



Jan 2010	Nutrition Information															Allergens				
	Quantity	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Egg	Fish	Milk	Soy	Wheat
JIMMY'S DINNERS																				
Chicken Souvlaki, Small Salad, Rice, Roast Potatoes	½ ser	290.5	9.75	2.5	0.5	27.5	645	31	3	0.85	16	3.5	9	5	12			*	*	
Pork Souvlaki, Small Salad, Rice, Roast Potatoes	½ ser	423.5	21.25	5.7	0.5	71.5	687.5	30	3	0.85	23	4	9	6	11.5			*	*	
Chicken Fillet, Small Salad, Rice, Roast Potatoes	½ ser	290	9.75	2.5	0.5	27.5	645	31	3	0.85	16	3.5	9	5	12			*	*	
Roast Chicken, Small Salad, Rice, Roast Potatoes	½ ser	306	10.85	2.5	0.5	25	674	31	3	0.85	18.5	13.5	21	5.5	6.5			*	*	
Roast Lamb, Small Salad, Rice, Roast Potatoes	½ ser	509.5	30.25	7.5	0.5	105	1090	30	3	0.85	27	3.5	9.5	5	5.5			*	*	
Spinach Cheese Pie, Small Salad, Rice, Roast Potatoes	½ ser	170	9	1.5	0	5	400	24	1	1	6	10	5	4	15	*		*	*	*
Gyros, Small Salad, Rice, Roast Potatoes	½ ser	399.5	24	8.5	0.5	35	903.5	33.5	3	1.35	10.5	3.5	9	6	10.5			*	*	*
Shrimp, Small Salad, Rice	½ ser	164	5.85	1	0	84.5	399.5	20	1	0.35	6.5	2	9.5	4.5	3.5	*		*	*	
Vegetable Plate	½ ser	241	8	1.5	0.5	5	585.5	35	4.5	0.85	5.5	26	74	5.5	6.5			*	*	
JIMMY'S GREEK SALAD WITH SPECIALTIES																				
Lg Greek Salad, No Dressing	4cups	152	6.5	4.5	0.15	25	600	13	1.3	0	10	66	45	17	1.5			*	*	
Sm Greek Salad, No Dressing	2cups	76	3.25	2.25	0.07	0.12	300	6.5	0.65	0	5	33	22.5	8.5	0.75			*	*	
Chicken Souvlaki, Pita, Small Salad	1ser	422	11.5	5	0	55	696	44	4	1.7	33	4	12	11	18			*	*	
Pork Souvlaki, Pita, Small Salad	1ser	688	34.5	11	0	143	781	43	4.4	1.7	47	5	12	13	17			*	*	
Gyros, Pita, Small Salad	1ser	666	40	16.8	0	70	1213	50	4	2.7	22	4	12	13	15			*	*	*
Roast Chicken, Large Salad	1ser	345	14.8	6	0.2	65	777	15	1.8	0	39	86	68	19	3.5			*	*	
Chicken Fillet, Large Salad	1ser	314	12.6	6.5	0.2	70	773	14.7	1.3	0	34	66	45	18	14			*	*	
Roast lamb, Large Salad	1ser	752	53.6	16.5	0.2	225	1663	13.5	1.3	0	56	66	46	18	2			*	*	
Shrimp, Large Salad	1ser	229	11	4.6	0.2	184	908	13.6	1.3	0	18	67	50	18	2	*		*	*	
Spinach Cheese Pie, Large Salad	1ser	375	20.6	6.2	0.2	68	905	32	3.3	1	18	102	72	27	12	*		*	*	*
JIMMY'S SPECIALTIES																				
Chicken Souvlaki with Pita	1ser	372	8.5	3	0	45	523	41	3	1	31	0	0	5	14					*
Chicken Souvlaki Stick	5oz	162	6	2	0	45	173	1.5	0	0	24	0	0	0.4	13					*
Pork Souvlaki with Pita	1ser	638	31.5	9.3	0	133	608	39	3.25	1	45	1	0	7	13.5					*
Pork Souvlaki Stick	5oz	428	29	8	0	133	258	0.4	0.25	0	38	1	0	2	12					*
Gyros with Pita	1ser	590	36.5	15	0	60	1040	46	3	2	20	0	0	7	11				*	*
Gyros	5oz	380	34	14	0	60	690	7	0	1	13	0	0	2	10				*	*
Roast Chicken (no skin)	1ser	193	8.2	1.5	0	40	177	2.1	0.5	0	29	20	23	1.5	2					
Roast Lamb	9oz	600	47	12	0	200	1063	0.6	0	0	46	0	0	0	0.7					
Spinach Cheese Pie	1ser	223	14	1.7	0	42.5	305	19	2	1	8	37	27	10	11	*		*	*	*
Shrimp Griller	1ser	77	4.7	0.1	0	159	308	0.6	0	0	8	0	0.5	0	0.5		*			
Chicken Fillet	5oz	162	6	2	0	45	173	1.7	0	0	24	0	0	0	13					
JIMMY'S SIDES & EXTRAS																				
Sm Greek Salad, No Dressing	2 cups	76	3.25	2.25	0.07	0.12	300	6.5	0.65	0	5	33	22.5	8.5	0.75			*	*	
Oven Baked Rice	1 cup	201	4	0.3	0	0	318	36	0.7	0	3.5	0	0	3	3					*
Oven Roasted Potatoes	3 pcs	168	6.5	1	0	0	626	20	4	1	3	3	4	0.5	4				*	*
Dolmades	½ cup	260	16	2	0	0	940	26	7	2	3	10	10	10	20				*	*
Pita Bread	90g	210	2.5	1	0	0	350	39	3	1	7	0	0	5	14					*
Feta Cheese	1 oz	80	7	4.5	0.2	25	750	2	0	0	3.75	3.75	0	3.8	0			*	*	
Vinaigrette dressing	1fl oz	164	18	1.3	0	0	267	3.8	1.7	0	0	0	0	0	14					
Tzatziki	1.5 oz	45	1.2	0	0	15	57	7	0	4.5	1.5	0	0	0	0			*	*	
Hot Sauce	1.5oz	22	1.8	0.13	0	0	144	1.3	0.3	0.35	0.2	0	0	0	0				*	*
Greek Salad Dressing	1oz	214	24	1	0	0.5	900	0.1	0	0	0	0	0	0	0	*				
Baklava	1 piece	140	9	1	0.6	35	45	13	1	7	2	0	0	0	15				*	*

Our nutritional data is approximate and for informational purposes only. Actual amounts served or eaten may not correspond to data shown. Always consult your health care professional before making significant changes in your diet.

