.1	0.4	201.4
ADD HALLOUMI (2PC)	788.8	189	12.5	15.3	10.6	0.0	0.0	0.0	0.5	0.5	638.0
ADD GFC (1PC)	409.5	98	10.1	3.9	1.0	0.0	0.0	0.0	5.2	0.2	226.8
ADD BACON	812.0	194	9.1	17.6	7.0	0.0	0.0	0.0	0.1	0.1	910.0
ADD FETA CHEESE	593.5	142	8.2	10.9	7.7	0.0	0.0	0.0	7.7	0.1	519.0
ADD EGG	307.5	73	6.7	5.4	1.8	0.0	0.0	0.0	0.7	0.2	74.8
ADD TASTY CHEESE	392.5	94	6.0	7.8	5.0	0.0	0.0	0.0	0.0	0.0	170.0

ADD-ONS

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (MG)
ADD FALAFEL	393	93.9	3.2	2.9	0.68	0	0	0	13.5	1.16	272
ADD TZATZIKI	134.7	32	1.7	2.0	1.1	0.8	0.3	0.0	1.9	1.7	151.8
ADD SLAW	92.0	22	1.3	0.3	0.0	0.1	0.0	0.0	4.7	1.7	24.3
ADD HOLLANDAISE	348.8	83	1.0	8.8	5.2	2.6	0.5	0.0	0.4	0.0	55.2
ADD LETTUCE	29.0	7	0.5	0.1	0.0	0.0	0.1	0.0	1.5	1.0	5.0
ADD TOMATO RELISH	123.8	30	0.3	0.0	0.0	0.0	0.0	0.0	7.0	6.4	474.0
ADD ONION	22.7	5	0.2	0.1	0.0	0.0	0.0	0.0	1.0	0.7	1.3
ADD TOMATO	23.4	6	0.2	0.0	0.0	0.0	0.0	0.0	1.2	0.0	0.1
ADD HERB MAYO (25G)	473	113	0.3	11.4	0.9	0.0	0.0	0.0	2.6	1.7	176

3 PCS DONUTS

ENERGY (KJ)

ENERGY (CAL)

PROTEIN (G)

FAT - TOTAL (G)

SATURATED FAT (G)

MONOUNSAT FAT (G)

POLYUNSATURATED
FAT (G)

TRANS FAT (G)

CARBOHYDRATES (G)

SUGARS (G)

SODIUM (MG)

3 CHOC DRED CRUNCH

1021.5

244

5.2

10.1

2.4

0.1

1.4

0.0

34.0

13.6

218.6

3 WHITE DRED CRUNCH

1022.7

244

5.1

7.9

2.0

0.1

1.4

0.0

31.1

10.9

219.2

3 CHOC TOPPED DONUTS

940.7

225

5.0

9.4

2.1

0.1

1.4

0.0

31.1

12.0

196.4

3 CHOC SWIRL

941.3

225

4.9

8.2

1.9

0.1

1.4

0.0

29.7

10.6

196.7

3 WHITE TOPPED

941.9

225

4.9

7.1

1.6

0.1

1.4

0.0

28.3

9.2

197.0

3 HONEY DONUTS

825.5

197

4.0

4.8

1.1

0.1

1.4

0.0

35.2

15.2

186.1

3 CINNAMON DONUTS

653.9

156

4.0

4.8

1.1

0.1

1.4

0.0

25.2

6.1

185.6

SIDE OF CHOCOLATE

1075.5

257

3.6

16.9

3.6

0.0

0.0

0.0

22.5

22.1

40.5

SIDE OF WHITE CHOCOLATE

1080.0

258

3.4

8.4

1.8

0.0

0.0

0.0

11.8

11.8

42.8

SIDE OF DRED

404.0

97

0.9

3.9

1.7

0.0

0.0

0.0

14.1

8.4

110.8

SIDE OF HONEY

715.0

171

0.2

0.0

0.0

0.0

0.0

0.0

42.1

38.1

2.1

8 PCS DONUTS

ENERGY (KJ)

ENERGY (CAL)

PROTEIN (G)

FAT - TOTAL (G)

SATURATED FAT (G)

MONOUNSAT FAT (G)

POLYUNSATURATED
FAT (G)

TRANS FAT (G)

CARBOHYDRATES (G)

SUGARS (G)

SODIUM (MG)

8 CHOC DRED CRUNCH

2703.1

646

13.7

26.5

6.5

0.1

3.8

0.0

90.5

36.0

588.5

8 CHOC TOPPED DONUTS

2460.7

588

13.1

24.2

5.4

0.1

3.8

0.0

82.0

30.9

522.0

8 CHOC SWIRL

2462.2

588

13.0

21.4

4.8

0.1

3.8

0.0

78.5

27.5

522.8

8 WHITE DRED CRUNCH

2463.7

589

13.0

18.5

4.2

0.1

3.8

0.0

74.9

24.1

523.5

8 WHITE TOPPED

2463.7

589

13.0

18.5

4.2

0.1

3.8

0.0

74.9

24.1

523.5

8 HONEY DONUTS

2172.7

519

10.8

12.9

3.0

0.1

3.8

0.0

92.3

39.1

496.3

8 CINNAMON DONUTS

1743.7

417

10.7

12.9

3.0

0.1

3.8

0.0

67.1

16.2

495.0

SIDE OF CHOCOLATE

1075.5

257

3.6

16.9

3.6

0.0

0.0

0.0

22.5

22.1

40.5

SIDE OF WHITE CHOCOLATE

1080.0

258

3.4

8.4

1.8

0.0

0.0

0.0

11.8

11.8

42.8

SIDE OF DRED

404.0

97

0.9

3.9

1.7

0.0

0.0

0.0

14.1

8.4

110.8

SIDE OF HONEY

715.0

171

0.2

0.0

0.0

0.0

0.0

0.0

42.1

38.1

2.1

12 PCS DONUTS

ENERGY (KJ)

ENERGY (CAL)

PROTEIN (G)

FAT - TOTAL (G)

SATURATED FAT (G)

MONOUNSAT FAT (G)

POLYUNSATURATED
FAT (G)

TRANS FAT (G)

CARBOHYDRATES (G)

SUGARS (G)

SODIUM (MG)

12 CHOC DRED CRUNCH

3935.2

941

20.1

37.9

9.3

0.2

5.7

0.0

133.3

51.5

878.3

12 WHITE DRED CRUNCH

3939.2

941

19.9

30.4

7.7

0.2

5.7

0.0

123.8

42.4

880.3

12 CHOC TOPPED DONUTS

3571.6

854

19.3

34.4

7.7

0.2

5.7

0.0

120.6

43.9

778.5

12 CHOC SWIRL

3573.6

854

19.2

30.6

6.9

0.2

5.7

0.0

115.8

39.4

779.5

12 WHITE TOPPED

3575.6

855

19.1

26.8

6.1

0.2

5.7

0.0

111.1

34.8

780.5

12 HONEY DONUTS

3187.6

762

16.1

19.4

4.5

0.2

5.7

0.0

134.2

54.8

744.2

12 CINNAMON DONUTS

2615.6

625

16.0

19.4

4.5

0.2

5.7

0.0

100.6

24.3

742.5

SIDE OF CHOCOLATE

1075.5

257

3.6

16.9

3.6

0.0

0.0

0.0

22.5

22.1

40.5

SIDE OF WHITE CHOCOLATE

1080.0

258

3.4

8.4

1.8

0.0

0.0

0.0

11.8

11.8

42.8

SIDE OF DRED

404.0

97

0.9

3.9

1.7

0.0

0.0

0.0

14.1

8.4

110.8

SIDE OF HONEY

715.0

171

0.2

0.0

0.0

0.0

0.0

0.0

42.1

38.1

2.1

SIDES	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (MG)
TRIO OF TENDERS	2359.4	564	31.1	39.9	5.3	0.0	0.0	0.0	20.2	3.7	1133.9
TENDER DIP N' CHIPS	2908.3	695	27.6	38.2	4.4	11.2	5.2	0.0	57.8	3.0	857.1
HALLOUMI SPC	1784.9	427	30.4	27.5	9.1	11.3	3.3	0.0	14.3	3.6	758.7
TZATZIKI DIP	3938.6	941	45.5	42.3	27.2	0.0	5.9	0.0	95.5	8.5	2863.1
FETA CHIPS	2157.8	516	15.2	28.7	9.1	11.2	5.2	0.0	51.9	0.5	687.1
FAMILY CHIPS	3352.1	801	15.0	38.1	3.0	24.0	11.1	0.0	94.8	0.9	360.1
LARGE CHIPS	1787.8	427	8.0	20.3	1.6	12.8	5.9	0.0	50.6	0.5	192.1
REGULAR CHIPS	1173.2	280	5.3	13.3	1.1	8.4	3.9	0.0	33.2	0.3	126.0
TRADITIONAL PITA	971.2	232	7.0	2.0	0.4	0.0	2.9	0.0	46.2	3.3	634.1
HEALTHY PITA	678.4	162	5.2	0.9	0.3	0.0	0.0	0.0	31.9	2.0	453.1
SWEET POTATO CHIPS	2367.3	566	3.1	30.2	3.6	0.0	0.0	0.0	68.9	22.7	865.7

SIDE SAUCES

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (MG)
SIDE OF TZATZIKI	134.7	32	1.7	2.0	1.1	0.8	0.3	0.0	1.9	1.7	151.8
SIDE OF BBQ SAUCE	196.5	47	0.0	0.0	0.0	0.0	0.0	0.0	11.2	9.9	153.9
SIDE OF AIOLI	606.0	145	0.4	15.6	1.3	0.0	0.0	0.0	1.4	0.9	218.1
SIDE OF TOMATO SAUCE	126.3	30	0.4	0.0	0.0	0.0	0.0	0.0	7.0	6.4	375.0
SIDE OF SPECIAL SAUCE	525.0	125	0.3	12.5	1.0	0.0	0.0	0.0	3.1	2.2	235.5
SIDE OF SWEET CHILLI	255.0	61	0.3	0.0	0.0	0.0	0.0	0.0	14.7	12.3	324.0

SAUCES

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (MG)
AIOLI	505.0	121	0.3	13.0	1.1	0.0	0.0	0.0	1.2	0.8	181.8
TOMATO	105.3	25	0.3	0.0	0.0	0.0	0.0	0.0	5.9	5.3	312.5
SPECIAL SAUCE	437.5	105	0.3	10.4	0.9	0.0	0.0	0.0	2.6	1.9	196.3
SWEET CHILLI	212.5	51	0.3	0.0	0.0	0.0	0.0	0.0	12.3	10.3	270.0
BBQ SAUCE	163.8	39	0.0	0.0	0.0	0.0	0.0	0.0	9.4	8.2	128.3