

EONS GREEK NUTRITION FACTS



MENU	CAL	CARBS	FAT	PROTEIN	SODIUM	SUGAR
PROTEIN (4 OZ)						
GRILLED CHICKEN	168	0	8	25	45	0
LAMB	159	0	14	10	45	0
STEAK	279	0	15	34	45	0
PORK	320	0	23	27	90	0
OCTOPUS	88	2	1	14	37	0
YEERO	290	10	15	29	520	0
FALAFEL	43	7	1	2	173	1
SHRIMP	106	2	0	23	54	0
SALMON	171	0	8	22	60	0
SIDES (3 OZ)						
GIGANTE BEANS	29	3	1	2	125	1
LEMON POTATOES	163	29	4	3	261	0
GREEK SALAD	45	3	3	1	133	2
FARRO	49	8	1	2	20	0
CHICKPEAS SALAD	36	3	2	1	50	0
BEET SALAD	86	6	7	1	117	5
LENTIL SALAD	26	2	2	1	27	0
TOPPINGS (1.5 oz)						
TZADZIKI	41	3	1	4	105	1
EGGPLANT DIP	37	5	2	1	124	2
FETA SPREAD	17	1	1	1	60	0
GARLIC ALMOND	40	1	4	1	42	0
HUMMUS	41	6	2	2	36	1