

# Luna Grill<sup>®</sup>

fresh mediterranean

## Nutritional Menu Guide

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Shareables

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Kid's Meal

Desserts



# - Shareables & Sides -

- Vegetarian
- Vegan (\*Specify 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)

Name	Serving Size Qty.	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat/Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	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. 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 (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 (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 (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 (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 item, 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 allergens and gluten.
● Spinach Pie (4 pieces) (without yogurt dip)	1	280	150	17	2	0	35	620	36	2	2	10	Allergen Statement: Contains Egg, Milk, Wheat. 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 allergens and gluten.





## - Shareables & Sides -

- Vegetarian
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- 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)

Name	Serving Size Qty.	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat/Total Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes/Allergen, Gluten & Cross Contact Statements
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: grey;">●</span> Sweet Potato Fries with 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 ingredients. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
<span style="color: grey;">●</span> Small Lentil Soup (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.
<span style="color: grey;">●</span> Large Lentil Soup (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.
<span style="color: grey;">●</span> Small Lemon Soup (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.
<span style="color: grey;">●</span> Large Lemon Soup (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 -



- Vegetarian
- Vegan (\*Specify 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)

Name	Serving Size Qty.	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat/Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes/Allergen, Gluten & Cross Contact Statements
<span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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 allergens 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.
<span style="color: grey;">●</span> 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 Contact: May contain Milk.
<span style="color: grey;">●</span> 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 Contact: May contain Milk.
<span style="color: teal;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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 with no gluten containing ingredients. Cross contact may occur. Cross Contact: May contain Soy, Tree Nuts.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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 -



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Name	Serving Size Qty.	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat/Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes/Allergen, Gluten & Cross Contact Statements
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: grey;">●</span> Chopped Arugula Salad (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.
<span style="color: grey;">●</span> Chopped Arugula Salad with 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.
<span style="color: teal;">●</span> Mediterranean Salad (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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Name	Serving Size Qty.	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat/Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes/Allergen, Gluten & Cross Contact Statements
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> Side House Salad (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.
<span style="color: teal;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: grey;">●</span> 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 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.





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Name	Serving Size Qty.	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat/Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes/Allergen, Gluten & Cross Contact Statements
● <b>Chicken Kabob Plate</b>	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.
● <b>Cornish Hen on the Bone Plate</b>	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.
● <b>Flat Cut Chicken Plate</b>	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.
<b>Ground Sirloin Plate</b>	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.
<b>Gyros Plate</b>	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.
● <b>Lamb Tenderloin Plate</b>	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.
● <b>Mahi Mahi Plate</b>	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.
● <b>Norwegian Salmon Plate</b>	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	Serving Size Qty.	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat/Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes/Allergen, Gluten & Cross Contact Statements
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> Veggie Kabob Plate with 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.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> Veggie Kabob Plate with Spicy 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 -

- Vegetarian
- Vegan (\*Specify no pita bread or cheese)
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Name	Serving Size Qty.	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat/ry Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes/Allergen, Gluten & Cross Contact Statements
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: grey;">●</span> Side of Sweet Potato Fries with 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 ingredients. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> Side House Salad (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.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> Side Greek Salad (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.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: grey;">●</span> 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).
<span style="color: grey;">●</span> Add Cheese (1 slice)	1 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.
<span style="color: grey;">●</span> Gyros Quesadilla	1	830	490	55	27	0	110	1240	49	6	5	36	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
<span style="color: grey;">●</span> 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.
<span style="color: grey;">●</span> 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 (\*Specify 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)

Name	Serving Size Qty.	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat/Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes/Allergen, Gluten & Cross Contact Statements
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.
<span style="color: teal;">●</span> 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.
<span style="color: teal;">●</span> 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. 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. 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.



# - Kid's Meal -



- Vegetarian
- Vegan (\*Specify 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)

Name	Serving Size Qty.	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat/Total Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes/Allergen, Gluten & Cross Contact Statements
<span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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.
<span style="color: teal;">●</span> <span style="color: green;">●</span> <span style="color: grey;">●</span> 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).
<span style="color: grey;">●</span> Kids Add Cheese	1 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 (\*Specify 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)

Name	Serving Size Qty.	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat/Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes/Allergen, Gluten & Cross Contact Statements
<span style="color: teal;">●</span> 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.
<span style="color: teal;">●</span> 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.
<span style="color: teal;">●</span> Mini Cupcake (Chocolate)	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).
<span style="color: teal;">●</span> 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).
<span style="color: teal;">●</span> 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.



**Luna Grill**<sup>®</sup>  
fresh mediterranean

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