

**Skewers**

Beef Skewer	beef, salt, flavor (modified corn starch), granulated garlic, sodium tripolyphosphate, spices, sugar, hydrolyzed corn protein, high monounsaturated vegetable oil (canola &/or soybean &/or sunflower seed), (MFG aid), onion powder, silicon dioxide (MFG aid); finished with canola oil and Greek lemon seasoning
Lamb skewer	lamb, salt, flavor (modified corn starch), granulated garlic, sodium tripolyphosphate, spices, sugar, hydrolyzed corn protein, high monounsaturated vegetable oil (canola &/or soybean &/or sunflower seed), (MFG aid), onion powder, silicon dioxide (MFG aid); finished with canola oil and Greek lemon seasoning
Chicken Skewer	chicken breast, salt, spices, granulated garlic, corn maltodextrin, sugar, hydrolyzed corn protein, modified hydrogenated soybean oil (MFG aid), onion powder, tricalcium phosphate (MFG aid); finished with canola oil and Greek lemon seasoning
Shrimp Skewer	shrimp, water, sodium phosphate, salt, sulphiting agents; finished with canola oil, Greek lemon seasoning, oregano, seasoned salt
Falafel	chickpeas, water, unbleached wheat flour, potato flakes (potatoes, mono & diglycerides, sodium acid pyrophosphate, citric acid), baking powder, salt, garlic powder, onion powder, spices (coriander, cumin, parsley flakes, cayenne pepper, crushed chili), potassium sorbet. Fried in Canola oil
Gyro	beef and lamb, water, soy protein concentrate, seasoning (salt, dehydrated garlic, corn syrup solids, yeast extract, spices, spearing, soybean oil, tricalcium phosphate), onion, whole wheat flour, isolated oat product; finished with canola oil and Greek lemon seasoning

**Salads**

Greek Salad	tomatoes, cucumbers, green peppers, red onions, kalamata olives (olives, water, vinegar, salt, olive oil), feta cheese, Greek Salad Dressing
Caesar Salad	romaine lettuce, Caesar Salad Dressing, garlic croutons (wheat flour, canola oil, sugar, yeast, modified palm oil, salt, garlic powder, soya lecithin, ascorbic acid), parmesan cheese, bacon bits (on request; bacon, water, salt, sugar, smoke flavoring, sodium phosphates, sodium erythorbate, sodium nitrite)

**Hot Sides**

White Pita	water, wheat flour, benzoyl peroxide, niacin, reduced iron, ascorbic acid, thiamine mononitrate, riboflavin, amylase, folic acid, liquid canola oil, modified palm oil and palm kernel oil, sugar, yeast, salt; finished with canola oil, spices
WW Pita	water, whole wheat flour, amylase, ascorbic acid, liquid canola oil, modified palm oil and palm kernel oil, sugar, yeast, salt; finished with canola oil, spices
OPA! Fries	potatoes, vegetable oil (canola and/or soybean and/or cottonseed and/or sunflower), salt, dextrose, sodium acid pyrophosphate; finished with Greek lemon seasoning, spices
Spanakopita	Phyllo dough: enriched, non-bromine bleached flour (bleached wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, dough conditioner (maltodextrin, L-cysteine, hydrochloride), corn starch, less than 1.0% of the following: vegetable oil (soybean, corn and/or canola oil), salt, glycerine, citric acid, preservatives(sodium and/or calcium propionate, potassium sorbate). filling: spinach, cream cheese (pasteurized cultured milk and cream, whey, salt, tara gum and guar gum), onion, feta cheese (pasteurized milk, salt, cheese culture, enzymes) whole eggs, spices, parsley, parmesan cheese
Falafel Snack Bites	chickpeas, water, unbleached wheat flour, potato flakes (potatoes, mono & diglycerides, sodium acid pyrophosphate, citric acid), baking powder, salt, garlic powder, onion powder, spices (coriander, cumin, parsley flakes, cayenne pepper, crushed chili), potassium sorbate; fried in canola oil
Rice Pilaf	parboiled long grain rice, chicken soup base, canola oil, shredded carrots & parsley
Roasted Greek Potatoes	red potatoes, water, lemon juice, tomato, green pepper, red onion, carrot, parsley, canola oil, chicken soup base, spices

SAB, SK, MB

Calamari	squid, flour, cornstarch, seasoned salt; finished with Greek lemon seasoning, spices
----------	--

**Desert**

Baklava	Phyllo dough (wheat flour, water, modified corn starch, vegetable canola oil, salt, sodium propionate, potassium sorbate), almonds, walnuts, vegetable ghee (palm oil, color, artificial flavor), canola oil, sugar, cinnamon. Glaze: sugar, water, honey, glucose, citric acid.
---------	--

**Dressings & Sauces**

Caesar Dressing	canola oil, water, Romano cheese, frozen egg yolk (egg, salt), lemon juice concentrated, anchovies paste (cured anchovies, salt, water), Dijon mustard, garlic, sugar, salt, spices, garlic powder, xanthan gum, dehydrated onion, potassium sorbate, propylene glycol alginate, calcium disodium EDTA
Greek Dressing	canola oil, red wine vinegar (sulphites), white vinegar, extra virgin olive oil, lemon juice (water, concentrated lemon juice, sulphites, lemon oil), salt, oregano, sugar, xanthan gum, spices, onion powder, garlic powder
Tzatziki Sauce	sour cream (modified milk ingredients, modified corn starch, sodium phosphate, guar gum, carrageenan, locust bean gum, bacterial cultures), yogurt (milk ingredients, modified tapioca and corn starch, pectin, bacterial culture), cucumber, salt, extra virgin olive oil, lemon juice (water, concentrated lemon juice, sulphites, lemon oil), garlic, sugar, jalapeno peppers (jalapeno peppers, vinegar, water, salt, calcium chloride, sodium benzoate), hydrolized corn protein (soybean oil), spices
Hummus with Roasted Garlic	chickpeas (chickpeas, water), canola oil with natural roasted garlic flavor, sesame tahini, sea salt, citric acid, spices, sodium benzoate and potassium sorbate

**Cheeses**

Feta Cheese	pasteurized cow's milk, milk protein concentrate, bacterial culture, calcium chloride, microbial enzyme, salt, kept in brine (water, salt, lactic acid)
Parmesan Cheese	milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, lipase, powdered cellulose, parmesan flavour (natural), natamycin

**Spices & Seasonings**

Greek Lemon Seasoning	water, lemon juice, citric acid, lemon flavor, sodium benzoate
Seasoned Salt	salt, sugar, spice & herbs (including red pepper), dehydrated onion & garlic, cornstarch, tricalcium phosphate, hydrogenated soy & cottonseed oil
Chicken Soup Base	salt, dextrose, chicken fat (includes rosemary extract), corn flour, flour, hydrolyzed plant protein (soy and corn), corn syrup solids, silicon dioxide, spices, citric acid, colour, parsley disodium guanylate, disodium inosinate, flavor (includes garlic, onion)
ReaLemon	water, concentrated lemon juice, sulphites, lemon oil