



Garbanzo Mediterranean Fresh - Database Nutrient Analysis, Allergen and Ingredient Data (January 2023)

Menu Item	Volume/Weight/Unit	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Allergen Statement	Ingredient Statement
Babaganoush	1.5 oz (wt)	70	50	6	1	0	0	220	3	2	1	2	Contains Sesame	Roasted Eggplant (Roasted Eggplant, Salt, Citric Acid), Tahini (Water, Sesame Seeds, Lemon Parsley, Salt, Garlic), Olive Oil, Lemon Juice, Garlic, Salt, White Pepper.
Baklava	2 oz (wt)	260		11	2	0	0	280	37	3	17	4	Contains Tree Nuts, Wheat	Filo (Enriched Bleached Wheat Flour, Water, Corn Starch, Corn or Soybean Oil, Salt, Folic Acid), Water, Corn Syrup, Sugar, Walnuts, Almonds, Palm Oil, Honey, Citric Acid, Lecithin, Cinnamon, Natural and Artificial Butter Flavoring, Vanilla, and Rosewater.
Chicken	3 oz (wt)	160	70	8	2	0	115	135	0	0	0	21		Chicken Thigh, Canola Oil, Spice Blend (Salt, Spices: Cumin, Allspice, Cinnamon, Black Pepper, Red Pepper, Paprika), Dehydrated onion, Dehydrated Garlic, Turmeric).
Chips	3.5 oz (wt)	530	310	34	5	0	0	310	53	5	0	7		Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color Spice Blend (Salt, Spices: Cumin, Allspice, Cinnamon, Black Pepper, Red Pepper, Paprika), Dehydrated onion, Dehydrated Garlic, Turmeric).
Chocolate Chip Cookie	3 oz (wt)	370		18	8	0	30	510	53	2	32	4	Contains Eggs, Milk, Soy Wheat	wheat flour (unbleached, enriched with thiamine mononitrate, riboflavin, folic acid), chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla, salt, milk), brown sugar, sugar, butter, pasteurized whole eggs, margarine (partially hydrogenated soybean oil, water, salt, milk powder, soy lecithin, mono & diglycerides, potassium sorbate, beta carotene for color, artificial flavor, vitamin A palmitate), vegetable oil blend ([soybean, palm & olive oils], water, salt, milk, mono & diglycerides, soy lecithin, potassium sorbate[preservative], natural & artificial flavors, vitamin A palmitate, beta carotene for color), invert sugar, molasses, salt, baking soda, all natural vanilla flavorCONTAINS: EGGS, MILK, SOY, WHEAT
Chopped Romaine Lettuce	1 oz	5	0	0	0	0	0	0	1	0	0	0		Romaine Lettuce.
Cilantro Sauce	1 oz	25	20	2	0	0	0	90	1	0	1	0		Tomatoes, Cilantro, Onions, Canola Oil, Jalapeno Peppers, Garlic, Lemon Juice, Salt.
Cucumber and Tomato Salad	1.5 oz (vol)	20	15	1.5	0	0	0	200	2	0	1	0		Cucumber, Tomatoes, Canola Oil, Salt.
Falafel Fried	1 each (unit)	70	30	3.5	0	0	0	160	7	2	1	2		Falafel Dough (Garbanzo Beans, Parsley, Onions, Water, contains 2% or less of: Cilantro, Salt, Spices, Garlic Puree (Garlic, Citric Acid, Ascorbic Acid), Xanthan Gum, Sodium Benzoate and Potassium Sorbate [preservatives]), Canola Frying Shortening (Canola Oil, TBHQ and Citric Acid [to protect flavor], Dimethylpolysiloxane [anti-foaming agent]).
Feta Cheese	.5 oz (wt)	45	24	3	2.0	0	15	185	0	0	0	3	Contains Milk	Feta (Cultured Pasteurized Milk, Salt, Enzymes).
Fresh Red Onion	.5 oz (wt)	5	0	0	0	0	0	0	1	0	1	0		Onions.
Fries	5 oz	445	205	23	3	0	0	255	55	5	2	6		Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose, Spice Blend (Salt, Spices: Cumin, Allspice, Cinnamon, Black Pepper, Red Pepper, Paprika), Dehydrated onion, Dehydrated Garlic, Turmeric).
Fries	7 oz	625	290	33	5	0	0	238	76	7	2	8		Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose, Spice Blend (Salt, Spices: Cumin, Allspice, Cinnamon, Black Pepper, Red Pepper, Paprika), Dehydrated onion, Dehydrated Garlic, Turmeric).
Greek Vinaigrette	1 oz (vol)	130	110	12	1	0	0	330	4	0	3	0		Canola Oil, Vinegar, Sugar, Black Pepper, Salt, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Garlic, Fresh Oregano.
Grilled Cheese Pita	1 each (unit)	440	140	15	8	0.5	40	790	57	2	6	18	Contains Milk, Wheat.	White Flour (Bleached Enriched Flour [Wheat Flour, Bleached, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Sharp Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto [color]), Water, Sugar, Salt, Yeast.
Gyro Bread	94 grams (wt)	240		5	1	0	0	510	41	2	2	7	Contains Milk, Soy, Wheat	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate [B1], Riboflavin [B2], Folic Acid), Water, Soybean Oil, Less than 2% of: Yeast, Sugar, Salt, Non-Fat Dry Milk, Guar Gum, Baking Powder (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Dough Conditioners (Calcium Sulfate, Vegetable Mono- and Diglycerides, L-Cysteine, Calcium Peroxide), Yeast Nutrients (Monocalcium Phosphate, Ammonium Sulfate, Ascorbic Acid, Azodicarbonamide), Potassium Sorbate (Preservative), Calcium Propionate (Preservative).
Gyro Meat	3 oz (wt)	290	220	24	10	0	55	560	7	1	0	12	Contains Soy, Wheat	Gyro Cone (Beef, Cereal Binder [Corn Flour, Wheat Flour, Rye Flour], Water, Lamb, Onions, contains 2% or less of: Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin], Salt Seasonings [Spices, Hydrolyzed
Gyro Meat	4 oz (wt)	390	290	32	13	0	70	750	9	1	0	16	Contains Soy, Wheat	Gyro Cone (Beef, Cereal Binder [Corn Flour, Wheat Flour, Rye Flour], Water, Lamb, Onions, contains 2% or less of: Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin], Salt Seasonings [Spices, Hydrolyzed
Hummus	2 oz (vol)	140	90	10	1.5	0	0	230	12	4	2	4	Contains Soy, Sesame	Hummus (Cooked Garbanzo Beans, Water, Soybean Oil and/or Canola Oil, Lemon Juice, Sesame Tahini, Organic Garlic Puree [Organic Garlic, Water], contains 2% or less of: Salt, Spice).
Laffa	104 G (WT)		310	7	2.5	0	0	630	52	2	0	8	Contains Wheat	Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Vital Wheat Gluten, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).
Olive Salad	1 oz (vol)	25	20	2	0	0	0	90	1	0	1	0		Kalamata olives, water, salt, sunflower oil, extra virgin olive oil, lactic acid, calcium chloride.
Olive Salad	.5 oz (wt)	25	20	2.5	0	0	0	270	0	0	0	0		Greek Olive Mix (Green Olives, Kalamata Olives, Water, Sea Salt, Wine Vinegar).
Pickles	.5 oz (wt)	0	0	0	0	0	0	190	0	0	0	0		Dill Pickles (Cucumbers, Water, Vinegar, Salt, contains less than 2% of: Alum, Calcium Chloride, Potassium Sorbate [preservative], Natural Flavor, Polysorbate 80, Yellow 5, Blue 1).
Red Cabbage	.5 oz (wt)	10	5	1	0	0	0	35	1	0	0	0		Cabbage, Canola Oil, Lemon Juice, Salt.
Roma Tomatoes	.5 oz (wt)	5	0	0	0	0	0	0	1	0	0	0		Diced Tomato.
Sauteed Portobello Mushrooms	3 oz (wt)	120	100	11	1	0	0	120	4	1	2	2		Portobello Mushrooms, Canola Oil, Olive Oil, Garlic, Salt, Black Pepper.
Sauteed Seasonal Vegetables	1.5 oz (wt)	45	40	4.5	0	0	0	70	2	1	1	0		Onions, Shishito Peppers, Red Bell Pepper, Yellow Squash, Zucchini Squash, Canola Oil, Olive Oil, Water, Lemon Juice, Garlic, Salt, Black Pepper, Fresh Rosemary, Fresh Oregano.
Seasoned Rice	3.5 oz (wt)	160	35	4	0	0	0	380	27	0	0	3		Rice, Canola Oil, Rice Spice (Hydrolyzed Corn Protein, Salt, Turmeric, Spices, Canola Oil, Silicon Dioxide).
Signature Red Sauce	1 oz (vol)	45	32	4	0	0	0	235	2	0	1	0		Water, jalapenos, tomatoes, canola and/or sunflower oil, garlic, salt, red wine vinegar, crushed red peppers, ascorbic acid and citric acid.
Signature White Sauce	1 oz (vol)	140	140	17	3	0	15	220	0	0	0	0	Contains Egg, Soy	Mayonnaise (Soybean Oil, Eggs, Water, Distilled Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Water, Mediterranean Garlic Spice (Dill, Spice, Garlic Powder, Sugar).
Steak	3.5 oz (wt)	180	60	6	2	0	75	370	1	0	0	29		Beef, Canola Oil, Salt, Spices (Cumin, White Pepper, Black Pepper, Smoked Paprika, Paprika, Lemon Peel Citric Acid, Turmeric).
Tabbouleh	1.5 oz (vol)	50	15	2	0	0	0	65	8	1	1	1	Contains Wheat	Wheat Bulgur, Water, Cucumber, Tomatoes, Lemon Juice, Onions, Parsley, Olive Oil, Salt, White Pepper.
Tahini Sauce	1 oz (vol)	70	50	6	1	0	0	95	0	2	0	3	Contains Sesame	Water, Tahini (Water, Sesame Seeds, Lemon Parsley, Salt, Garlic), Lemon Juice (premium juice from gently squeezed fresh Lemons [mildly pasteurized for safety]), Parsley, Garlic, Salt, White Pepper.
Tzatziki Sauce	1 oz (vol)	35	25	3	1	0	5	110	2	0	1	1	Contains Milk	Sour Cream (Cultured Cream, Whey, Modified Cornstarch, Sodium Phosphate, Sodium Tripolyphosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate), Yogurt (Lowfat Milk, Nonfat Milk, Modified Food Starch, Cultures), Cucumber, Lemon Juice, Canola Oil, Mediterranean Garlic Spice (Dill, Spice, Garlic Powder, Sugar), Garlic, Olive Oil, Salt, Black Pepper, Cumin.
Wheat Pita	1 each (unit)	190	0	2.5	1	0	0	360	35	4	2	7	Wheat, Soybean Oil	Wheat flour (stone ground whole wheat flour, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid)), water, yeast, soybean oil, vital wheat gluten, sugar, salt, dough conditioner (mono & diglycerides, guar gum, corn syrup solids, L-cysteine (vegetable source), enzymes), calcium propionate as a mold inhibitor, oat fiber.
White Pita	1 each (unit)	260	5	0.5	0	0	0	510	56	2	5	7	Contains Wheat	White Flour (Bleached Enriched Flour [Wheat Flour, Bleached, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Sugar, Salt, Yeast.