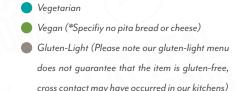
# LUNG Grille fresh mediterranean

Nutritional Menu Guide

Click for: About our Nutrition Information

# - Shareables & Sides -



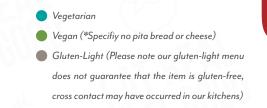
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|---|--|---------|-------|--------|-------------------------|-------|---------|-----------------|------------|-----------------|---------|-----------------------|---------|---|
|   | Name   | Service | کھی   | Se Se  | 400                     | Coxis | Yage    | Cro.            | Soli       | رمخي            | 100     | 100                   | Quo     | Notes/Allergen, Gluten & Cross Contact Statements   |
| • | Cucumber Yogurt Dip (1 fl oz)                  | 1       | 25    | 10     | 1                       | 0.5   | 0       | 5               | 85         | 1               | 0       | 1                     | 1       | Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact may occur.   |
|   | Side of Pita Bread for Shareables              | 1       | 440   | 50     | 6                       | 1     | 0       | 0               | 1040       | 82              | 3       | 3                     | 15      | Allergen Statement: Contains Milk, Soy, Wheat.<br>Gluten Statement: Contains Gluten   |
|   | Sliced Veggies for Shareables                  | 1       | 35    | 5      | 0                       | 0     | 0       | 0               | 85         | 7               | 3       | 4                     | 1       | Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross contact may occur.   |
|   | Regular Hummus<br>(without pita or veggies)    | 1       | 340   | 220    | 25                      | 2     | 0       | 0               | 560        | 21              | 7       | 3                     | 9       | Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten containing ingredients. Cross contact may occur.   |
|   | Spicy Hummus<br>(without pita or veggies)      | 1       | 320   | 210    | 24                      | 2     | 0       | 0               | 640        | 20              | 7       | 3                     | 9       | Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross contact may occur  |
|   | Spicy Feta<br>(without pita or veggies)        | 1       | 340   | 260    | 29                      | 12    | 0       | 50              | 1030       | 9               | 5       | 0                     | 15      | Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten containing ingredients. Cross contact may occur   |
|   | Sampler Platter<br>(Regular Hummus)            | 3-4     | 1400  | 620    | 69                      | 7     | 0       | 0               | 3300       | 158             | 28      | 11                    | 40      | Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Fish, Peanuts, Shellfish, Tree Nuts. Includes a deep fried iter which may contain any of the 8 major food allergens and gluten.     |
|   | Stuffed Grape Leaves                           | 1       | 240   | 120    | 13                      | 1     | 0       | 0               | 680        | 28              | 4       | 3                     | 2       | Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten containing ingredients. Cross contact may occur.   |
|   | Serrano Peppers                                | 1       | 220   | 150    | 17                      | 1.5   | 0       | 0               | 330        | 17              | 4       | 8                     | 3       | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allerger and gluten. |
|   | Spinach Pie (4 pieces)<br>(without yogurt dip) | 1       | 280   | 150    | 17                      | 2     | 0       | 35              | 620        | 36              | 2       | 2                     | 10      | Allergen Statement: Contains Egg, Milk, Wheat.<br>Gluten Statement: Contains Gluten.  |
|   | Quinoa Tabouleh                                | 1       | 240   | 150    | 18                      | 2.5   | 0       | 0               | 640        | 19              | 3       | 3                     | 4       | Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur  |
|   | Homemade Potato Chips                          | 1       | 590   | 300    | 33                      | 3     | 0       | 0               | 1820       | 68              | 6       | 2                     | 5       | Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allerger  |

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Shareables Salads Signature Plates Wraps & More Kid's Meal Desserts

and gluten.

# - Shareables & Sides -



| Name | Sold of the state | 6 |
|------|---|---|

### Notes/Allergen, Gluten & Cross Contact Statements

|     | Nume                                      | S | G   | G   | 40  | 8   | KE | 8  | 8    | C  | 10 | 10 | QL | Notes/Allergen, Gluten & Cross Contact Statements  |
|-----|---|---|-----|-----|-----|-----|----|----|------|----|----|----|----|--|
| ••• | Falafel Appetizer                         | 1 | 410 | 170 | 19  | 2.5 | 0  | 0  | 1520 | 43 | 15 | 3  | 16 | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Soy, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.         |
| ••• | Simply Seasoned Fries                     | 1 | 640 | 280 | 31  | 3   | 0  | 0  | 1550 | 84 | 8  | 0  | 7  | Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.   |
| ••  | Feta Chips                                | 1 | 650 | 350 | 38  | 7   | 0  | 20 | 1870 | 66 | 6  | 1  | 9  | Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Fish, Peanut, Shellfish, Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten. |
| ••  | Feta Fries                                | 1 | 720 | 330 | 37  | 7   | 0  | 20 | 1880 | 86 | 8  | 1  | 12 | Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Fish, Peanut, Shellfish, Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten. |
| ••  | Sweet Potato Fries with Chipotle<br>Sauce | 1 | 690 | 300 | 34  | 4   | 0  | 0  | 1100 | 90 | 13 | 26 | 6  | Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredieints. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.   |
|     | Small Lentil Soup<br>(without pita)       | 1 | 130 | 20  | 2   | 0   | 0  | 0  | 980  | 21 | 7  | 4  | 8  | Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten containing ingredients. Cross-contact may occur.  |
|     | Large Lentil Soup<br>(without pita)       | 1 | 260 | 35  | 4   | 0   | 0  | 0  | 1970 | 42 | 14 | 7  | 16 | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten containing ingredients. Cross-contact may occur.   |
| •   | Small Lemon Soup<br>(without pita)        | 1 | 90  | 20  | 2.5 | 0   | 0  | 15 | 1210 | 14 | 1  | 2  | 5  | Allergen Statement: Contains Egg. Gluten Statement: Formulated with no gluten containing ingredients. Cross-contact may occur.   |
|     | Large Lemon Soup<br>(without pita)        | 1 | 190 | 40  | 4.5 | 1   | 0  | 30 | 2410 | 28 | 1  | 5  | 11 | Allergen Statement: Contains Egg. Gluten Statement: Formulated with no gluten containing ingredients. Cross-contact may occur.   |



# - Salads -

Vegan (\*Specifiy no pita bread or cheese)

Gluten-Light (Please note our gluten-light menu does not guarantee that the item is gluten-free, cross contact may have occurred in our kitchens)

|      | Ç     | Z <sup>i</sup> , § |                                       | Took tool |         | 3           | 6          | 8      |           | 6        | LA FISCA (S)                             | <u></u>  |
|------|-------|--------------------|---------------------------------------|-----------|---------|-------------|------------|--------|-----------|----------|--|--|
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### Notes/Allergen, Gluten & Cross Contact Statements

| Nume                                 | S | G   | O   | 40  | 50  | K | O   | 50   | G  | 10 | 40 | QL | Notes/Allergen, Gluten & Closs Confuct Statements   |
|--------------------------------------|---|-----|-----|-----|-----|---|-----|------|----|----|----|----|---|
| Add-On: Chicken Skewer               | 1 | 160 | 40  | 4.5 | 1   | 0 | 75  | 180  | 0  | 0  | 0  | 31 | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.            |
| Add-On: Falafel (4 pieces)           | 1 | 290 | 70  | 8   | 1   | 0 | 0   | 1210 | 39 | 14 | 2  | 14 | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergen and gluten. |
| Add-On: Gyros Meat (5 oz)            | 1 | 580 | 470 | 52  | 21  | 0 | 95  | 980  | 9  | 1  | 0  | 18 | Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten.   |
| Add-On: Mahi Mahi (6 oz)             | 1 | 180 | 45  | 5   | 1.5 | 0 | 125 | 520  | 0  | 0  | 0  | 31 | Allergen Statement: Contains Fish (Mahi Mahi), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross contact may occur. Cross Conctact: May contain Milk.  |
| Add-On: Salmon (6 oz)                | 1 | 350 | 200 | 23  | 5   | 0 | 95  | 470  | 0  | 0  | 0  | 34 | Allergen Statement: Contains Fish (Salmon), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross contact may occur. Cross Conctact: May contain Milk.   |
| Pita Bread Side                      | 1 | 110 | 15  | 1.5 | 0   | 0 | 0   | 260  | 21 | 1  | 1  | 4  | Allergen Statement: Contains Milk, Soy, Wheat.<br>Gluten Statement: Contains Gluten.  |
| House Dressing, 1 fl oz.             | 1 | 140 | 140 | 16  | 1   | 0 | 0   | 230  | 0  | 0  | 0  | 0  | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten containing ingredients. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.            |
| Pomegranate Salad Dressing, 1 fl oz. | 1 | 130 | 110 | 12  | 1   | 0 | 0   | 65   | 5  | 0  | 4  | 0  | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated witih no gluten containing ingredients. Cross contact may occur C:ross Contact: May contain Soy, Tree Nuts.                                      |
| House Salad                          | 1 | 45  | 5   | 0   | 0   | 0 | 0   | 55   | 8  | 4  | 3  | 2  | Analysis and allergens do not include pita or choice of dressing.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten containing ingredients. Cross Contact may occur               |
| Greek Salad                          | 1 | 170 | 90  | 10  | 4   | 0 | 20  | 980  | 13 | 5  | 4  | 7  | Analysis and allergens do not include pita or choice of dressing.  Allergen Statement: Contains Milk.  Gluten Statement: Formulated with no gluten containing ingredients. Cross contact may occur.   |



# - Salads -

Vegan (\*Specifiy no pita bread or cheese)

Gluten-Light (Please note our gluten-light menu does not guarantee that the item is gluten-free, cross contact may have occurred in our kitchens)

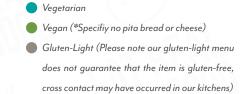
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## Notes/Allergen, Gluten & Cross Contact Statements

|  | • | •   | •   |    | • , |   | _  | • | •  |    |    |    |  |
|--|---|-----|-----|----|-----|---|----|---|----|----|----|----|--|
| Apple Walnut Salad                         | 1 | 210 | 110 | 13 | 6   | 0 | 20 | 430                                     | 16 | 3  | 11 | 7  | Analysis and allergens do not include pita or choice of dressing.  Allergen Statement: Contains Milk, Tree Nuts (Walnuts).  Gluten Statement: Formulated with no gluten containing ingredients.  Cross Contact: May contain Egg, Milk, Peanuts, Soy, Other Tree Nuts, Wheat, Gluten. |
| Organic Spinach Salad                      | 1 | 200 | 100 | 11 | 4.5 | 0 | 20 | 410                                     | 17 | 4  | 9  | 10 | Analysis and allergens do not include pita or choice of dressing.  Allergen Statement: Contains Milk, Tree Nuts (Almonds).  Gluten Statement: Formulated with no gluten containing ingredients.  Cross Contact: May contain Egg, Peanuts, Soy, Other Tree Nuts, Wheat, Gluten.       |
| Chopped Arugula Salad<br>(without Chicken) | 1 | 460 | 250 | 29 | 8   | 0 | 20 | 1140                                    | 39 | 10 | 9  | 18 | Analysis and allergens do not include pita.  Allergen Statement: Contains Milk.  Gluten Statement: Formulated with no gluten containing ingredients. Cross contact may occur.  |
| Chopped Arugula Salad with<br>Chicken      | 1 | 560 | 280 | 31 | 8   | 0 | 70 | 1250                                    | 40 | 10 | 9  | 36 | Analysis and allergens do not include pita.  Allergen Statement: Contains Milk.  Gluten Statement: Formulated with no gluten containing ingredients.  Cross Contact: May contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.                                       |
| Mediterranean Chicken Salad                | 1 | 600 | 250 | 29 | 6   | 0 | 65 | 1130                                    | 56 | 5  | 5  | 33 | Analysis and allergens do not include pita. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.   |
| Mediterranean Salad<br>(without Chicken)   | 1 | 500 | 230 | 26 | 6   | 0 | 20 | 1020                                    | 56 | 5  | 4  | 14 | Analysis and allergens do not include pita. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.   |



# - Signature Plates -



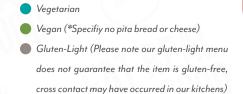
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### Notes/Allergen, Gluten & Cross Contact Statements

|   | Name                                    | <i>ડે</i> | Co. | Co. | 40  | 50  | You | Cha | So   | O  | 10 | 10 | 4 <sub>co</sub> | Notes/Allergen, Gluten & Cross Contact Statements   |
|---|---|-----------|-----|-----|-----|-----|-----|-----|------|----|----|----|-----------------|---|
|   | Grilled Tomato Garnish                  | 1         | 5   | 0   | 0   | 0   | 0   | 0   | 0    | 1  | 0  | 1  | 0               | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten containing ingredients. Cross contact may occur.  |
| • | Rice                                    | 1         | 300 | 25  | 2.5 | 0   | 0   | 0   | 740  | 62 | 2  | 0  | 7               | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten containing ingredients. Cross Contact: May contain Egg, Milk, Fish, Peanut, Shellfish, Soy, Tree Nuts, Wheat, Gluten.   |
|   | Cooked Carrots                          | 1         | 50  | 40  | 4.5 | 0   | 0   | 0   | 115  | 3  | 1  | 1  | 0               | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten containing ingredients. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten Includes a deep fried item, which may contain any of the 8 major food allergens and gluten. |
| • | Pita Bread Side                         | 1         | 110 | 15  | 1.5 | 0   | 0   | 0   | 260  | 21 | 1  | 1  | 4               | Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.   |
| • | Side House Salad<br>(without dressing)  | 1         | 25  | 0   | 0   | 0   | 0   | 0   | 35   | 5  | 2  | 2  | 1               | Analysis and allergens do not include choice of dressing.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross contact may occur.  |
|   | Side of Cucumber Yogurt Dip (1 fl oz)   | 1         | 25  | 10  | 1   | 0.5 | 0   | 5   | 85   | 1  | 0  | 1  | 1               | Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact may occur.   |
| • | House Dressing, 0.5 fl oz.              | 1         | 70  | 70  | 8   | 0.5 | 0   | 0   | 115  | 0  | 0  | 0  | 0               | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten containing ingredients. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.  |
| • | Bistro Filet Beef Kabob Plate           | 1         | 240 | 120 | 13  | 3.5 | 0   | 85  | 290  | 1  | 0  | 0  | 29              | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten containing ingredients.  Cross Contact: May contain Egg, Milk, Fish, Peanuts, Soy, Shellfish, Tree Nuts, Wheat, Gluten.                     |
|   | Chicken Kabob & Ground Sirloin<br>Plate | 1         | 430 | 200 | 22  | 7   | 1   | 165 | 850  | 3  | 0  | 1  | 57              | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.  Cross Contact: May contain Egg, Fish, Peanuts, Shellfish, Tree Nuts.  |
|   | Chicken Kabob & Gyros Plate             | 1         | 740 | 510 | 56  | 22  | 0   | 170 | 1160 | 10 | 1  | 0  | 49              | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten.  Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts.  |



# - Signature Plates -



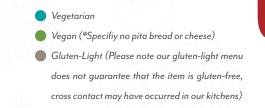
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### Notes/Allergen, Gluten & Cross Contact Statements

|   | Nume                          | ~ | G   | O   | 40  | 50  | K | O   | 8   | O | 10 | 10 | QL | Notes/Anergen, Gluten & Closs Confuct Statements  |
|---|-------------------------------|---|-----|-----|-----|-----|---|-----|-----|---|----|----|----|---|
| • | Chicken Kabob Plate           | 1 | 160 | 40  | 4.5 | 1   | 0 | 75  | 180 | 0 | 0  | 0  | 31 | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten containing ingredients.  Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| • | Cornish Hen on the Bone Plate | 1 | 290 | 80  | 9   | 2   | 0 | 215 | 220 | 0 | 0  | 0  | 47 | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten containing ingredients.  Cross Contact: May contain Egg, Milk, Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| • | Flat Cut Chicken Plate        | 1 | 190 | 50  | 5   | 1   | 0 | 95  | 220 | 0 | 0  | 0  | 38 | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten containing ingredients.  Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
|   | Ground Sirloin Plate          | 1 | 280 | 160 | 17  | 7   | 1 | 85  | 670 | 3 | 0  | 1  | 26 | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Contains Milk, Soy, Wheat.  Gluten Statement: Contains Gluten.  Cross Contact: May contain Egg.  |
|   | Gyros Plate                   | 1 | 580 | 470 | 52  | 21  | 0 | 95  | 980 | 9 | 1  | 0  | 18 | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Contains Soy, Wheat.  Gluten Statement: Contains Gluten.   |
| • | Lamb Tenderloin Plate         | 1 | 310 | 140 | 16  | 3.5 | 0 | 150 | 380 | 1 | 0  | 0  | 42 | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten containing ingredients.  Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
|   | Mahi Mahi Plate               | 1 | 180 | 45  | 5   | 1.5 | 0 | 125 | 520 | 1 | 0  | 0  | 32 | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Contains Fish (Mahi Mahi), Soy.  Gluten Statement: Formulated with no gluten containing ingredients. Cross contact may occur.  Cross Contact: May contain Milk.  |
| • | Norwegian Salmon Plate        | 1 | 350 | 200 | 23  | 5   | 0 | 95  | 470 | 1 | 0  | 0  | 34 | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Contains Fish (Salmon), Soy.  Gluten Statement: Formulated with no gluten containing ingredients. Cross contact may occur.  Cross Contact: May contain Milk.   |



# - Signature Plates -



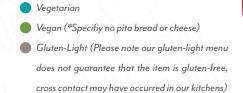
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| Name | بال | Society | Colories | O Paries K | 40            | Somo | Trong Q | Solina Solina  | Corosi | O John John                                | drog in |

### Notes/Allergen, Gluten & Cross Contact Statements

| Veggie Kabob Plate witih Hummus          | 1 | 370 | 260 | 29 | 2 | 0 | 0 | 810 | 24 | 7 | 7 | 7 | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten containing ingredients.  Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
|--|---|-----|-----|----|---|---|---|-----|----|---|---|---|---|
| Veggie Kabob Plate witih Spicy<br>Hummus | 1 | 370 | 260 | 29 | 2 | 0 | 0 | 870 | 24 | 7 | 7 | 8 | Analysis and allergens do not include plate build-up, dip or sides.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten containing ingredients.  Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |



# - Wraps & More -



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### Notes/Allergen, Gluten & Cross Contact Statements

| Side of Fries                                     | 1          | 640 | 280 | 31 | 3   | 0 | 0   | 1550 | 84 | 8  | 0  | 7  | Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.   |
|---|------------|-----|-----|----|-----|---|-----|------|----|----|----|----|--|
| Side of Sweet Potato Fries with<br>Chipotle Sauce | 1          | 690 | 300 | 34 | 4   | 0 | 0   | 1100 | 90 | 13 | 26 | 6  | Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredieints. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.   |
| Side House Salad<br>(with dressing)               | 1          | 100 | 70  | 8  | 0.5 | 0 | 0   | 150  | 5  | 2  | 2  | 1  | Analysis and allergens include house dressing.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients.  Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Side Greek Salad<br>(with dressing)               | 1          | 170 | 120 | 14 | 2.5 | 0 | 10  | 650  | 8  | 3  | 3  | 4  | Analysis and allergens include house dressing.  Allergen Statement: Contains Milk.  Gluten Statement: Formulated with no gluten-containing ingredients.  Cross Contact: May contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.  |
| Side of Quinoa Tabouleh                           | 1          | 240 | 150 | 18 | 2.5 | 0 | 0   | 640  | 19 | 3  | 3  | 4  | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Grass Fed Burger                                  | 1          | 530 | 200 | 22 | 8   | 1 | 110 | 1190 | 50 | 4  | 12 | 32 | Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts (Almonds, Walnuts, Other Tree Nuts).   |
| Add Cheese (1 slice)                              | 1<br>slice | 80  | 60  | 7  | 4   | 0 | 20  | 135  | 0  | 0  | 0  | 5  | Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross contact may occur.  |
| Gyros Quesadilla                                  | 1          | 830 | 490 | 55 | 27  | 0 | 110 | 1240 | 49 | 6  | 5  | 36 | Allergen Statement: Contains Milk, Soy, Wheat.<br>Gluten Statement: Contains Gluten.   |
| Chicken Wrap on Flatbread                         | 1          | 440 | 100 | 11 | 2.5 | 0 | 85  | 650  | 47 | 5  | 5  | 41 | Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Fish, Peanut, Shellfish, Tree Nuts.  |
| Chicken Wrap on Pita                              | 1          | 430 | 90  | 10 | 2.5 | 0 | 85  | 880  | 47 | 2  | 4  | 42 | Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Fish, Peanut, Shellfish, Tree Nuts.  |



# - Wraps & More -

Vegetarian

Vegan (\*Specifiy no pita bread or cheese)

Gluten-Light (Please note our gluten-light menu does not guarantee that the item is gluten-free, cross contact may have occurred in our kitchens)

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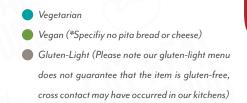
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|------------------------------------|-----|-----|-----|----|-----|-----|-----|------|------|-----|-----|-----|---|
| Chipotle Chicken Wrap on Flatbread | 1   | 450 | 90  | 11 | 1.5 | 0   | 80  | 1050 | 52   | 5   | 7   | 39  | Allergen Statement: Contains Egg, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Fish, Milk, Peanut, Shellfish, Tree Nuts.   |
| Chipotle Chicken Wrap on Pita      | 1   | 430 | 80  | 9  | 1.5 | 0   | 80  | 1280 | 52   | 3   | 6   | 39  | Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Fish, Peanut, Shellfish, Tree Nuts.   |
| Falafel Wrap on Flatbread          | 1   | 690 | 290 | 33 | 4   | 0   | 0   | 1400 | 79   | 18  | 6   | 23  | Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.       |
| Falafel Wrap on Pita               | 1   | 680 | 280 | 31 | 4   | 0   | 0   | 1630 | 79   | 15  | 5   | 23  | Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten. |
| Ground Sirloin Wrap on Flatbread   | 1   | 570 | 210 | 24 | 8   | 1   | 95  | 1140 | 49   | 5   | 6   | 36  | Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg.   |
| Ground Sirloin Wrap on Pita        | 1   | 550 | 200 | 23 | 8   | 1   | 95  | 1370 | 49   | 3   | 4   | 36  | Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg.   |
| Gyros Wrap on Flatbread            | 1   | 750 | 430 | 48 | 19  | 0   | 85  | 1250 | 54   | 6   | 5   | 25  | Allergen Statement: Contains Milk, Soy, Wheat.<br>Gluten Statement: Contains Gluten.  |
| Gyros Wrap on Pita                 | 1   | 740 | 420 | 47 | 19  | 0   | 85  | 1490 | 54   | 3   | 4   | 26  | Allergen Statement: Contains Milk, Soy, Wheat.<br>Gluten Statement: Contains Gluten.  |
| Market Wrap on Lavash              | 1   | 550 | 180 | 20 | 4.5 | 0   | 85  | 920  | 53   | 6   | 5   | 43  | Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Fish, Peanuts, Shellfish, Tree Nuts.  |
| Market Wrap on Pita                | 1   | 530 | 160 | 18 | 4.5 | 0   | 85  | 1140 | 52   | 4   | 4   | 43  | Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Fish, Peanuts, Shellfish, Tree Nuts.  |



Wraps & More



# - Kid's Meal -



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## Notes/Allergen, Gluten & Cross Contact Statements

| Kids Side of Rice                  | 1          | 160 | 15  | 1.5 | 0   | 0   | 0  | 390 | 33 | 1 | 0 | 4  | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
|------------------------------------|------------|-----|-----|-----|-----|-----|----|-----|----|---|---|----|--|
| Kids Side Salad (without dressing) | 1          | 25  | 0   | 0   | 0   | 0   | 0  | 30  | 5  | 2 | 2 | 1  | Analysis and allergens do not include choice of dressing.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross contact may occur.           |
| House Dressing, 0.5 fl oz.         | 1          | 70  | 70  | 8   | 0.5 | 0   | 0  | 115 | 0  | 0 | 0 | 0  | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten containing ingredients. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Kids Chicken Kabob Plate           | 1          | 230 | 45  | 5   | 1.5 | 0   | 50 | 460 | 23 | 1 | 2 | 24 | Analysis does not include choice of side.  Allergen Statement: Contains Milk, Soy, Wheat.  Gluten Statement: Contains Gluten.  Cross Contact: May contain Egg, Fish, Peanuts, Shellfish, Tree Nuts.  |
| Kids Gyros Plate                   | 1          | 490 | 300 | 34  | 14  | 0   | 60 | 940 | 28 | 2 | 2 | 16 | Analysis does not include choice of side.  Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.   |
| Kids Quesadilla                    | 1          | 320 | 170 | 18  | 11  | 0   | 45 | 470 | 23 | 2 | 1 | 16 | Analysis does not include choice of side.  Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.   |
| Kids Burger                        | 1          | 270 | 100 | 11  | 4   | 0.5 | 60 | 390 | 30 | 1 | 4 | 18 | Analysis does not include choice of side. Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Soy, Tree Nuts (Almonds, Walnuts, Other Tree Nuts).                                 |
| Kids Add Cheese                    | 1<br>slice | 80  | 60  | 7   | 4   | 0   | 20 | 135 | 0  | 0 | 0 | 5  | Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross contact may occur.  |



# - Desserts -

Vegetarian

Vegan (\*Specifiy no pita bread or cheese)

 Gluten-Light (Please note our gluten-light menu does not guarantee that the item is gluten-free, cross contact may have occurred in our kitchens)

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### Notes/Allergen, Gluten & Cross Contact Statements

| Mini Baklava              |     | 1 | 110 | 60 | 7 | 2   | 0 | 5  | 40 | 14 | 1 | 7  | 2 | Allergen Statement: Contains Milk, Tree Nuts (Pistachios), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Peanuts and other Tree Nuts.        |
|---------------------------|-----|---|-----|----|---|-----|---|----|----|----|---|----|---|---|
| Mini Chocolate Nut Rolls  |     | 1 | 120 | 25 | 3 | 2   | 0 | 5  | 40 | 15 | 1 | 8  | 1 | Allergen Statement: Contains Milk, Soy, Tree Nuts (Walnuts), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Peanuts and other Tree Nuts.      |
| Mini Cupcake (Chocolate)  | 0// | 1 | 120 | 45 | 5 | 2.5 | 0 | 10 | 75 | 17 | 1 | 12 | 1 | Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Peanuts, Tree Nuts (Coconut and other Tree Nuts). |
| Mini Cupcake (Red Velvet) |     | 1 | 130 | 60 | 7 | 2.5 | 0 | 10 | 65 | 16 | 0 | 13 | 1 | Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Peanuts, Tree Nuts (Coconut and other Tree Nuts). |
| Mini Cupcake (Vanilla)    |     | 1 | 130 | 50 | 6 | 2.5 | 0 | 20 | 70 | 16 | 0 | 13 | 1 | Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Peanuts, Tree Nuts (Coconut and other Tree Nuts). |



# - About our Nutrition Information -



The nutritional information provided is based on Luna Grill's standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and/or testing conducted in accredited laboratories, and are expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutrition values for each product, such as variations in serving sizes, preparation techniques, ingredient substitutions, order customization, product testing, new recipe testing, sources of supply, and regional and seasonal differences. Due to these factors, Luna Grill cannot guarantee the complete accuracy of the nutritional information provided.

# - WARNING -

This list is compiled based on information provided to Luna Grill from food manufacturers and ingredient suppliers. Luna Grill's menu is diverse and contains a wide variety of foods, many of which contain one or more of the eight major allergens: Crustacean shellfish, eggs, fish, dairy, peanuts, soybeans, tree nuts or wheat. Ingredients or production and processing methods used by our suppliers may vary or change without notice and there may be product differences among regional suppliers. Additionally, normal kitchen operations involve shared cooking and preparation areas and cross-contact with other foods may occur during production, or we may need to substitute ingredients in menu items. We are therefore unable to guarantee that any menu item is completely free from any particular allergen or animal product, and we assume no responsibility for guests with food allergies, food sensitivities or dietary restrictions.





Rev. A - 09/06/17